



# Wellington Primary

**PSHE Curriculum**

# PSHE Curriculum Map

## Curriculum Aims

<b>Our Aims</b>	Our PSHE learning integrates personal, social, health and economic education with emphasis on emotional literacy, mental health and SMSC. Our Jigsaw work aims to help children know and value who they really are and how they relate to other people in this ever-changing world.
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**By the end of primary pupils should know:****Relationships and Sex Education (RSE)****Families and people who care for me**

R1	that families are important for children growing up because they can give love, security and stability.
R2	the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
R3	that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
R4	that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
R5	that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
R6	how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

**Caring Friendships**

R7	how important friendships are in making us feel happy and secure, and how people choose and make friends.
R8	the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
R9	that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
R10	that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
R11	how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

**Respectful relationships**

R12	the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
R13	practical steps they can take in a range of different contexts to improve or support respectful relationships.
R14	the conventions of courtesy and manners
R15	the importance of self-respect and how this links to their own happiness
R16	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
R17	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
R18	what a stereotype is, and how stereotypes can be unfair, negative or destructive.
R19	the importance of permission-seeking and giving in relationships with friends, peers and adults.

**Online relationships**

R20	that people sometimes behave differently online, including by pretending to be someone they are not.
R21	that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
R22	the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
R23	how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
R24	how information and data is shared and used online.

**Being safe**

R25	what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
R26	about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
R27	that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
R28	how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.

R29	how to recognise and report feelings of being unsafe or feeling bad about any adult.
R30	how to ask for advice or help for themselves or others, and to keep trying until they are heard,
R31	how to report concerns or abuse, and the vocabulary and confidence needed to do so.
R32	where to get advice e.g. family, school and/or other sources.

**By the end of primary pupils should know:**

**Physical health and mental wellbeing**

**Mental wellbeing**

H1	that mental wellbeing is a normal part of daily life, in the same way as physical health.
H2	that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
H3	how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
H4	how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
H5	the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
H6	simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
H7	isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
H8	that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
H9	where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
H10	it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

**Internet safety and harms**

H11	that for most people the internet is an integral part of life and has many benefits.
H12	about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
H13	How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private
H14	why social media, some computer games and online gaming, for example, are age restricted.
H15	that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
H16	how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
H17	where and how to report concerns and get support with issues online.

**Physical health and fitness**

H18	the characteristics and mental and physical benefits of an active lifestyle
H19	the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
H20	the risks associated with an inactive lifestyle (including obesity).
H21	how and when to seek support including which adults to speak to in school if they are worried about their health.

**Healthy eating**

H22	what constitutes a healthy diet (including understanding calories and other nutritional content).
H23	the principles of planning and preparing a range of healthy meals.
H24	the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

**Drugs, alcohol and tobacco**

H25	the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
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**Health and prevention**

H26	how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body
H27	about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
H28	the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
H29	about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
H30	about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.

H31	the facts and science relating to immunisation and vaccination
<b>Basic first aid</b>	
H32	how to make a clear and efficient call to emergency services if necessary
H33	concepts of basic first-aid, for example dealing with common injuries, including head injuries.
<b>Changing adolescent body</b>	
H34	key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
H35	about menstrual wellbeing including the key facts about the menstrual cycle.

## KS1 Coverage of statutory RSE and HE curriculum

	Autumn Term		Spring Term		Summer Term	
<b>Year 1</b>	H7; R7 R14; R9 R12 R14 R16; H2 H3; H4; R12 R16	R5 R12 R16; R12 R16 H7 H8; R17 R29 H7 H8; R17 R29 R31 R32 H9; R2 R8 R9 R10 R11 R13 R19 R25; R12 H2 H3	H1; -; R12 R16; -; R30 H4; H3	H1 H2 H5 H6 H18 H19 H24 H28 H29; H1 H3 H5 H6 H18 H19 H22 H23 H24 H28 H29; H6 H18 H30; H6 H18; H6 H18 H21; R15 H5 H6 H18 H24 H30	R1 R2 R3 R4; R7 R8 R9 R10 R11 R12; R14 R19 R25 R26 R27 R28; R11 R16 R19 R25 R28 R32 H4; R9 R10 R11 R15 R30 H3 H6; R12 R13 R16 H2 H6	R1 R6; H4; -; R19 R25 R26 R27 R29 H34; R15; R32 H2 H3
<b>Year 2</b>	H2 H3; R12 R14 R16 R19 R25 R32; R12 R14 R15 R16; R12 R14 R15 R16; R12 R13 R14; R12 R13 R14	R18 H2 H3; R18 H17; R17 R21 R22 H8 H13 H15; R11 R13 R16 R20 R30 R31 R32 H4 H9; R9 R12 R13 R14 R16 R19 R25 H2 H3 H7; R7 R8 R10 R12 R14 R16 R19 R25 H2 H3	H2 H3; R15 R30; R12 R13 R14 R16; R13 R14 R16 R19; R14 R16 R19 H2 H3; R19 H4	H5 H6 H18 H19 H20 H24 H29; H1 H2 H3 H6 H12 H18 H19 H28; H6 H18 H21 H25; H5 H6 H22 H23 H24; H5 H6 H18 H22 H23 H24; H5 H6 H18 H20;	R1 R2 R3 R4 R5 R6; R16 R19 R25 R27 R28 R29 R30 R32; R7 R9 R10 R12 R16 H15; R6 R16 R19 R20 R22 R26 R31 R32 H2 H3; R11 R12 R13 R16 R31 H2 H3; R8 H2 H3	-; -; H34; R26 R27 R29 R34; R15 R19 R25 R26 R29 R30 R31 R32; H2 H3

## KS2 Coverage of statutory RSE and HE curriculum

	Autumn Term		Spring Term		Summer Term	
<b>Year 3</b>	R7 R8 R9; R12 R32 H2 H3; R13 R16 H2 H3; R21; R14 R19; R14 R19 R25	R1 R2 R3 R4; R5 R6 H4 H9; R11 R17 R31 H8 H9; R11 R17 R31 R32 H8 H9; R9 R10 R12 R13 R14 R16 R17 R18 R20 R21 R23 R25 R30 H7 H8 H13 H15; R7 R12 R15 R16 H2 H3	R12; H4; -; -; R14 R15 H2 H3; R13 H2 H3	H5 H6 H18 H19 H20 H22 H23 H24; H5 H6 H18 H19 H20 H22 H23 H24 H28; H17 H21 H25; R22 R23 R24 R25 R26 R28 R29 R30 R31 R32 H2 H3 H9 H11 H17 H21R r20 R21 R22 R23 R24 R25 R26 R28 R29 R30 R31 R32 H9 H11 H21; R15 H1 H6 H18 H19 H21	R1 R2 R3 R4 R18; R7, R8, R9, R10, R12, R19, H2, H3; R11, R17, R20, R21, R22, R23, R24, R25, R26, R32, H9, H11, H12, H13, H14, H15, H16, H17; -; -; R13 R16	H2 H3; H2 H3; H2 H3 H34; R27 H2 H3 H34; R1 R2 R3 R4 R18 H2 H3; H2 H3
<b>Year 4</b>	R7 R8 R9 H2 H3; R11 R12 R14; R12 R16; R14 R19; R13 R25; -	R13; R11 R12 R13 R20 R21 R22 R25 H7; R11 R16 R22 R31 R32 H7 H8 H9 H13; R30; R15 R16 H4; R15 R16 H2 H3	-; -; R12; -; -; R14; R16 H2 H3	R7 R8 R11 R13 H2 H3; R8 R10 R11 R13 R19 R20 R21 R22 R25; R30 R31 R32 H21 H24 H25 H26; R30 R31 R32 H21 H24 H25 H26; R30 R31 R32 H21 H24 H25 H26; R8 R9 R10 R11 R12 R13 R16 R20 R25 R29 R32 H1 H4; R11 R12 R14 R15 R16 R19 R22 R25	R6; R6 H2 H3 H7 H9; H4 H10; R7 R8 R9 R10 R11 R12 R13 R14 R16 R19 R25 R32 H7; R8 R9 R12 R13 R14 R16; R2 R4 R9 R12 R16 R19 R25	R1 R2 R3 R4 R27; R1 R2 R3 R4 R26 H34; R26 H34 H35; H4; H2 H3; -
<b>Year 5</b>	R16 H2 H3; R12 R14 R15; R12 R13 R14; R14 H7; R14; R12 R13 R14	R12 R16 R18; R12 R31 H4; R6 R9 R10 R29 R30 R32 H2 H3 H7 H9; R9 R10 R17 R32 H7 H8 H9; H9; R13 R15	H2 H3; -; R15; R16; R12; R12	H21 H24 H25; H21 H24 H25; R31 R32 H9 H21 H32 H33; R12 R15 R16 R18 R25 R27 H10 H21; R15 H4 H10 H21; H1 H2 H3 H4 H5 H6 H10 H18 H19 H20 H21	R13 R15 H2 H3 H4 H7; R11 R12 R13 R14 R16 R17 R20 R21 R22 R23 R24 R25 R26 R29 R31 R31 R32 H8 H9 H10 H11 H12 H13 H14 H15 H16 H17; R12 R13 R14 R16 R19 R20 R21 R22 R23 R24 R25 R26 R29 H8 H9 H10 H11 H12 H13 H14 H15 H16 H17; R12 R13 R14 R19 R20 R21 R22 R23 R24 H11 H12 H13 H14 H15 H16 H17; R12 R13 R14 R20 R21 R22 R23 R24 H5 H11 H12 H13 H14 H15 H16 H17 H28; R11 R12 R13 R14 R20 R21 R22 R23 R24 H1 H11 H12 H13 H14 H15 H16 H17	R15 R25 R26 R27 H5 H6 H10 H18; H34; H2 H3 H34; H34; H4 H34; H1 H4
<b>Year 6</b>	-; R12 H2 H3; R12 H2 H3; R12 R13 R14 R25 H4; R7 R12 R13 R16; R12 R13 R16	R15 H4 H7 H10; R3 R12 R18 R19 H7 H10; R11 R21 R25 R31 R32 H7 H13 H17; R11 R17 R30 R31 H8 H13 H17; R12 R13; R13 R16 H2 H3	R15; -; H2 H3; R12 R13 H7; R16 H4; R16	R15 R27 R31 R32 H1 H5 H6 H7 H9 H10 H17 H18 H19 H21 H24 H29 H31; R31 R32 H2 H3 H8 H9 H10 H17 H21 H24 H25; R7 R11 R25 R31 R32 H8 H9 H10 H17 H21; R7 R11 R25 R31 R32 H8 H9 H10 H17 H21; R30 R31 R32 H1 H4 H5 H6 H7 H9 H10 H12 H17 H18 H19 H21 H28; R15 R19 R27 R30 R31 R32 H1 H4 H5 H6 H7 H9 H10 H12 H17 H18 H28	R27 R32 H1 H4 H5 H6 H7 H9 H10 H17 H18 H21; R15 R27 R32 H1 H4 H5 H6 H7 H9 H10 H17 H18 H21; R32 H2 H3 H4 H7 H9 H10 H17; R8 R9 R10 R13 R17 R19 R25 R26 R28 R30 R31 R32 H8 H9 H17; R11 R13 R20 R21 R22 R23 R24 R25 R26 R28 R29. R32 H11 H12 H13 H14 H15 H16 H17; R13 R21 R22 R23 R24 R25 R26 R28 R32 H11 H12 H13 H14 H15 H16 H17	R15 R27 H1 H4 H6 H7 H9 H10; R30 R32 H9 H34 H35; R1 R4 R32 H9 H35; R4 R7 R8 R9 R13 R19 H9; R13 R15 R16 R19 R27 H1 H4 H6 H9 H10; H2 H3 H4 H6 H9 H10

# PSHE Knowledge Progression

(this is wider than the statutory RSE and HE curriculum - we include here the content from our wider PSHE curriculum which goes beyond the statutory RSE and HE curriculum)

Aut 1 Being Me in My World	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Know they have a right to learn and play, safely and happily</p> <p>Know that some people are different from themselves</p> <p>Know that hands can be used kindly and unkindly</p> <p>Know special things about themselves</p> <p>Know how happiness and sadness can be expressed</p> <p>Know that being kind is good</p>	<p>Understand their own rights and responsibilities with their classroom</p> <p>Understand that their choices have consequences</p> <p>Understand that their views are important</p> <p>Understand the rights and responsibilities of a member of a class</p>	<p>Understand the rights and responsibilities of class members</p> <p>Know about rewards and consequences and that these stem from choices</p> <p>Know that it is important to listen to other people</p> <p>Understand that their own views are valuable</p> <p>Know that positive choices impact positively on self-learning and the learning of others</p> <p>Identifying hopes and fears for the year ahead</p>	<p>Know that the school has a shared set of values</p> <p>Know why rules are needed and how these relate to choices and consequences</p> <p>Know that actions can affect others' feelings</p> <p>Know that others may hold different views</p> <p>Understand that they are important</p> <p>Know what a personal goal is</p> <p>Understanding what a challenge is</p>	<p>Know their place in the school community</p> <p>Know what democracy is (applied to pupil voice in school)</p> <p>Know how groups work together to reach a consensus</p> <p>Know that having a voice and democracy benefits the school community</p> <p>Know how individual attitudes and actions make a difference to a class</p> <p>Know about the different roles in the school community</p> <p>Know that their own actions affect themselves and others</p>	<p>Understand how democracy and having a voice benefits the school community</p> <p>Understand how to contribute towards the democratic process</p> <p>Understand the rights and responsibilities associated with being a citizen in the wider community and their country</p> <p>Know how to face new challenges positively</p> <p>Understand how to set personal goals</p> <p>Know how an individual's behaviour can affect a group and the consequences of this</p>	<p>Know about children's universal rights (United Nations Convention on the Rights of the Child)</p> <p>Know about the lives of children in other parts of the world</p> <p>Know that personal choices can affect others locally and globally</p> <p>Know how to set goals for the year ahead</p> <p>Understand what fears and worries are</p> <p>Understand that their own choices result in different consequences and rewards</p> <p>Understand how democracy and having a voice benefits the school community</p> <p>Understand how to contribute towards the democratic process</p>
Celebrating Difference	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Know what being unique means</p> <p>Know the names of some emotions such as happy, sad, frightened, angry</p> <p>Know why having friends is important</p> <p>Know some qualities of a positive friendship</p> <p>Know that they don't have to be 'the same as' to be a friend</p> <p>Know what being proud means and that people can be proud of different things</p> <p>Know that people can be good at different things</p> <p>Know that families can be different</p>	<p>Know what bullying means</p> <p>Know who to tell if they or someone else is being bullied or is feeling unhappy</p> <p>Know that people are unique and that it is OK to be different</p> <p>Know skills to make friendships</p> <p>Know that people have differences and similarities</p>	<p>Know the difference between a one-off incident and bullying</p> <p>Know that sometimes people get bullied because of difference</p> <p>Know that friends can be different and still be friends</p> <p>Know there are stereotypes about boys and girls</p> <p>Know where to get help if being bullied</p> <p>Know that it is OK not to conform to gender stereotypes</p> <p>Know it is good to be yourself</p> <p>Know the difference between right and wrong and the role that choice has to play in this</p>	<p>Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do</p> <p>Know that conflict is a normal part of relationships</p> <p>Know that some words are used in hurtful ways and that this can have consequences</p> <p>Know why families are important</p> <p>Know that everybody's family is different</p> <p>Know that sometimes family members don't get along and some reasons for this</p>	<p>Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying</p> <p>Know the reasons why witnesses sometimes join in with bullying and don't tell anyone</p> <p>Know that sometimes people make assumptions about a person because of the way they look or act</p> <p>Know there are influences that can affect how we judge a person or situation</p> <p>Know what to do if they think bullying is or might be taking place</p> <p>Know that first impressions can change</p>	<p>Know external forms of support in regard to bullying e.g. Childline</p> <p>Know that bullying can be direct and indirect</p> <p>Know what racism is and why it is unacceptable</p> <p>Know what culture means</p> <p>Know that differences in culture can sometimes be a source of conflict</p> <p>Know that rumour-spreading is a form of bullying online and offline</p> <p>Know how their life is different from the lives of children in the developing world</p>	<p>Know that people can hold power over others individually or in a group</p> <p>Know that power can play a part in a bullying or conflict situation</p> <p>Know that there are different perceptions of 'being normal' and where these might come from</p> <p>Know that difference can be a source of celebration as well as conflict</p> <p>Know that being different could affect someone's life</p> <p>Know why some people choose to bully others</p> <p>Know that people with disabilities can lead amazing lives</p>

	<p>Know that people have different homes and why they are important to them</p> <p>Know different ways of making friends</p> <p>Know different ways to stand up for myself</p>						
<b>Dreams and Goals</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
	<p><b>Know what a challenge is</b></p> <p><b>Know that it is important to keep trying</b></p> <p><b>Know what a goal is</b></p> <p>Know how to set goals and work towards them</p> <p>Know which words are kind</p> <p>Know some jobs that they might like to do when they are older</p> <p>Know that they must work hard now in order to be able to achieve the job they want when they are older</p> <p>Know when they have achieved a goal</p>	<p><b>Know how to set simple goals</b></p> <p><b>Know how to achieve a goal</b></p> <p><b>Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them</b></p> <p><b>Know when a goal has been achieved</b></p> <p>Know how to work well with a partner</p> <p>Know that tackling a challenge can stretch their learning</p>	<p><b>Know how to choose a realistic goal and think about how to achieve it</b></p> <p><b>Know that it is important to persevere</b></p> <p><b>Know how to recognise what working together well looks like</b></p> <p>Know what good group-working looks like</p> <p>Know how to share success with other people</p>	<p><b>Know that they are responsible for their own learning</b></p> <p><b>Know what an obstacle is and how they can hinder achievement</b></p> <p><b>Know how to take steps to overcome obstacles</b></p> <p><b>Know what dreams and ambitions are important to them</b></p> <p>Know about specific people who have overcome difficult challenges to achieve success</p> <p>Know how they can best overcome learning challenges</p> <p>Know what their own strengths are as a learner</p> <p>Know how to evaluate their own learning progress and identify how it can be better next time</p>	<p><b>Know how to make a new plan and set new goals even if they have been disappointed</b></p> <p><b>Know how to work as part of a successful group</b></p> <p><b>Know how to share in the success of a group</b></p> <p>Know what their own hopes and dreams are</p> <p><b>Know that hopes and dreams don't always come true</b></p> <p>Know that reflecting on positive and happy experiences can help them to counteract disappointment</p> <p>Know how to work out the steps they need to take to achieve a goal</p>	<p><b>Know about a range of jobs that are carried out by people I know</b></p> <p><b>Know the types of job they might like to do when they are older</b></p> <p><b>Know that young people from different cultures may have different dreams and goals</b></p> <p>Know that they will need money to help them to achieve some of their dreams</p> <p>Know that different jobs pay more money than others</p> <p>Know that communicating with someone from a different culture means that they can learn from them and vice versa</p> <p>Know ways that they can support young people in their own culture and abroad</p>	<p><b>Know their own learning strengths</b></p> <p><b>Know what their classmates like and admire about them</b></p> <p><b>Know a variety of problems that the world is facing</b></p> <p><b>Know some ways in which they could work with others to make the world a better place</b></p> <p>Know what the learning steps are they need to take to achieve their goal</p> <p>Know how to set realistic and challenging goals</p>
<b>Healthy Me</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
	<p><b>Know what the word 'healthy' means</b></p> <p><b>Know some things that they need to do to keep healthy</b></p> <p><b>Know the names for some parts of their body</b></p> <p><b>Know when and how to wash their hands properly</b></p> <p><b>Know how to say no to strangers</b></p> <p>Know that they need to exercise to keep healthy</p> <p>Know how to help themselves go to sleep and that sleep is good for them</p> <p>Know what to do</p>	<p><b>Know the difference between being healthy and unhealthy</b></p> <p>Know some ways to keep healthy</p> <p><b>Know how to make healthy lifestyle choices</b></p> <p><b>Know that all household products, including medicines, can be harmful if not used properly</b></p> <p>Know that medicines can help them if they feel poorly</p> <p><b>Know how to keep safe when crossing the road</b></p> <p>Know how to keep themselves clean and healthy</p>	<p><b>Know what their body needs to stay healthy</b></p> <p><b>Know what relaxed means</b></p> <p><b>Know why healthy snacks are good for their bodies</b></p> <p><b>Know which foods given their bodies energy</b></p> <p>Know that it is important to use medicines safely</p> <p>Know what makes them feel relaxed/stressed</p> <p>Know how medicines work in their bodies</p> <p>Know how to make some healthy snacks</p>	<p><b>Know how exercise affects their bodies</b></p> <p>Know that the amount of calories, fat and sugar that they put into their bodies will affect their health</p> <p><b>Know that there are different types of drugs</b></p> <p><b>Know that there are things, places and people that can be dangerous</b></p> <p><b>Know when something feels safe or unsafe</b></p> <p>Know why their hearts and lungs are such important organs</p>	<p><b>Know that there are leaders and followers in groups</b></p> <p><b>Know the facts about smoking and its effects on health</b></p> <p><b>Know the facts about alcohol and its effects on health, particularly the liver</b></p> <p><b>Know ways to resist when people are putting pressure on them</b></p> <p><b>Know what they think is right and wrong</b></p> <p>Know how different friendship groups are formed and how they fit into them</p> <p>Know which friends they value most</p> <p>Know that they can take on different roles</p>	<p><b>Know basic emergency procedures, including the recovery position</b></p> <p>Know the health risks of smoking</p> <p>Know how smoking tobacco affects the lungs, liver and heart</p> <p><b>Know how to get help in emergency situations</b></p> <p><b>Know that the media, social media and celebrity culture promotes certain body types</b></p> <p><b>Know the different roles food can play in people's lives and know that people can develop eating problems/disorders</b></p>	<p><b>Know how to take responsibility for their own health</b></p> <p><b>Know what it means to be emotionally well</b></p> <p><b>Know how to make choices that benefit their own health and well-being</b></p> <p>Know about different types of drugs and their uses</p> <p>Know how these different types of drugs can affect people's bodies, especially their liver and heart</p> <p>Know that stress can be triggered by a range of things</p> <p>Know that being stressed can cause drug and alcohol misuse</p> <p><b>Know that some people can be</b></p>

	if they get lost	Know that germs cause disease/illness  Know about people who can keep them safe		Know a range of strategies to keep themselves safe  Know that their bodies are complex and need taking care of	according to the situation  Know some of the reasons some people start to smoke  Know some of the reasons some people drink alcohol	<b>related to body image pressure</b>  Know some of the risks linked to misusing alcohol, including antisocial behaviour  Know what makes a healthy lifestyle	<b>exploited and made to do things that are against the law</b>  <b>Know why some people join gangs and the risk that this can involve</b>
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<b>Relationships</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
	<p><b>Know what a family is</b></p> <p>Know that different people in a family have different responsibilities (jobs)</p> <p><b>Know some of the characteristics of healthy and safe friendships</b></p> <p><b>Know that friends sometimes fall out</b></p> <p><b>Know some ways to mend a friendship</b></p> <p><b>Know that unkind words can never be taken back and they can hurt</b></p> <p>Know how to use Jigsaw's Calm Me to help when feeling angry</p> <p>Know some reasons why others get angry</p>	<p><b>Know that everyone's family is different</b></p> <p><b>Know that families are founded on belonging, love and care</b></p> <p><b>Know that physical contact can be used as a greeting</b></p> <p><b>Know how to make a friend</b></p> <p><b>Know who to ask for help in the school community</b></p> <p>Know that there are lots of different types of families</p> <p>Know the characteristics of healthy and safe friends</p> <p>Know about the different people in the school community and how they help</p>	<p><b>Know that there are lots of forms of physical contact within a family</b></p> <p><b>Know how to stay stop if someone is hurting them</b></p> <p><b>Know there are good secrets and worry secrets and why it is important to share worry secrets</b></p> <p><b>Know what trust is</b></p> <p>Know that everyone's family is different</p> <p>Know that families function well when there is trust, respect, care, love and co-operation</p> <p>Know some reasons why friends have conflicts</p> <p>Know that friendships have ups and downs and sometimes change with time</p> <p>Know how to use the Mending Friendships or Solve it together problem-solving methods</p>	<p><b>Know that different family members carry out different roles or have different responsibilities within the family</b></p> <p><b>Know some of the skills of friendship, e.g. taking turns, being a good listener</b></p> <p><b>Know some strategies for keeping themselves safe online</b></p> <p><b>Know that they and all children have rights (UNCRC)</b></p> <p>Know that gender stereotypes can be unfair, e.g. Mum is always the carer, Dad always goes to work etc</p> <p>Know how some of the actions and work of people around the world help and influence my life</p> <p>Know the lives of children around the world can be different from their own</p>	<p><b>Know some reasons why people feel jealousy</b></p> <p><b>Know that loss is a normal part of relationships</b></p> <p><b>Know that negative feelings are a normal part of loss</b></p> <p><b>Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe</b></p> <p>Know that jealousy can be damaging to relationships</p> <p>Know that memories can support us when we lose a special person or animal</p>	<p><b>Know that there are rights and responsibilities in an online community or social network</b></p> <p><b>Know that there are rights and responsibilities when playing a game online</b></p> <p><b>Know that too much screen time isn't healthy</b></p> <p><b>Know how to stay safe when using technology to communicate with friends</b></p> <p>Know that a personality is made up of many different characteristics, qualities and attributes</p> <p>Know that belonging to an online community can have positive and negative consequences</p>	<p><b>Know that it is important to take care of their own mental health</b></p> <p><b>Know ways that they can take care of their own mental health</b></p> <p><b>Know the stages of grief and that there are different types of loss that cause people to grieve</b></p> <p>Know that sometimes people can try to gain power or control them</p> <p>Know some of the dangers of being 'online'</p> <p>Know how to use technology safely and positively to communicate with their friends and family</p>

<b>Changing Me</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
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	<p><b>Know the names and functions of some parts of the body (see vocabulary list)</b></p> <p><b>Know that we grow from baby to adult</b></p> <p><b>Know who to talk to if they are feeling worried</b></p> <p>Know that sharing how they feel can help solve a worry</p> <p>Know that remembering happy times can help us move on</p>	<p><b>Know the names of male and female private body parts</b></p> <p><b>Know that there are correct names for private body parts and nicknames, and when to use them</b></p> <p><b>Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</b></p> <p><b>Know who to ask for help if they are worried or frightened</b></p> <p>Know that animals including humans have a life cycle</p> <p>Know that changes happen when we grow up</p> <p>Know that people grow up at</p>	<p><b>Know the physical differences between male and female bodies</b></p> <p><b>Know that private body parts are special and that no one has the right to hurt these</b></p> <p>Know who to ask for help if they are worried or frightened</p> <p><b>Know there are different types of touch and that some are acceptable and some are unacceptable</b></p> <p>Know the correct names for private body parts</p> <p>Know that life cycles exist in nature</p> <p>Know that aging is a natural process including old age</p> <p>Know that some changes are out of an individual's control</p> <p>Know how their bodies have changed from when they were a baby and that</p>	<p><b>Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</b></p> <p><b>Know some of the outside body changes that happen during puberty</b></p> <p><b>Know some of the changes on the inside that happen during puberty</b></p> <p>Know that in animals and humans lots of changes happen between conception and growing up</p> <p>Know that in nature it is usually the female that carries the baby</p>	<p><b>Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm</b></p> <p><b>Know that babies are made by a sperm joining with an ovum</b></p> <p><b>Know the names of the different internal and external body parts that are needed to make a baby</b></p> <p><b>Know how the female and male body change at puberty</b></p> <p><b>Know that change can bring about a range of different emotions</b></p> <p>Know that personal hygiene is important during puberty and as an adult</p> <p>Know that change is a normal part of life and that some cannot be</p>	<p><b>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</b></p> <p><b>Know that sexual intercourse can lead to conception</b></p> <p><b>Know that some people need help to conceive and might use IVF</b></p> <p><b>Know that becoming a teenager involves various changes and also brings growing responsibility</b></p> <p>Know that perception means and that perceptions can be right or wrong</p>	<p><b>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</b></p> <p><b>Know how a baby develops from conception through the nine months of pregnancy and how it is born</b></p> <p><b>Know how being physically attracted to someone changes the nature of the relationship</b></p> <p><b>Know the importance of self-esteem and what they can do to develop it</b></p> <p>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</p>
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		different rates and that is normal  Know that learning brings about change	they will continue to change as they age	Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops  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	controlled and have to be accepted		
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# PSHE Skills Progression

Aut 1 Being Me in My World	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Identify feelings associated with belonging</p> <p>Skills to play co-operatively with others</p> <p>Be able to consider others' feelings</p> <p>Identify feelings of happiness and sadness</p> <p>Be responsible in the setting</p>	<p>Understand that they are safe in their class</p> <p>Identifying helpful behaviours to make the class a safe place</p> <p>Understand that they have choices</p> <p>Understanding that they are special</p> <p>Identify what it's like to feel proud of an achievement</p> <p>Recognise feelings associated with positive and negative consequences</p>	<p>Know how to make their class a safe and fair place</p> <p>Show good listening skills</p> <p>Be able to work co-operatively</p> <p>Recognise own feelings and know when and where to get help</p> <p>Recognise the feeling of being worried</p>	<p>Make other people feel valued</p> <p>Develop compassion and empathy for others</p> <p>Be able to work collaboratively</p> <p>Recognise self-worth</p> <p>Identify personal strengths</p> <p>Be able to set a personal goal</p> <p>Recognise feelings of happiness, sadness, worry and fear in themselves and others</p>	<p>Identify the feelings associated with being included or excluded</p> <p>Be able to take on a role in a group discussion / task and contribute to the overall outcome</p> <p>Know how to regulate my emotions</p> <p>Can make others feel cared for and welcome</p> <p>Recognise the feelings of being motivated or unmotivated</p> <p>Can make others feel valued and included</p> <p>Understand why the school community benefits from a Learning Charter</p> <p>Be able to help friends make positive choices</p>	<p>Empathy for people whose lives are different from their own</p> <p>Consider their own actions and the effect they have on themselves and others</p> <p>Be able to work as part of a group, listening and contributing effectively</p> <p>Be able to identify what they value most about school</p> <p>Identify hopes for the school year</p> <p>Understand why the school community benefits from a Learning Charter</p> <p>Be able to help friends make positive choices</p> <p>Know how to regulate my emotions</p>	<p>Know own wants and needs</p> <p>Be able to compare their life with the lives of those less fortunate</p> <p>Demonstrate empathy and understanding towards others</p> <p>Can demonstrate attributes of a positive role-model</p> <p>Can take positive action to help others</p> <p>Be able to contribute towards a group task</p> <p>Know what effective group work is</p> <p>Know how to regulate my emotions</p> <p>Be able to make others feel welcomed and valued</p>
Celebrating Difference	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Recognise emotions when they or someone else is upset, frightened or angry</p> <p>Identify and use skills to make a friend</p> <p>Identify some ways they can be different and the same as others</p>	<p>Identify what is bullying and what isn't</p> <p>Understand how being bullied might feel</p> <p>Recognise ways in which they are the same as their friends and ways they are different</p>	<p>Explain how being bullied can make someone feel</p> <p>Know how to stand up for themselves when they need to</p> <p>Understand that everyone's differences make them special and unique</p> <p>Understand that boys and girls can be similar in lots of ways and that is OK</p>	<p>Use the 'solve it together' technique to calm and resolve conflicts with friends and family</p> <p>Be able to 'problem-solve' a bullying situation accessing appropriate</p>	<p>Be comfortable with the way they look</p> <p>Try to accept people for who they are</p> <p>Be non-judgemental about others who are different</p> <p>Identify influences that have made them think or feel positively/negatively about a situation</p>	<p>Appreciate the value of happiness regardless of material wealth</p> <p>Identify their own culture and different cultures within their class community</p> <p>Identify their own attitudes about people from</p>	<p>Empathise with people who are different and be aware of my own feelings towards them</p> <p>Identify feelings associated with being excluded</p> <p>Be able to recognise when someone is exerting power negatively in a relationship</p>

<p><b>Identify and use skills to stand up for themselves</b></p> <p>Identify feelings associated with being proud</p> <p>Identify things they are good at</p> <p>Be able to vocalise success for themselves and about others successes</p> <p>Recognise similarities and differences between their family and other families</p>	<p>Know ways to help a person who is being bullied</p> <p>Identify emotions associated with making a new friend</p> <p>Verbalise some of the attributes that make them unique and special</p>	<p>Understand that boys and girls can be different in lots of ways and that is OK</p> <p>Can choose to be kind to someone who is being bullied</p> <p>Recognise that they shouldn't judge people because they are different</p>	<p><b>support if necessary</b></p> <p><b>Be able to show appreciation for their families, parents and carers</b></p> <p>Empathise with people who are bullied</p> <p>Employ skills to support someone who is bullied</p> <p>Be able to recognise, accept and give compliments</p> <p>Recognise feelings associated with receiving a compliment</p>	<p>Identify feelings that a bystander might feel in a bullying situation</p> <p>Identify reasons why a bystander might join in with bullying</p> <p>Revisit the 'Solve it together' technique to practise conflict and bullying scenarios</p> <p>Identify their own uniqueness</p> <p>Identify when a first impression they had was right or wrong</p>	<p><b>different faith and cultural backgrounds</b></p> <p><b>Develop respect for cultures different from their own</b></p> <p>Identify a range of strategies for managing their own feelings in bullying situations</p> <p>Identify some strategies to encourage children who use bullying behaviours to make other choices</p> <p>Be able to support children who are being bullied</p>	<p><b>Be able to vocalise their thoughts and feelings about prejudice and discrimination and why it happens</b></p> <p>Use a range of strategies when involved in a bullying situation or in situations where difference is a source of conflict</p> <p>Identify different feelings of the bully, bullied and bystanders in a bullying scenario</p> <p>Appreciate people for who they are</p> <p>Show empathy</p>
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<b>Dreams and Goals</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<p>Understand that challenges can be difficult</p> <p>Resilience</p> <p>Recognise some of the feelings linked to perseverance</p> <p>Recognise how kind words can encourage people</p> <p>Talk about a time that they kept on trying and achieved a goal</p> <p>Be ambitious</p> <p>Feel proud</p> <p>Celebrate success</p>	<p>Recognise things that they do well</p> <p>Explain how they learn best</p> <p>Recognise their own feelings when faced with a challenge/obstacle</p> <p>Recognise how they feel when they overcome a challenge/obstacle</p> <p>Celebrate an achievement with a friend</p> <p>Can store feelings of success so that they can be used in the future</p>	<p>Recognise how working with others can be helpful</p> <p>Be able to work effectively with a partner</p> <p>Be able to choose a partner with whom they work well</p> <p>Be able to work as part of a group</p> <p>Be able to describe their own achievements and the feelings linked to this</p> <p>Recognise their own strengths as a learner</p> <p>Recognise how it feels to be part of a group that succeeds and store this feeling</p>	<p>Can break down a goal into small steps</p> <p>Can manage feelings of frustration linked to facing obstacles</p> <p>Imagine how it will feel when they achieve their dream/ambition</p> <p>Recognise other people's achievements in overcoming difficulties</p> <p>Recognise how other people can help them to achieve their goals</p> <p>Can share their success with others</p> <p>Can store feelings of success (in their internal treasure chest) to be used at another time</p>	<p>Have a positive attitude</p> <p>Can identify the feeling of disappointment</p> <p>Be able to cope with disappointment</p> <p>Can identify what resilience is</p> <p>Can identify a time when they have felt disappointed</p> <p>Can talk about their hopes and dreams and the feelings associated with these</p> <p>Help others to cope with disappointment</p> <p>Enjoy being part of a group challenge</p> <p>Can share their success with others</p> <p>Can store feelings of success (in their internal treasure chest) to be used at another time</p>	<p>Verbalise what they would like their life to be like when they are grown up</p> <p>Appreciate the contributions made by people in different jobs</p> <p>Reflect on the differences between their own learning goals and those of someone from a different culture</p> <p>Appreciate the differences between themselves and someone from a different culture</p> <p>Understand why they are motivated to make a positive contribution to supporting others</p> <p>Appreciate the opportunities learning and education can give them</p>	<p>Understand why it is important to stretch the boundaries of their current learning</p> <p>Be able to give praise and compliments to other people when they recognise that person's achievements</p> <p>Empathise with people who are suffering or living in difficult situations</p> <p>Set success criteria so that they know when they have achieved their goal</p> <p>Recognise the emotions they experience when they consider people in the world who are suffering or living in difficult circumstances</p>	

<b>Healthy Me</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<p>Can explain what they need to do to stay healthy</p> <p>Recognise how exercise makes them feel</p> <p>Can give examples of healthy food</p> <p>Can explain what to do if a stranger approaches them</p> <p>Can explain how they might feel if they don't get enough sleep</p> <p>Recognise how different foods can make them feel</p>	<p>Keep themselves safe</p> <p>Recognise how being healthy helps them to feel happy</p> <p>Recognise ways to look after themselves if they feel poorly</p> <p>Recognise when they feel frightened and know how to ask for help</p> <p>Feel good about themselves when they make healthy choices</p> <p>Realise that they are special</p>	<p>Feel positive about caring for their bodies and keeping it healthy</p> <p>Have a healthy relationship with food</p> <p>Desire to make healthy lifestyle choices</p> <p>Identify when a feeling is weak and when a feeling is strong</p> <p>Express how it feels to share healthy food with their friends</p>	<p>Respect their own bodies and appreciate what they do</p> <p>Can take responsibility for keeping themselves and others safe</p> <p>Identify how they feel about drugs</p> <p>Can express how being anxious or scared feels</p> <p>Able to set themselves a fitness challenge</p> <p>Recognise what it feels like to</p>	<p>Can identify the feelings that they have about their friends and different friendship groups</p> <p>Recognise negative feelings in peer pressure situations</p> <p>Can identify the feelings of anxiety and fear associated with peer pressure</p> <p>Can tap into their inner strength and know-how to be assertive</p> <p>Recognise how different people and groups they interact with impact on them</p>	<p>Respect and value their own bodies</p> <p>Can reflect on their own body image and know how important it is that this is positive</p> <p>Recognise strategies for resisting pressure</p> <p>Can identify ways to keep themselves calm in an emergency</p> <p>Can make informed decisions about whether or not they choose to smoke when they are older</p>	<p>Are motivated to care for their own physical and emotional health</p> <p>Suggest strategies someone could use to avoid being pressured</p> <p>Can use different strategies to manage stress and pressure</p> <p>Are motivated to find ways to be happy and cope with life's situations without using drugs</p> <p>Identify ways that someone who is being exploited could help themselves</p> <p>Recognise that people have different attitudes</p>	

				make a healthy choice	Identify which people they most want to be friends with	Can make informed decisions about whether they choose to drink alcohol when they are older  Accept and respect themselves for who they are  Be motivated to keep themselves healthy and happy	towards mental health/illness
<b>Relationships</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
	<p>Can identify what jobs they do in their family and those carried out by parents/carers and siblings</p> <p>Can suggest ways to make a friend or help someone who is lonely</p> <p>Can use different ways to mend a friendship</p> <p>Can recognise what being angry feels like</p> <p>Can use Calm Me when angry or upset</p>	<p>Can express how it feels to be part of a family and to care for family members</p> <p>Can say what being a good friend means</p> <p>Can identify forms of physical contact they prefer</p> <p>Can say no when they receive a touch they don't like</p> <p>Can show skills of friendship</p> <p>Can praise themselves and others</p> <p>Can recognise some of their personal qualities</p> <p>Can say why they appreciate a special relationship</p>	<p>Can identify the different roles and responsibilities in their family</p> <p>Can recognise the value that families can bring</p> <p>Can recognise and talk about the types of physical contact that is acceptable or unacceptable</p> <p>Can identify the negative feelings associated with keeping a worry secret</p> <p>Can identify who they trust in their own relationships</p> <p>Can use positive problem-solving techniques (Mending Friendships or Solve it together) to resolve a friendship conflict</p> <p>Can identify the feelings associated with trust</p> <p>Can give and receive compliments</p> <p>Can say who they would go to for help if they were worried or scared</p>	<p>Can identify the responsibilities they have within their family</p> <p><b>Know how to access help if they are concerned about anything on social media or the internet</b></p> <p>Can empathise with people from other countries who may not have a fair job or are less fortunate</p> <p>Understand that they are connected to the global community in many different ways</p> <p>Can use Solve it together in a conflict scenario and find a win-win outcome</p> <p>Can identify similarities in children's rights around the world</p> <p><b>Can identify their own wants and needs and how these may be similar or different from other children in school and the global community</b></p>	<p>Can identify feelings and emotions that accompany jealousy</p> <p>Can suggest positive strategies for managing jealousy</p> <p>Can identify people who are special to them and express why</p> <p><b>Can identify the feelings and emotions that accompany loss</b></p> <p><b>Can suggest strategies for managing loss</b></p> <p>Can tell you about someone they no longer see</p> <p><b>Can suggest ways to manage relationship changes including how to negotiate</b></p>	<p>Can suggest strategies for building self-esteem of themselves and others</p> <p><b>Can identify when an online community/social media group feels risky, uncomfortable, or unsafe</b></p> <p>Can suggest strategies for staying safe online/ social media</p> <p><b>Can say how to report unsafe online/social network activity</b></p> <p><b>Can identify when an online game is safe or unsafe</b></p> <p>Can suggest ways to monitor and reduce screen time</p> <p><b>Can suggest strategies for managing unhelpful pressures online or in social networks</b></p>	<p><b>Recognise that people can get problems with their mental health and that it is nothing to be ashamed of</b></p> <p>Can help themselves and others when worried about a mental health problem</p> <p>Recognise when they are feeling grief and have strategies to manage them</p> <p>Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control</p> <p><b>Can resist pressure to do something online that might hurt themselves or others</b></p> <p><b>Can take responsibility for their own safety and well-being</b></p>
<b>Changing Me</b>	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
	<p>Recognise that changing class can elicit happy and/or sad emotions</p> <p>Can say how they feel about changing class/ growing up</p> <p>Can identify how they have changed from a baby</p> <p>Can say what might change for them they get older</p> <p>Can identify positive memories from the past year in school/home</p>	<p>Understand and accept that change is a natural part of getting older</p> <p>Can suggest ways to manage change, e.g. moving to a new class</p> <p>Can identify some things that have changed and some things that have stayed the same since being a baby (including the body)</p> <p>Can express why they enjoy learning</p>	<p>Can say who they would go to for help if worried or scared</p> <p>Can say what types of touch they find comfortable/uncomfortable</p> <p>Be able to confidently ask someone to stop if they are being hurt or frightened</p> <p>Can appreciate that changes will happen and that some can be controlled and others not</p> <p>Be able to express how they feel about changes</p> <p>Show appreciation for people who are older</p> <p>Can recognise the independence and responsibilities they have</p>	<p>Can express how they feel about puberty</p> <p>Can say who they can talk to about puberty if they have any worries</p> <p>Can suggest ways to help them manage feelings during changes they are more anxious about</p> <p><b>Can identify stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundry</b></p>	<p>Can appreciate their own uniqueness and that of others</p> <p>Can express any concerns they have about puberty</p> <p>Have strategies for managing the emotions relating to change</p> <p>Can express how they feel about having children when they are grown up</p> <p>Can say who they can talk to about puberty if they are worried</p> <p>Can apply the circle of change model to themselves to have strategies for managing change</p>	<p>Can celebrate what they like about their own and others' self-image and body image</p> <p>Can suggest ways to boost self-esteem of self and others</p> <p>Recognise that puberty is a natural process that happens to everybody and that it will be OK for them</p> <p><b>Can ask questions about puberty to seek clarification</b></p> <p>Can express how they feel about having a romantic</p>	<p>Recognise ways they can develop their own self-esteem</p> <p>Can express how they feel about the changes that will happen to them during puberty</p> <p>Understand that mutual respect is essential in a boyfriend/girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to</p> <p>Recognise how they feel when they reflect on the development and birth of a baby</p> <p>Can celebrate what they like about their own and others' self-image and body image</p>

			<p>now compared to being a baby or toddler</p> <p>Can say what greater responsibilities and freedoms they may have in the future</p> <p>Can say what they are looking forward to in the next year</p>	<p>Can express how they feel about babies</p> <p>Can describe the emotions that a new baby can bring to a family</p> <p>Can identify changes they are looking forward to in the next year</p>		<p>relationship when they are an adult</p> <p>Can express how they feel about having children when they are an adult</p> <p>Can express how they feel about becoming a teenager</p> <p>Can say who they can talk to if concerned about puberty or becoming a teenager/adult</p>	<p>Use strategies to prepare themselves emotionally for the transition (changes) to secondary school</p>
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