

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 my self 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	



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	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	, 00
		SMARRT internet safety	
		rules	
Year 6	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
	'county lines' and gang	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	