

	Autumn Term		Spring Term		Summer Term	
Area of PSHE	Me and My Relationships		Valuing Difference		Keeping Safe	
	<ul style="list-style-type: none"> Give a range of examples of our emotional needs and explain why they are important. Explain why the qualities of a good friend are important. Give a few examples of how to stand up for myself and say when I might need to use assertiveness skills. 	<ul style="list-style-type: none"> Explain bystander behaviour by giving examples of what bystanders do when someone is being bullied. Give examples of negotiation and compromise. Explain what inappropriate touch is and give examples. 	<ul style="list-style-type: none"> Give examples of different faiths and cultures and positive things about having these differences. Explain how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them do this. 	<ul style="list-style-type: none"> Reflect on and give reasons for why some people show prejudiced behaviour and sometimes bully for this reason. Explain the difference between a passive bystander and an active bystander and give an example of how active bystanders can help in bullying situations. 	<ul style="list-style-type: none"> Give examples of things that might influence a person to take risks online. Explain that I have a choice. Know the percentage of people aged 11-15 years old that smoke in the UK (3%). Give reasons why some people think it's a lot more than this. 	<ul style="list-style-type: none"> Explain why emotional needs as important as physical needs are and what might happen if a person doesn't get their emotional needs met. Explain some ways of making sure that I keep myself safe when using a mobile phone, including safety around sharing personal information or images, and that there are laws relating to this. Explain why some people believe that more young people drink alcohol and actually do.
Key Vocabulary 	Collaborate Aggressive Resolution Conflict Pressure Emotional needs Passive Assertiveness Negotiation Unsafe Compromise Body language Respect Uncomfortable touching Qualities Unhealthy relationship	Assertiveness Appropriate Sensitive Collaboration Respectful Response Appropriate Culture Inappropriate Religion Bullied Compromise Illegal Active Forced marriage Negotiation Community Bystanders Passive Civil partnership	Multicultural society Compare Point of view Stereotype Discrimination Diverse Racism False impression Respect Prejudice Similarities Excluded Conflict Celebrate Religious Social media Cultural Tolerance Acceptance	Disrespect Bystander Self-esteem Diversity Prejudice Identity Empathy Stereotype Tolerance Assumption Media influence Situation Gender stereotype Community	Habit Cigarettes Drugs Pressure Alcohol Vapes Weigh up risk Influence Privacy settings Assertive Cyberbullying Decision Social norms Assessing risk E-cigarettes	Online safety Legal Privacy Sharing online Emotional needs Inappropriate Physical needs Age restrictions Possess Parental consent Permission Social media Alcohol Medical Non-medical Produce Personal information
Key Questions 	What are emotional needs? Do we have the same emotional needs? Do emotional needs stay the same? What qualities make a good friend? How does a good friend show these qualities? Do these qualities make a difference in friendships? How? How can someone stand up for themselves? When would someone use their assertiveness skills? Is assertiveness the best way to react to pressure? Why?	What do bystanders do when someone is being bullied? What is the difference between an active and a passive bystander? Can passive bystanders affect a bullying situation? How? Can active bystanders affect a bullying situation? How? What is compromise? What is negotiation? How can negotiation and compromise skills help someone? What is appropriate/ inappropriate touch? What types of touch are illegal? If someone experiences inappropriate or illegal touch, how can they get help?	Is having different groups something to celebrate? Why? Why can religious and cultural differences cause conflict? Can differences in faiths and cultures be positive? Why? Do a person's online posts about themselves reflect their life? Why would someone want to create a false impression when they post online? Is it healthy or harmful to post something online that is not the full truth? Why?	What is prejudice? Why do some people show prejudiced behaviour? What is empathy? Can empathy help people to be more understanding of those who are different? How? How can a bystander's behaviour affect a bullying situation? When would it be unsafe to be an active bystander? When would it be safe to be an active bystander?	What risky situations can happen online? What can someone do to make the situation less risky? What can influence a person to take risks online? Does everyone have a choice whether to take risks online? Do lots of young people choose to smoke? Why do some people think that lots of young people smoke? Can knowing the true percentage (3%) influence people's choice about smoking? How?	Are emotional needs equally important as physical needs? Why? What might happen if someone's emotional needs are not met? Can having a mobile phone be both negative and positive? How? How can someone keep themselves safe when using a mobile phone? Why is there a law about sharing inappropriate images on mobile phone? Is young people's use of alcohol increasing or decreasing? Will knowing the norms about young people and alcohol, help someone choose not to take part in risky behaviour? Why?
Relationships Education 	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. How important friendships are in making us feel happy and secure, and how people choose and make friends. 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.	How important friendships are in making us feel happy and secure, and how people choose and make friends. The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. 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.	The importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs. Different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help. People sometimes behave differently online, including by pretending to be someone they are not. 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.			

	<p>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 support, if needed.</p> <p>The conventions of courtesy and manners.</p> <p>The importance of self-respect and how this links to their own happiness.</p> <p>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.</p> <p>The importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs.</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p> <p>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p>	<p>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 support, if needed.</p> <p>The conventions of courtesy and manners.</p> <p>The importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs.</p> <p>The importance of self-respect and how this links to their own happiness.</p> <p>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.</p> <p>Different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help.</p> <p>What a stereotype is and how stereotypes can be unfair, negative or destructive.</p> <p>Others' families sometimes look different from their family, but they should respect those differences.</p> <p>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.</p>	<p>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.</p> <p>How information and data is shared and used online.</p> <p>How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p>What sorts of boundaries are appropriate in friendships with peers and others.</p> <p>How to respond safely and appropriately to adults they may encounter whom they do not know.</p>
<p>Physical Health and Mental Wellbeing (Health Education)</p> 	<p>Mental wellbeing is a normal part of daily life, in the same way as physical health. A scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>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.</p> <p>How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>Where and how to seek support.</p> <p>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.</p>	<p>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.</p> <p>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.</p> <p>The internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact of mental health.</p> <p>How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</p> <p>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.</p> <p>Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p>	<p>Bullying has a negative and often lasting impact on mental wellbeing.</p> <p>Social media, some computer games and online gaming, are age restricted.</p> <p>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.</p> <p>For most people the internet is an integral part of life and has many benefits.</p> <p>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.</p> <p>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.</p> <p>Where and how to report concerns and get support with issues online.</p> <p>The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p>
<p>Cross-Curricular Links</p>			<p>Computing – use technology safely, respectfully and responsibly</p> <p>Computing – Recognise acceptable/ unacceptable behaviour</p> <p>Science – Animals including humans – recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</p> <p>Science – Animals including humans – how to keep their bodies healthy and how their bodies might be damaged; including how some drugs and other substances can be harmful to the human body.</p> <p>Science – Animals including humans – explore the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health.</p>