

<p><b>Myself and My Relationships 14</b> <b>Beginning and Belonging (NB)</b></p> <ul style="list-style-type: none"> <li>• How do we make sure we feel safe in our class and school?</li> <li>• How do we build good relationships in our class?</li> <li>• How do we make new people feel welcome and valued?</li> <li>• How do I feel when I do something new?</li> <li>• Which ways to calm down work for me?</li> <li>• How do I solve problems?</li> <li>• Who can I talk to when I need help?</li> <li>• How can I help and support other people?</li> </ul>	<ul style="list-style-type: none"> <li>• Ground Rules / class charters</li> <li>• Responsibilities</li> <li>• Belonging</li> <li>• New experiences</li> <li>• Managing emotions</li> <li>• Calming down</li> <li>• Problem solving</li> <li>• Network of support</li> </ul>	<p><b>Citizenship 11</b> <b>Rights, Rules and Responsibilities (NB)</b></p> <ul style="list-style-type: none"> <li>• How can I contribute to making and changing rules in school?</li> <li>• How else can I make a difference in school?</li> <li>• Are there places or times when I have to behave differently?</li> <li>• What are the basic rights of children and adults?</li> <li>• Why do we have laws in our country?</li> <li>• How does democracy work in our community and in our country?</li> <li>• What do councils, councillors, parliament and MPs do?</li> <li>• Can I take part in a debate and listen to other people's views?</li> </ul>	<ul style="list-style-type: none"> <li>• Ground rules / class charters</li> <li>• Children's rights</li> <li>• Conflicting rights and responsibilities</li> <li>• Rules and laws in society</li> <li>• Role of the police</li> <li>• Local and national democracy</li> <li>• Participation in class and school</li> <li>• School and class councils</li> <li>• Social and moral issues</li> </ul>
<p><b>Myself and My Relationships 15</b> <b>My Emotions (GTBM)</b></p> <ul style="list-style-type: none"> <li>• What am I good at?</li> <li>• What do I find difficult?</li> <li>• What do I feel proud of about myself?</li> <li>• How do I manage strong emotions?</li> <li>• What can I do when I realise I'm in a bad mood?</li> <li>• How do I recognise how other people feel and respond to them?</li> <li>• How do I cope when I disagree with someone?</li> <li>• How and from whom do I get support when things are difficult?</li> </ul>	<ul style="list-style-type: none"> <li>• Self awareness</li> <li>• Feelings, thoughts, behaviour</li> <li>• Mental health and what affects it</li> <li>• Mood changes</li> <li>• Worry and anxiety</li> <li>• Managing strong feelings</li> <li>• Empathy</li> <li>• Calming down</li> <li>• Assertiveness</li> <li>• Making informed choices</li> <li>• Assessing risk</li> <li>• Networks of support</li> </ul>	<p><b>Myself and My Relationships 16</b> <b>Family and Friends (GOFO)</b></p> <ul style="list-style-type: none"> <li>• Who is in my network of relationships and how has it changed?</li> <li>• How can I develop new friendships and maintain existing ones?</li> <li>• In what way is it positive to have differences between people?</li> <li>• What different kinds of families are there?</li> <li>• How can I manage some of the pressures on my relationships?</li> <li>• Who do I get support from and how do I support others?</li> </ul>	<ul style="list-style-type: none"> <li>• Changing networks</li> <li>• Respecting difference</li> <li>• Sustaining friendships</li> <li>• Anger management</li> <li>• Family patterns</li> <li>• Influences and pressures</li> <li>• Different perspectives</li> <li>• Cooperation</li> <li>• Network of support groups</li> </ul>
<p><b>Citizenship 9</b> <b>Working Together (GFG)</b></p> <ul style="list-style-type: none"> <li>• What are my strengths and skills and how are they seen by others?</li> <li>• What helps me learn new skills effectively?</li> <li>• What would I like to improve and how can I achieve this?</li> <li>• How could my skills and strengths be used in future employment?</li> <li>• What are some of the jobs that people do?</li> <li>• How can I be a good listener to other people?</li> <li>• How can I share my views effectively and negotiate with others to reach agreement?</li> <li>• How can I persevere and help others to do so?</li> <li>• How can I give, receive and act on sensitive and constructive feedback?</li> </ul>	<ul style="list-style-type: none"> <li>• Self perception and self evaluation</li> <li>• Developing skills</li> <li>• Steps towards goals</li> <li>• The world of work</li> <li>• Effective communication</li> <li>• Chairing group discussions</li> <li>• Negotiation and debate</li> <li>• Problem solving and perseverance</li> <li>• Influence of the media</li> <li>• Evaluation</li> </ul>	<p><b>Myself and My Relationships 17</b> <b>Anti-bullying (SNTB)</b></p> <ul style="list-style-type: none"> <li>• Can I define bullying?</li> <li>• Do I understand why a person or group of people may feel the need to have power over another person or group of people?</li> <li>• Can I respond to bullying and seek support where necessary?</li> <li>• How can bullying affect people's behaviour and wellbeing?</li> <li>• How might people's responses to bullying improve or worsen a situation?</li> <li>• Can I identify ways of preventing bullying in school and the wider community?</li> </ul>	<ul style="list-style-type: none"> <li>• Types of bullying including bullying related to race, religion or culture</li> <li>• Homophobic bullying</li> <li>• Physical, mental and emotional wellbeing</li> <li>• Peer pressure</li> <li>• Roles in bullying</li> <li>• Strategies for dealing with bullying including assertiveness</li> <li>• Cyberbullying</li> <li>• Community cohesion</li> <li>• Sources of support</li> </ul>
<p><b>Citizenship 10</b> <b>Diversity and Communities</b></p> <ul style="list-style-type: none"> <li>• What makes up my 'identity' and that of other people?</li> <li>• What are the different identities locally and in the UK?</li> <li>• How can I show respect for different views, lifestyles and beliefs?</li> <li>• What are the negative effects of stereotyping?</li> <li>• What groups and communities am I part of?</li> <li>• Who works for the good of the community and how can I help?</li> <li>• What are voluntary organisations and how do they make a difference?</li> <li>• What is the role of the media and how does it influence me and my community?</li> <li>• Who cares for the environment and what is my contribution?</li> </ul>	<ul style="list-style-type: none"> <li>• Diversity in communities</li> <li>• Community cohesion</li> <li>• Challenging stereotypes</li> <li>• The community and roles in it</li> <li>• Voluntary, community, charitable and pressure groups</li> <li>• The media</li> <li>• Environmental issues</li> <li>• Sustainability</li> </ul>	<p><b>Economic Wellbeing 3</b> <b>Financial Capability</b></p> <ul style="list-style-type: none"> <li>• What different ways are there to gain money?</li> <li>• What sort of things do adults need to pay for?</li> <li>• How can I afford the things I want or need?</li> <li>• How can I make sure I get 'value for money'?</li> <li>• Why don't people get all the money they earn?</li> <li>• How is money used to benefit the community or the wider world?</li> <li>• What is poverty?</li> </ul>	<ul style="list-style-type: none"> <li>• Earnings and deductions</li> <li>• Wants and needs</li> <li>• Range of jobs</li> <li>• Budgeting</li> <li>• Debt and credit</li> <li>• Financial planning (including insurance and pensions)</li> <li>• Making choices</li> <li>• Managing feelings about money</li> <li>• Poverty</li> <li>• Role of charities</li> </ul>
<p><b>Healthy and Safer Lifestyles 18</b> <b>Managing Risk</b></p> <ul style="list-style-type: none"> <li>• When might it be good to take risk?</li> <li>• What are the different consequences of taking physical, emotional and social risks?</li> <li>• How risky are different situations?</li> <li>• When am I responsible for my own safety?</li> <li>• How can I keep myself and others safe?</li> <li>• How can I get the attention of an adult if I need to?</li> <li>• Where can people go for help?</li> <li>• How can I help people who need support?</li> <li>• Can I carry out basic first aid?</li> </ul>	<ul style="list-style-type: none"> <li>• Positive and negative aspects of risk taking</li> <li>• Consequences and degrees of risk</li> <li>• Personal responsibility for safety</li> <li>• Risk reduction strategies</li> <li>• Getting help</li> <li>• Sources of support</li> <li>• Basic first aid</li> </ul>	<p><b>Healthy and Safer Lifestyles 22</b> <b>Drug Education</b></p> <ul style="list-style-type: none"> <li>• What do I know about medicines, alcohol, nicotine, solvents and illegal drugs and how they affect people who use them and others?</li> <li>• How does drug use affect the way a body or brain works?</li> <li>• How do medicines help people with a range of illnesses?</li> <li>• What does misusing a drug mean?</li> <li>• What are some of the laws about drugs?</li> <li>• What risks should I look for around substances?</li> <li>• How do my friends influence my behaviour and decision making?</li> <li>• How and why do companies advertise drugs?</li> <li>• When and how should I check information I am given?</li> </ul>	<ul style="list-style-type: none"> <li>• Legal and illegal drugs</li> <li>• Effects of drug use</li> <li>• Essential use of medicines</li> <li>• Misuse of substances</li> <li>• Staying safe around risky substances</li> <li>• Influence of friends and media</li> <li>• Reliable information</li> <li>• First aid</li> </ul>
<p><b>Healthy and Safer Lifestyles 19</b> <b>Safety Contexts</b></p> <ul style="list-style-type: none"> <li>• How can I stay safe on the roads as cyclist or pedestrian?</li> <li>• How do I keep myself safe in the sun?</li> <li>• How can I stay safe in my home?</li> <li>• How can I stay safe near railways?</li> <li>• What helps to make school a safe place?</li> <li>• How can I prevent accidents?</li> </ul>	<ul style="list-style-type: none"> <li>• Road safety</li> <li>• Sun safety</li> <li>• Cycle safety</li> <li>• Railway safety</li> <li>• Electrical safety</li> <li>• Health and safety rules in school</li> <li>• Preventing a wider range of accidents</li> </ul>	<p><b>Healthy and Safer Lifestyles 23</b> <b>Personal Safety</b></p> <ul style="list-style-type: none"> <li>• When am I responsible for my personal safety?</li> <li>• What can I do to help keep myself safer?</li> <li>• How can I act to show I'm assertive?</li> <li>• When should I keep a secret for myself or for a friend?</li> <li>• Who is now in my network of support and how is it changing?</li> <li>• When and how should I ask for help?</li> </ul>	<ul style="list-style-type: none"> <li>• Personal safety</li> <li>• Acceptable and unacceptable physical contact</li> <li>• Secrets and promises</li> <li>• Networks of support</li> <li>• Trusted adults</li> <li>• Organisations that help</li> <li>• Assertiveness</li> <li>• Managing pressure</li> <li>• Domestic violence</li> <li>• E-Safety</li> </ul>
<p><b>Healthy and Safer Lifestyles 20</b> <b>Sex and Relationships Education</b></p> <ul style="list-style-type: none"> <li>• What are male and female sexual parts called and what do they do?</li> <li>• What happens to the bodies of boys and girls when they reach puberty?</li> <li>• What influences my view of my body?</li> <li>• How can I keep my growing and changing body clean?</li> <li>• How can the spread of viruses and bacteria be stopped?</li> <li>• What is HIV?</li> </ul>	<ul style="list-style-type: none"> <li>• Names of sexual parts</li> <li>• Puberty</li> <li>• Physical change</li> <li>• Menstruation</li> <li>• Developing body image</li> <li>• Changing hygiene routines</li> <li>• Viruses and bacteria</li> </ul>	<p><b>Healthy and Safer Lifestyles 24</b> <b>Sex and Relationships Education</b></p> <ul style="list-style-type: none"> <li>• How are babies made?</li> <li>• How can I express my feeling positively as I grow up?</li> <li>• When am I responsible for how others feel?</li> <li>• What should adults think about before they have a baby?</li> <li>• What are families like?</li> </ul>	<ul style="list-style-type: none"> <li>• Human lifecycle</li> <li>• Sexual reproduction</li> <li>• Changing emotions</li> <li>• Responsibility for others</li> <li>• Love and marriage</li> <li>• Families</li> </ul>
<p><b>Healthy and Safer Lifestyles 21</b> <b>Healthy Lifestyles</b></p> <ul style="list-style-type: none"> <li>• What does being healthy mean and what are the benefits?</li> <li>• Why is a varied and balanced diet important?</li> <li>• How can I achieve a healthy energy balance?</li> <li>• How does physical activity help me?</li> <li>• How can I plan, prepare and cook healthy meals safely?</li> <li>• What or who influences me when I'm making lifestyle choices?</li> <li>• How am I responsible for a healthy lifestyle?</li> </ul>	<ul style="list-style-type: none"> <li>• Effects and benefits of healthy eating and physical activity</li> <li>• Eatwell plate</li> <li>• Basic food hygiene</li> <li>• Lifestyle and leisure choices</li> <li>• Physical and mental health</li> </ul>	<p><b>Myself and My Relationships 18</b> <b>Managing Change (R,C)</b></p> <ul style="list-style-type: none"> <li>• What different changes do we or might we experience?</li> <li>• How will I feel if I lose something or someone or if things change?</li> <li>• How have I been affected by changes I have already experienced?</li> <li>• How are my friendships and relationships changing?</li> <li>• In what different ways do people grieve?</li> <li>• How might I or other people behave when we are living through change?</li> <li>• How might I feel when I move to another school?</li> </ul>	<ul style="list-style-type: none"> <li>• Range of changes</li> <li>• Coping with loss</li> <li>• Emotions involved</li> <li>• Sources of support</li> <li>• Bereavement and family change</li> <li>• Friendship change</li> <li>• Transition between schools</li> <li>• Outcomes of change</li> <li>• Coping with challenges</li> <li>• Managing risk</li> <li>• Supporting others</li> </ul>