



# 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"><li>• Know when something feels safe or unsafe</li><li>• Know a range of strategies to keep themselves safe - online and offline</li><li>• Know how exercise, healthy eating and sleep affects their bodies</li><li>• Understand the importance of keeping good personal hygiene</li><li>• Know that there are different types of drugs</li><li>• Know that there are things, places and people that can be dangerous</li><li>• Know that the amount of calories, fat and sugar that they put into their bodies will affect their health</li><li>• Know why their hearts and lungs are such important organs</li><li>• Know that their bodies are complex and need taking care of</li></ul>	<ul style="list-style-type: none"><li>• 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</li><li>• Know that it is okay to say 'NO' and to develop some strategies to do this.</li><li>• Begin to understand that people can sometimes be exploited and manipulated to make choices they would not have otherwise made</li><li>• Begin to understand the meaning of the term 'grooming' and that it can happen online and offline.</li><li>• Know it is okay to seek support if friendships or relationships are making them feel uncomfortable or unhappy.</li><li>• Know some strategies for keeping themselves safe online - Recognize hurtful behaviour: online and offline</li></ul>	<ul style="list-style-type: none"><li>• Know that it's okay to say NO and to develop some strategies to do this.</li><li>• Understand appropriate and inappropriate touch</li><li>• Know that in animals and humans lots of changes happen when growing up</li><li>• Know that in nature it is usually the female that carries the baby</li><li>• Know that babies need love and care from their parents/carers</li><li>• Know some of the changes that happen between being a baby and a child</li></ul>



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		<ul style="list-style-type: none"><li>• Know that they and all children have rights (UNCRC)</li><li>• Know that different family members carry out different roles or have different responsibilities within the family</li><li>• Know some of the skills of friendship, e.g. taking turns, being a good listener</li><li>• Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc</li><li>• Know how some of the actions and work of people around the world help and influence my life</li><li>• Know the lives of children around the world can be different from their own</li></ul>	
<p><u>Year 4</u> Early context building: Introduction to puberty and changes in preparation for year 5.</p>	<ul style="list-style-type: none"><li>• Know ways to resist when people are putting pressure on them s including peer pressure</li><li>• Know that there are leaders and followers in groups</li></ul>	<ul style="list-style-type: none"><li>• Know how to seek support with relationships if feeling lonely or excluded.</li><li>• Understand bullying and peer pressure</li><li>• Understand stereotypes: gender and roles</li></ul>	<ul style="list-style-type: none"><li>• Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</li><li>• Know some of the outside body changes that happen during puberty</li></ul>



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



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	<ul style="list-style-type: none"><li>• Know some of the risks linked to misusing alcohol, including antisocial behaviour</li><li>• Know what makes a healthy lifestyle</li></ul>	<ul style="list-style-type: none"><li>• Know how to stay safe when using technology to communicate with friends</li><li>• Know that belonging to an online community can have positive and negative consequences</li><li>• Know that there are rights and responsibilities when playing a game online</li><li>• Know that too much screen time isn't healthy</li><li>• Know that a personality is made up of many different characteristics, qualities and attributes</li></ul>	<ul style="list-style-type: none"><li>• Know that some people need help to conceive and might use IVF</li><li>• Know what perception means and that perceptions can be right or wrong</li></ul>
<p><u>Year 6</u> Final preparation in readiness for secondary school.</p>	<ul style="list-style-type: none"><li>• Mental health: loneliness, self-harm: signposting help, NOT PROMOTING</li><li>• Understanding of body image and peer pressure</li><li>• Understand the consequences of inappropriate sharing online and begin to understand the idea of 'sextortion' in an age appropriate context.</li><li>• Know that some people can be exploited and made to do things that are against the law</li></ul>	<ul style="list-style-type: none"><li>• Understand the legal definitions of sex/gender: the difference between biological sex and gender identity, including AI risks and social pressures</li><li>• Know that gender reassignment is protected by the law.</li><li>• Understand that not all people share the same beliefs about gender identity.</li><li>• To know that grooming can happen to any child,</li></ul>	<ul style="list-style-type: none"><li>• Recap: boundaries and consent</li><li>• Know how a baby develops from conception through the nine months of pregnancy and how it is born.</li><li>• Understand menstrual health including heavy bleeding, irregular periods and conditions like PCOS</li><li>• Know how being physically attracted to someone changes the nature of the relationship</li></ul>



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	<ul style="list-style-type: none"><li>• Know why some people join gangs and the risk that this can involve</li><li>• Know how to take responsibility for their own health</li><li>• Know what it means to be emotionally well</li><li>• Know how to make choices that benefit their own health and well-being</li><li>• Know about different types of drugs and their uses</li><li>• Know how these different types of drugs can affect people's bodies, especially their liver and heart</li><li>• Know that stress can be triggered by a range of things</li><li>• Know that being stressed can cause drug and alcohol misuse</li></ul>	<p>whatever their age or gender</p> <ul style="list-style-type: none"><li>• To understand that a range of tactics can be used to groom and exploit someone</li><li>• To know that grooming can take place over a long or short period of time</li><li>• Compare the features of healthy and unhealthy relationships</li><li>• Explain how to seek help for themselves or a friend</li><li>• Understand the concept of coercion and what coercive behaviour might look like</li><li>• Feel able to challenge unwanted behaviours within a relationship</li><li>• Know that sometimes people can try to gain power or control them</li><li>• Know some of the dangers of being 'online'</li><li>• Know that it is important to take care of their own mental health</li><li>• Know ways that they can take care of their own mental health</li></ul>	<ul style="list-style-type: none"><li>• Know the importance of self-esteem and what they can do to develop it</li><li>• Understand appropriate and inappropriate touch</li><li>• Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li><li>• 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</li></ul>
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		<ul style="list-style-type: none"><li>• Know the stages of grief and that there are different types of loss that cause people to grieve</li><li>• Know how to use technology safely and positively to communicate with their friends and family</li></ul>	
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