

	Content	Lessons	Outcomes
Year 1	<p>Focuses on relationships with friends and family. During these sessions children will think about their emotions and how their actions can make other people feel. It also begins to focus on more sensitive issues such as loss and bereavement.</p>	<ol style="list-style-type: none"> <li>1. Feeling proud of myself and my friends</li> <li>2. I know who is in my family</li> <li>3. I know who my friends are</li> <li>4. Losing someone or something I care about</li> <li>5. Making the people I love happy</li> <li>6. I know I can make people sad</li> </ol>	<p>I know who my friends and family are</p> <p>I can make people I care about happy</p> <p>I have thought about people who are important to me and how I feel about them</p>
Year 2	<p>Focuses on relationships with friends and family. It also begins to focus on more sensitive issues such as growing and changing and personal hygiene. These sessions also involve labelling parts of the body, both child and some adult words as appropriate. Children will be taught that their body belongs to them.                      How to say No! and Stop!.                      And have thoughts about what feels ok and not ok.</p>	<ol style="list-style-type: none"> <li>1. This body of mine</li> <li>2. My body belongs to me</li> <li>3. Growing and changing</li> <li>4. Hands up! (hand washing)</li> <li>5. Happy little teeth</li> <li>6. People who help us</li> </ol>	<p>I know the stages of a life cycle</p> <p>I can identify some of the people who care for me</p> <p>I have thought about ways of keeping my teeth healthy</p>

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Year 3	Focuses on relationships with friends and family and how it might feel to be left out. There is chance to think about responsibilities and how to deal with them. It further develops learning about sensitive issues such as personal hygiene; identifying which parts of the body need to be kept clean and the consequences of not keeping clean.	<ol style="list-style-type: none"> <li>1. Dealing with guilt</li> <li>2. Families are different (different forms of family units)</li> <li>3. This is Me! (being yourself)</li> <li>4. Looking after Me (personal hygiene)</li> <li>5. It's OK to be different</li> <li>6. I can say No (peer pressure)</li> </ol>	<p>I know that families can be different from one another but all are valuable and worthwhile</p> <p>I can say no to peer pressure</p> <p>I have thought about the importance of caring for myself and keeping myself clean</p>
Year 4	Focuses on relationships, it looks at choices we make in relationships and how our choices can impact on others. It tackles sensitive issues such as personal hygiene and puberty, recognising that changes we experience are natural and can be embraced positively. Children will learn proper names for male and female genitalia and understand the changes that happen to them during puberty as well as changes that the opposite sex will go through.	<ol style="list-style-type: none"> <li>1. Taking responsibility</li> <li>2. Body parts (scientific names for male/ female parts of the body)</li> <li>3. Growing and changing (puberty and body changes)</li> <li>4. Keeping clean (personal hygiene in relation to puberty)</li> <li>5. It's OK to be different (emotional/ physical)</li> <li>6. My autobiography (past, present, future)</li> </ol>	<p>I know the names for male and female body parts</p> <p>I can take responsibility for what I choose to do</p> <p>I have thought about how and why my body will change</p>

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Year 5	<p>Children will think about what to do when they feel embarrassed and how to not make things worse. They will also think about how they can act in a positive way to help when feeling embarrassed.</p> <p>This unit teaches about the physical and emotional changes that occur in puberty and looks again at the importance of hygiene; including sanitary wear. It also covers decisions that need to be made before having a baby, conception, birth and parenting issues, while helping to allay embarrassment.</p>	<ol style="list-style-type: none"> <li>1. Relationships – I know some things to do when I am embarrassed</li> <li>2. Puberty: Physical Changes</li> <li>3. Puberty: Emotional Changes</li> <li>4. Personal Hygiene</li> <li>5. Conception and Child birth</li> <li>6. Parenting and the responsibilities that come with it</li> </ol>	<p>I know some things to do when I feel embarrassed</p> <p>I can describe some of the physical changes of puberty</p> <p>I have thought about how my body will change during puberty, how I may feel, and what to do about these feelings</p>
Year 6	<p>Looks at how people deal with sensitive issues such as loss, self-image, stereotyping and media influence. It looks at choices people make and their consequences. This unit also provides strategies that could be used to help children when faced with loss, peer pressure and anxieties over self-image.</p>	<ol style="list-style-type: none"> <li>1. Relationships – Dealing with Loss</li> <li>2. Self-Image</li> <li>3. Stereotypes</li> <li>4. Peer Pressure</li> <li>5. The Influence of the Media</li> <li>6. Choices and the Consequences of Behaviour</li> </ol>	<p>I know some of the feelings that people have when someone close dies or leaves</p> <p>I can recognise and challenge stereotyping and discrimination</p> <p>I have thought about how the media can influence the way we think and feel about people and situations.</p>