

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year Group</b>	<b>Being Me In My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
<b>Year 5</b>	<p>Planning the forthcoming year</p> <p>Being a citizen</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p> <p>How behaviour affects groups</p> <p>Democracy, having a voice, participating</p>	<p>Cultural differences and how they can cause conflict</p> <p>Racism</p> <p>Rumours and name-calling</p> <p>Types of bullying</p> <p>Material wealth and happiness</p> <p>Enjoying and respecting other cultures</p>	<p>Future dreams</p> <p>The importance of money</p> <p>Jobs and careers</p> <p>Dream job and how to get there</p> <p>Goals in different cultures</p> <p>Supporting others (charity)</p> <p>Motivation</p>	<p>Smoking, including vaping</p> <p>Alcohol</p> <p>Alcohol and anti-social behaviour</p> <p>Emergency aid</p> <p>Body image</p> <p>Relationships with food</p> <p>Healthy choices</p> <p>Motivation and behaviour</p>	<p>Self-recognition and self-worth</p> <p>Building self-esteem</p> <p>Safer online communities</p> <p>Rights and responsibilities online</p> <p>Online gaming and gambling</p> <p>Reducing screen time</p> <p>Dangers of online grooming</p> <p>SMART internet safety rules</p>	<p>Self- and body image</p> <p>Influence of online and media on body image</p> <p>Puberty for girls</p> <p>Puberty for boys</p> <p>Conception (including IVF)</p> <p>Growing responsibility</p> <p>Coping with change</p> <p>Preparing for transition</p>
<b>Year 6</b>	<p>Identifying goals for the year</p> <p>Global citizenship</p> <p>Children's universal rights</p> <p>Feeling welcome and valued</p> <p>Choices, consequences and rewards</p> <p>Group dynamics</p> <p>Democracy, having a voice</p> <p>Anti-social behaviour</p> <p>Role-modelling</p>	<p>Perceptions of normality</p> <p>Understanding disability</p> <p>Power struggles</p> <p>Understanding bullying</p> <p>Inclusion/exclusion</p> <p>Differences as conflict, difference as celebration</p> <p>Empathy</p>	<p>Personal learning goals, in and out of school</p> <p>Success criteria</p> <p>Emotions in success</p> <p>Making a difference in the world</p> <p>Motivation</p> <p>Recognising achievements</p> <p>Compliments</p>	<p>Taking personal responsibility</p> <p>How substances affect the body</p> <p>Exploitation, including 'county lines' and gang culture</p> <p>Emotional and mental health</p> <p>Managing stress</p>	<p>Mental health</p> <p>Identifying mental health worries and sources of support</p> <p>Love and loss</p> <p>Managing feelings</p> <p>Power and control</p> <p>Assertiveness</p> <p>Technology safety</p> <p>Take responsibility with technology use</p>	<p>Self-image</p> <p>Body image</p> <p>Puberty and feelings</p> <p>Conception to birth</p> <p>Reflections about change</p> <p>Physical attraction</p> <p>Respect and consent</p> <p>Boyfriends/girlfriends</p> <p>Sexting</p> <p>Transition</p>
<b>Year 7</b>	<p>Personal identity</p> <p>What influences personal identity</p> <p>Identify personal strengths</p> <p>How do others see me?</p> <p>Group identity</p> <p>My growing sense of personal identity and independence</p> <p>Online and global identity</p> <p>Expectations</p>	<p>Assertiveness</p> <p>Prejudice and discrimination</p> <p>My values and those of others</p> <p>Challenging stereotypes</p> <p>Discrimination in school</p> <p>How prejudice and discrimination fuels bullying</p> <p>Being inclusive</p>	<p>What are my dreams and goals?</p> <p>Steps to success</p> <p>Coping when things don't go to plan</p> <p>Rewarding my dreams</p> <p>Intrinsic and extrinsic motivation</p> <p>Keeping my dreams alive</p> <p>How dreams and goals change in response to life</p>	<p>Healthy choices about my emotional health</p> <p>Managing stress</p> <p>Managing my choices around substances</p> <p>Managing my nutritional choices</p> <p>Medicines and immunisation</p> <p>Healthy choices about physical activity and rest/sleep</p>	<p>My changing web of friendships</p> <p>Support I need now and in the future</p> <p>Developing positive relationships</p> <p>What external factors affect relationships, e.g. media influences?</p> <p>Assertiveness in relationships</p> <p>The changing role of families</p>	<p>My changing body and feelings</p> <p>What is self-image?</p> <p>Coping during times of change</p> <p>My changing ways of thinking</p> <p>Managing my changes in mood</p> <p>Moving forwards into my next year of education</p>