

## Myself and My Relationships 9

### Beginning and Belonging (NB)

- What does it feel like to be new or to start something new?
- What helps me to feel like I belong and am valued in school?
- How can I make other people feel welcome?
- What will help us to feel safer and to learn well in our class and school?
- What different rules do we sometimes need in different places?
- How can I manage my feelings and calm them down if necessary?
- Who can I talk to when I need help?

- Ground rules / class charters
- Responsibilities
- Belonging
- New situations
- Meeting new people
- Managing feelings
- Calming down
- Making choices
- Problem solving
- Asking for help
- Network of support

## Citizenship 8

### Rights, Rules and Responsibilities (NB)

- Why do we need rules at home and at school?
- What part can I play in making and changing rules?
- What do we mean by rights and responsibilities?
- What are my responsibilities at home and at school?
- How do we make democratic decisions in school?
- What is a representative and how do we elect them?

- Class and school rules and charters
- Rights and responsibilities
- Democracy at school
- School and class councils
- Decision making
- Debating and voting
- Responsibilities at school and at home

## Myself and My Relationships 10

### My Emotions (GTBM)

- What is special about me and other people?
- How can I communicate my emotions?
- How do I cope with difficult emotions?
- How can I deal with fears and worries?
- How do my actions and emotions affect the way I and others feel?
- How do I care for other people's feelings?
- Who can I talk to about the way I feel?
- How can I disagree without being disagreeable?

- Understanding feelings
- Coping with feelings
- Communicating emotions
- Impact of emotions
- Sharing feelings with others
- Impulsive behaviour
- Stopping and thinking before acting
- Relaxation
- Assertiveness
- Help and support

## Myself and My Relationships 11

### Family and Friends (GOFO)

- What does a good friend do?
- Do I know how to listen to and support my friends?
- How do I cope when relationships change?
- What are some of the similarities and differences between me and my classmates?
- Who is now in my network of special people, and how do we affect each other?

- Managing friendships
- Special people and networks
- Understanding and valuing difference
- Other points of view
- Compromise
- Emotions in relationships
- Conflict resolution
- Family patterns
- Networks of support

## Citizenship 6

### Working Together (GFG)

- What am I good at and what are others good at?
- What new skills would I like or need to develop?
- How well can I listen to other people?
- How do I ask open questions?
- How can I share my views and opinions effectively?
- How can different people contribute to a group task?
- How can I persevere and overcome obstacles to my learning?
- How can I work well in a group?
- What is useful evaluation?
- How do I give constructive feedback and receive it from others?

- Recognising and valuing strengths
- Developing skills
- Steps towards goals
- Effective communication
- Questioning skills
- Problem solving and perseverance
- Decision making
- Communication and group work skills
- Evaluating
- Giving and receiving feedback

## Myself and My Relationships 12

### Anti-bullying (SNTB)

- What are the key characteristics and forms of bullying?
- Do I understand that bullying occurs when a person or group of people feel the need to have power over another person or group of people?
- Do I understand how bullying affects the way we think, feel and behave?
- How can I keep myself safe if I am being bullied?
- How might bystanders intervene and help someone who is being bullied?

- Types of bullying including prejudice driven bullying
- Homophobic bullying
- Bullying related to race, religion or culture
- Physical, mental and emotional wellbeing
- Strategies for dealing with bullying including assertiveness
- Networks of support
- Bystanders

## Citizenship 7

### Diversity and Communities

- What makes me 'me'?
- How are we different from each other?
- What are some of the different lifestyles and beliefs people have?
- What are stereotypes and how can I challenge them?
- What are the roles of different people in my community?
- How can we care for the environment?
- What do animals need, and what are the responsibilities of humans towards them?
- How do we choose pets, and how do we look after them?

- Identity
- Similarities and differences
- People in the community
- People with different backgrounds
- Stereotypes
- Community cohesion
- Roles in the community
- Local and wider environment
- Basic animal welfare
- Pet care
- Role of the media

## Economic Wellbeing 2

### Financial Capability

- What different ways are there to earn and spend money?
- What do saving, spending and budgeting mean to me?
- How can I decide what to spend my money on and choose the best way to pay?
- What might my family have to spend money on?
- What is 'value for money'?
- How do my feelings about money change?
- How do my choices affect my family, the community, the world and me?

- Understanding large amounts of money
- Sources of money
- Saving and spending
- Cash versus money
- Keeping track of money
- Value for money
- Impact of choices
- Charities
- Emotions

## Healthy and Safer Lifestyles 11

### Managing Risk

- What risks are there to my safety, my friendships and my feelings?
- How might my friends affect my decisions about risk?
- How do I feel and how does my body react in risky situations?
- Can I make decisions in risky situations?
- Who would I ask for help if things went wrong?
- What action is it okay for me to take in an emergency?

- Identifying types of risk
- Dealing with pressure in risky situations
- Reactions to risk
- Taking action in an emergency

## Healthy and Safer Lifestyles 15

### Drug Education

- What medical and legal drugs do I know about, and what are their effects?
- Who uses and misuses legal drugs?
- Why do some people need medicine and who gives it?
- What are the safety rules for storing medicine and other risky substances?
- What should I do if I find something risky, like a syringe?
- What do I understand about how friends and the media influence me?

- Medicines and legal drugs
- People who use medicines and legal drugs
- Rules for safe storage
- Finding risky items
- Influence of friends and media

## Healthy and Safer Lifestyles 12

### Safety Contexts

- How are roads risky and how can I reduce the risks?
- How is fire risky and how can I reduce the risks?
- How is water risky and how can I reduce the risks?
- How do I keep myself safe during activities and visits?
- How can I stop accidents happening?

- Road safety
- Fire safety
- Beach safety
- Safety near inland waterways
- Safety during activities and visits
- Preventing accidents in familiar settings

## Healthy and Safer Lifestyles 16

### Personal Safety

- How can I be responsible for my own personal safety?
- What sorts of physical contact do I feel comfortable with?
- Who are the adults and friends I can trust and to whom I can talk about my feelings?
- When might I need to break a promise or tell a secret?

- Personal safety
- Responsibility for safety
- Good and bad touches
- Secrets, promises and tricks
- Assertiveness
- E-safety
- Networks of support
- Telling

## Healthy and Safer Lifestyles 13

### Sex and Relationships Education

- How are males and females different and what are the different parts called?
- What can my body do and how is it special?
- Why is it important to keep clean?
- What can I do for myself to stay clean and how will this change in the future?
- How do different illnesses and diseases spread and what can I do to prevent this?

- Difference between males and females
- Valuing the body's uniqueness and capabilities
- Responsibilities for hygiene

## Healthy and Safer Lifestyles 17

### Sex and Relationships Education

- What are the main stages of the human life?
- What does it mean to be 'grown up'?
- What am I responsible for now and how will this change?
- How do parents and carers care for babies?

- Stages of human life
- Being grown up
- My responsibilities
- Parents' responsibilities

## Healthy and Safer Lifestyles 14

### Healthy Lifestyles

- How can I have a healthy lifestyle?
- How do nutrition and physical activity work together?
- What does healthy eating and a balanced meal mean?
- How can I plan and prepare simple, healthy food safely?
- How can I look after my teeth and why is it important?
- Who is responsible for my lifestyle choices and how are they influenced?

- Effects of healthy eating and physical activity
- Influences on food choices
- Balanced diet
- Eatwell plate
- Basic food hygiene
- Dental care
- Leisure activities

## Myself and My Relationships 13

### Managing Change (R,C)

- What changes have I already experienced and might I experience in the future?
- What changes might other people be going through?
- What is it like to be separated from a special person?
- How do people feel when things change or people or pets die?
- What emotions might I feel at times of loss and change?
- How might I behave when I feel these emotions?
- What can I do to make the best of new situations?

- Range of experiences of change
- Emotions involved in loss and change
- Other aspects of change
- People I see, people I don't see
- Taking responsibility for choices
- Making amends
- Confidence in new situations
- Bereavement