

EYFS

Self-identity, Understanding feelings, **Being special**, Families, Challenges, Perseverance, Physical activity, Healthy food, Dealing with bullying, Being a good friend, Respecting my body, Growing up, **Standing up for yourself**

Year 1

Rights and responsibilities, Rewards and feeling proud, **Similarities and differences**, Setting Goals, Tackling new challenges, keeping myself healthy, physical contact preferences, Life cycles, changes in me, **Understanding bullying and knowing how to deal with it**

Year 3

**Self-identity and worth**, responsible choices, Family conflict and how to manage it,, **Witnessing bullying and how to solve it**, Recognising and trying to overcome obstacles, important online and off line scenarios

Y3

Y2

Year 6

**Identifying goals for the year**, Global citizenship, Children's universal rights, **Understanding bullying Inclusion/exclusion**, Identifying mental health worries and sources of support, **self image**, physical attraction

Year 2

Hopes and fears, choices, gender diversity, **celebrating differences**, perseverance, learning strengths, healthier choices, relaxation, different types of family, physical contact boundaries, Differences in female and male bodies, **Standing up for self and others**

Year 4

Group decision-making, Having a voice, **Accepting self and others**, **Understanding bullying and problem solving**, overcoming disappointment, smoking, alcohol, Love and loss, having a baby, girls and puberty

Y4

Y5

Year 5

Democracy, having a voice, participating, **self-recognition and self-worth** Cultural differences and how they can cause conflict, Racism, jobs and careers, dangers of online grooming, **types of bullying** Puberty, self and body image

Y6

