



RSHE Content Overview



	Healthy Me	Relationships	Changing Me
<p>Year 3 Focuses on building foundational knowledge and skills, including developing emotional literacy, understanding friendships and trust, recognising and managing feelings, and beginning to build positive social skills and respectful relationships.</p>	<ul style="list-style-type: none"> • Know that worrying and feeling down are normal, effect everyone at different times and are not in themselves a sign of a mental health condition • Understand the importance of respect for myself and others • Know who to go to when asking for help • How to report concerns about something seen online or experienced in real life • Know when something feels safe or unsafe • How to report feeling bad about an adult because they have made us feel unsafe • Know that there are things, places and people that can be dangerous • Know how to make healthy and safe choices when outdoors • Understand hazards (including fire risks) that may cause harm, injury or risk and ways to reduce those risks • Know how to stay safe around water, roads and railways – including level crossings and the water safety code • Know the basics of emergency first aid • Know how to make a clear and efficient call to the emergency services including knowing the 	<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). – 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 the skills for developing caring, kind friendships • Know what sorts of boundaries are appropriate in friendships with peers and others (including online) • Know it is okay to seek support if friendships or relationships are making them feel uncomfortable or unhappy. • Understand how to manage conflict and that resorting to violence is never right. • Understand how to pay attention to the needs and preferences of others, 	<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 how babies grow • 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 • Understand the importance of personal hygiene • Know the correct anatomical language for body parts • Preparing for transition



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	<p>importance of reporting incidents rather than filming them</p> <ul style="list-style-type: none">• 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 the benefits of dental health and good oral hygiene – brushing twice a day with fluoride toothpaste, cleaning between teeth, regular check ups at the dentist• Know that there are different types of drugs• Understand food labelling and know that the amount of calories, fat and sugar that they put into their bodies will affect their health• Know and understand how to make healthy food swaps and alternatives• Know why their hearts and lungs are such important organs• Know that their bodies are complex and need taking care of	<p>including in families and friendships.</p> <ul style="list-style-type: none">• Understand how we balance the needs and wishes of different people and how this can be complicated.• Know some strategies for keeping themselves safe online - Recognize hurtful behaviour: online and offline and know who to go to for help• Understand the importance of not sharing personal information online• Understand the importance of privacy and location settings to protect information online• Know the minimum age for joining social media sites (currently 13) and that this protects them from inappropriate content or unsafe contact with other social media users, who may be strangers• Know the risks relating to online gaming: scams / fake and misleading information• Know that media can influence how I feel and what I think about different things.• Know that they and all children have rights (UNCRC)• Know that different family members carry out different roles or have different	
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RSHE Content Overview



		<p>responsibilities within the family</p> <ul style="list-style-type: none">• 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• Understand how my choices affect others• 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• Know my place in the world as a global citizen• Know that isolation and loneliness can affect children and the benefits of seeking support.• Know that change and loss, including bereavement, can provoke a range of feelings.• Know that grief is a natural response and everyone grieves differently.	
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RSHE Content Overview



<p>Year 4 Early context building: Introduction to puberty and changes in preparation for year 5. Builds on prior learning by deepening understanding of relationships, including respect, empathy, and healthy friendships. Pupils begin to explore boundaries, personal space, and the importance of consent in simple terms, alongside developing greater self-awareness and emotional regulation.</p>	<ul style="list-style-type: none">• Know that worrying and feeling down are normal, effect everyone at different times and are not in themselves a sign of a mental health condition• Know how different friendship groups are formed and how they fit into them• Know which friends they value most• Know ways to resist when people are putting pressure on them - including peer pressure and peer influences• Recognise and celebrate inner strength• Know that there are leaders and followers in groups• Know what they think is right and wrong• Know that they can take on different roles according to the situation• 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 some of the reasons some people start to smoke and vape• Know some of the reasons some people drink alcohol• Understand hazards (including fire risks) that may cause harm,	<ul style="list-style-type: none">• Know the importance of setting and respecting boundaries in relationships with friends, family, peers and adults (including online)• Know some reasons why online relationships are unlikely to be a good substitute for high-quality, in-person relationships.• Know the pros and cons of different ways of using online connection.• Know how to seek support with relationships if feeling lonely or excluded.• Understand bullying and peer pressure• Understand stereotypes: gender and roles• Know the features of positive, healthy relationships• Begin to know the difference between a friendship and a boyfriend / girlfriend relationship• 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	<ul style="list-style-type: none">• Know that they are unique• Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults• 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• Know that personal hygiene is important during puberty and as an adult
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RSHE Content Overview



	<p>injury or risk and ways to reduce those risks</p> <ul style="list-style-type: none">• Know how to stay safe around water, roads and railways including level crossings and the water safety code• Know the basics of emergency first aid• Know how to make a clear and efficient call to the emergency services including knowing the importance of reporting incidents rather than filming them	<ul style="list-style-type: none">• Understand what inappropriate contact looks like online• Understand the importance of managing screen time• Know the risks relating to online gaming, video game monetisation, scams, fraud and other financial harms• Know that gaming can become addictive• Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe• 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 some reasons why people feel jealousy• Know that jealousy can be damaging to relationships	<ul style="list-style-type: none">• 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• Preparing for transition• Feel confident and accepting of change
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RSHE Content Overview



<p>Year 5 Introduces more complex concepts around relationships and personal development, including managing peer influence, developing resilience, and understanding the physical and emotional changes associated with puberty. This includes age-appropriate sex education as human reproduction and how a baby is conceived and born, alongside promoting respect, responsibility, and awareness of diversity, including in online contexts.</p>	<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 how to make a clear and efficient call to the emergency services including knowing the importance of reporting incidents rather than filming them• Understand hazards (including fire risks) that may cause harm, injury or risk and ways to reduce those risks• Know how to stay safe around water, roads and railways including level crossings and the water safety code• 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 related to body image pressure• 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	<ul style="list-style-type: none">• Know the importance of setting and respecting boundaries in relationships with friends, family, peers and adults (including online)• Know how online relationships can compliment and support meaningful in-person relationships but also how they may be in tension• Know some reasons why online relationships are unlikely to be a good substitute for high-quality, in-person relationships.• Know the pros and cons of different ways of using online connection.• Know the difference between being assertive and being controlling; being kind to other people v neglecting your own needs• Revision of consent• Understand how to pay attention to the needs and preferences of others, including in families and friendships.• Understand how we balance the needs and wishes of different people and how this can be complicated.• Understand how different families look and what different relationships can look like• Know online risks: any material that is provided online might be	<ul style="list-style-type: none">• Know the importance of setting and respecting boundaries in relationships with friends, family, peers and adults• Know the difference between being assertive and being controlling; being kind to other people v neglecting your own needs• Understand the influence of the media on body image• 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 themselves physically and emotionally• 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
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RSHE Content Overview



	<ul style="list-style-type: none">• Know what makes a healthy lifestyle and the impact this has on physical and mental health and wellbeing	<p>circulated, and once it is, there is no way of deleting it or no control over where it ends up</p> <ul style="list-style-type: none">• Know digital rights• Understand privacy and location settings and how they protect information online• Know the risks relating to online gaming: gaming addiction, hoaxes, privacy, loot boxes, data• Understand what assertive and controlling behaviour looks like (online and offline)• Know the minimum age for joining social media sites (currently 13) and that this protects them from inappropriate content or unsafe contact with other social media users, who may be strangers, including other children and adults• 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 a long or short period of time.• To understand what peer pressure is and how they can respond to it.	<ul style="list-style-type: none">• Know what perception means and that perceptions can be right or wrong• Know the correct anatomical language for body parts• Growing responsibility• Coping with change• Preparing for transition
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RSHE Content Overview



		<ul style="list-style-type: none">• 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: self-recognition and self-worth, building self-esteem	
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RSHE Content Overview



<p>Year 6 Prepares pupils for transition to secondary school by consolidating knowledge of healthy relationships, including a more developed understanding of consent, communication, and responsibility. There is a stronger focus on puberty, personal safety (including online safety), and developing independence, critical thinking, and emotional maturity.</p>	<ul style="list-style-type: none">• Mental health: loneliness, loss, self-harm: signposting help, NOT PROMOTING• Understanding of body image and peer pressure• 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 - including county lines and gang culture• 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 and understand the importance of good quality sleep for health, the amount of sleep recommended for their age and practical steps for improving sleep, such as no screens in the bedroom• Understand the impact of poor sleep on weight, mood and the ability to learn• Know the facts and scientific evidence relating to vaccination and immunization – aligned with when vaccinations are offered to pupils	<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• 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• Know how online relationships can compliment and support meaningful in-person relationships but also how they may be in tension• Know some reasons why online relationships are unlikely to be a good substitute for high-quality, in-person relationships.• Know the pros and cons of different ways of using online connection.	<ul style="list-style-type: none">• Recap: respect, boundaries and consent• Know the correct anatomical language for body parts• Know how a baby develops from conception through the nine months of pregnancy and how it is born• 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• Understand the term 'sexting' and the impact of this• Know the importance of self-esteem and what they can do to develop it• Understand self and body-image• 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
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RSHE Content Overview



	<ul style="list-style-type: none">• 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• Know how to stay safe around water, roads and railways including level crossings and the water safety code• Know basic first aid	<ul style="list-style-type: none">• Understand how to pay attention to the needs and preferences of others, including in families and friendships.• Understand how we balance the needs and wishes of different people and how this can be complicated.• 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• Know the minimum age for joining social media sites (currently 13) and that this protects them from inappropriate content or unsafe contact with other social media users, who may be strangers, including other children and adults• Know digital rights• Understand privacy and location settings and how they protect information online• Know some of the dangers of being 'online'	<p>about transition to secondary school/moving to their next class</p>
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RSHE Content Overview



		<ul style="list-style-type: none">• Know online risks: any material that is provided online might be circulated, and once it is, there is no way of deleting it or no control over where it ends up• Understand how to resist pressure online• Know how to critically evaluate their online relationships and sources of information: AI generated content• How to recognise harmful content or harmful contact and how to report this• Know that it is important to take care of their own mental health• Identify mental health worries and sources of support• 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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