

RSHE Content Overview



	Healthy Me	Relationships	Changing Me
Year 3	Exercise	Family roles and	How babies grow
	Fitness challenges	responsibilities	Understanding a baby's
	Food labelling and healthy	Friendship and negotiation	needs
	swaps	Keeping safe online and	Outside body changes
	Attitudes towards drugs	who to go to for help	Inside body changes
	Keeping safe and why it's	Being a global citizen	Family stereotypes
	important online and off	Being aware of how my	Challenging my ideas
	line	choices affect others	Preparing for transition
	Respect for myself and	Awareness of how other	
	others	children have different	
	Healthy and safe choices	lives	
		Expressing appreciation	
		for family and friends	
Year 4	Healthier friendships	Jealousy	Being unique
	Group dynamics	Love and loss	Having a baby
	Smoking	Memories of loved ones	Girls and puberty
	Alcohol	Getting on and Falling Out	Confidence in change
	Assertiveness	Girlfriends and boyfriends	Accepting change
	Peer pressure	Showing appreciation to	Preparing for transition
	Celebrating inner strength	people and animals	Environmental change
Year 5	Smoking, including vaping	Self-recognition and self-	Self- and body image
	Alcohol	worth	





Alcohol and anti-social	Building self-esteem	Influence of online and
behaviour	Safer online communities	media on body image
Emergency aid	Rights and responsibilities	Puberty for girls
Body image	online	Puberty for boys
Relationships with food	Online gaming and	Conception (including NF)
Healthy choices	gambling	Growing responsibility
Motivation and behaviour	Reducing screen time	Coping with change
	Dangers of online	Preparing for transition
	grooming	
	rules	
Taking personal	Mental health	Self-image
responsibility	Identifying mental health	Body image
How substances affect the	worries and sources of	Puberty and feelings
body	support	Conception to birth
Exploitation, including	Love and loss	Reflections about change
	Managing feelings	Physical attraction
culture	Power and control	Respect and consent
Emotional and mental	Assertiveness	Boyfriends/girlfriends
health	Technology safety	Sexting
Managing stress	Take responsibility with	Transition
	technology use	
	behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental	behaviourSafer online communitiesEmergency aidRights and responsibilitiesBody imageonlineRelationships with foodOnline gaming andHealthy choicesgamblingMotivation and behaviourReducing screen timeDangers of onlinegroomingSMARRT internet safetyrulesTaking personalMental healthresponsibilityIdentifying mental healthHow substances affect thesupportbodyLove and loss'county lines' and gangManaging feelingsculturePower and controlEmotional and mentalAssertivenesshealthTechnology safetyManaging stressTake responsibility with