



RSHE Content Overview



	Healthy Me	Relationships	Changing Me
<p><u>Year 3</u></p> <p>Development of foundational knowledge, understanding and skills: social skills, trust, emotional literacy.</p>	<ul style="list-style-type: none">• Know when something feels safe or unsafe• Know a range of strategies to keep themselves safe - online and offline• Know how exercise, healthy eating and sleep affects their bodies and mental health• Understand the importance of keeping good personal hygiene• Know that there are different types of drugs• Know that there are things, places and people that can be dangerous• Know that the amount of calories, fat and sugar that they put into their bodies will affect their health• Know why their hearts and lungs are such important organs• Know that their bodies are complex and need taking care of	<ul style="list-style-type: none">• Understand the importance of personal space, boundaries and consent and how these might differ for different people or in different relationships (physical contact, privacy). s identify trusted adults• Know that it is okay to say 'NO' and to develop some strategies to do this.• Begin to understand that people can sometimes be exploited and manipulated to make choices they would not have otherwise made• Begin to understand the meaning of the term 'grooming' and that it can happen online and offline.• Know it is okay to seek support if friendships or relationships are making them feel uncomfortable or unhappy.• Know some strategies for keeping themselves safe online - Recognize hurtful behaviour: online and offline	<ul style="list-style-type: none">• Know that it's okay to say NO and to develop some strategies to do this• Understand appropriate and inappropriate touch• Know that in animals and humans lots of changes happen when growing up• Know that in nature it is usually the female that carries the baby• Know that babies need love and care from their parents/carers• Know some of the changes that happen between being a baby and a child.• Know some of the outside body changes that happen during puberty• Know some of the changes on the inside that happen during puberty• Begin to understand the menstrual cycle and how inside body changes make this happen• Know the correct anatomical language for body parts



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		<ul style="list-style-type: none">• Know that they and all children have rights (UNCRC)• Know that different family members carry out different roles or have different responsibilities within the family• Understand diversity within families and what different families can look like• Know some of the skills of friendship, e.g. taking turns, being a good listener• Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc and challenge these• Know how some of the actions and work of people around the world help and influence my life• Know the lives of children around the world can be different from their own	
<u>Year 4</u> Early context building: Introduction to puberty	<ul style="list-style-type: none">• Know ways to resist when people are putting pressure on them - including peer pressure	<ul style="list-style-type: none">• Know how to seek support with relationships if feeling lonely or excluded.	<ul style="list-style-type: none">• Know that the male and female body needs to change at puberty so their



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and changes in preparation for year 5.	<ul style="list-style-type: none">• Know that there are leaders and followers in groups• Know the facts about smoking and vaping and its effects on health• Know the facts about alcohol and its effects on health, particularly the liver• Know what they think is right and wrong• Know how different friendship groups are formed and how they fit into them• Know which friends they value most• Know that they can take on different roles according to the situation• Know some of the reasons some people start to smoke and vape• Know some of the reasons some people drink alcohol	<ul style="list-style-type: none">• Understand bullying and peer pressure• Understand stereotypes: gender and roles• Know the features of positive, healthy relationships• Know that people can be sometimes exploited and manipulated to make choices they would not have otherwise made• Understand the meaning of the term 'grooming' and that it can happen online and offline• Recognise hurtful or negative behaviours online and offline and feel able to seek help• Understand what inappropriate contact looks like online• Understand the importance of managing screen time• Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe	<p>bodies can make babies when they are adults</p> <ul style="list-style-type: none">• Know most of the outside body changes that happen during puberty• Know most of the changes on the inside that happen during puberty• Understand the menstrual cycle and how this relates to puberty and adolescence.• Understand appropriate and inappropriate touch• Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm• Know that babies are made by a sperm joining with an ovum• Know the names of the different internal and external body parts that are needed to make a baby• Know how the female and male body change at puberty• Know that change can bring about a range of different emotions
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		<ul style="list-style-type: none">• Know some reasons why people feel jealousy• Know that grief and loss are a normal part of relationships• Know that negative feelings are a normal part of grief and loss and understand strategies to help them through loss and grief• Know that memories can support us when we lose a special person or animal• Know that jealousy can be damaging to relationships	<ul style="list-style-type: none">• Know that personal hygiene is important during puberty and as an adult• Know that change is a normal part of life and that some cannot be controlled and have to be accepted.• Know the correct anatomical language for body parts
<u>Year 5</u>	<ul style="list-style-type: none">• Understand mental health: anxiety, self-esteem, coping with worries• Know basic emergency procedures, including the recovery position• Know how to get help in emergency situations• Know that the media, social media and celebrity culture promotes certain body types• Know the different roles food can play in people's lives and know that people can develop eating problems/disorders	<ul style="list-style-type: none">• Revision of consent• Understand how different families look and what different relationships can look like• Begin to understand that grooming can happen to any child, whatever their age or gender• To begin to understand that a range of tactics can be used to groom and exploit someone• To begin to understand that grooming can take place over	<ul style="list-style-type: none">• Know their body is theirs• Understand that it is okay to say NO to unwanted touch• Know that becoming a teenager involves various changes and also brings growing responsibility• Understand appropriate and inappropriate touch• Know how girls' and boys' bodies change during puberty and understand the importance of looking after



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	<p>related to body image pressure</p> <ul style="list-style-type: none">• Know the health risks of smoking, nicotine and vaping• Know how smoking tobacco affects the lungs, liver and heart• Know some of the risks linked to misusing alcohol, including antisocial behaviour• Know what makes a healthy lifestyle and the impact this has on physical and mental health and wellbeing	<p>a long or short period of time.</p> <ul style="list-style-type: none">• To understand what peer pressure is and how they can respond to it.• Know that there are rights and responsibilities in an online community or social network• Know how to stay safe when using technology to communicate with friends• Know that belonging to an online community can have positive and negative consequences• Know that there are rights and responsibilities when playing a game online• Know that too much screen time isn't healthy• Know that a personality is made up of many different characteristics, qualities and attributes	<p>themselves physically and emotionally</p> <ul style="list-style-type: none">• Know that sexual intercourse can lead to conception• Know the basic biological facts about conception and birth & understand how babies are made• Know that some people need help to conceive and might use IVF• Know what perception means and that perceptions can be right or wrong• Know the correct anatomical language for body parts
<p><u>Year 6</u> Final preparation in readiness for secondary school.</p>	<ul style="list-style-type: none">• Mental health: loneliness, loss, self-harm: signposting help, NOT PROMOTING• Understanding of body image and peer pressure	<ul style="list-style-type: none">• Understand the legal definitions of sex/gender: the difference between biological sex and gender identity, including AI risks and social pressures	<ul style="list-style-type: none">• Recap: boundaries and consent• Know the correct anatomical language for body parts• Know how a baby develops



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	<ul style="list-style-type: none">• Understand the consequences of inappropriate sharing online• Know that some people can be exploited and made to do things that are against the law• Know why some people join gangs and the risk that this can involve• Know how to take responsibility for their own health• Know what it means to be emotionally well• Know how to make choices that benefit their own health and well-being• Know about different types of drugs and their uses• Know how these different types of drugs can affect people's bodies, especially their liver and heart• Know that stress can be triggered by a range of things• Know that being stressed can cause drug and alcohol misuse	<ul style="list-style-type: none">• Know that gender reassignment is protected by the law.• Understand that not all people share the same beliefs about gender identity.• To know that grooming can happen to any child, whatever their age or gender• To understand that a range of tactics can be used to groom and exploit someone• To know that grooming can take place over a long or short period of time• Compare the features of healthy and unhealthy relationships• Explain how to seek help for themselves or a friend• Understand the concept of coercion and what coercive behaviour might look like• Feel able to challenge unwanted behaviours within a relationship• Know that sometimes people can try to gain power or control them	<p>from conception through the nine months of pregnancy and how it is born</p> <ul style="list-style-type: none">• Understand menstrual health at a deeper level, including heavy bleeding, irregular periods and conditions like PCOS• Know how being physically attracted to someone changes the nature of the relationship• Know the importance of self-esteem and what they can do to develop it• Understand appropriate and inappropriate touch• Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally• Know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class
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		<ul style="list-style-type: none">• Know some of the dangers of being 'online'• Know that it is important to take care of their own mental health• Know ways that they can take care of their own mental health• Know the stages of grief and that there are different types of loss that cause people to grieve• Know how to use technology safely and positively to communicate with their friends and family	
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