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| Topic Heading | What is being taught? |
| Families and People who care. | * Families come in different type and that happy families are important
* What to do if a family relationship is making them feel unhappy or unsafe.
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| Caring Friendships | * How people choose and make friends
* What makes a happy friendship?
* When friendships make us feel lonely
* How to repair a friendship.
* Managing friendship conflict and how to know when to trust.
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| Respectful Relationships  | * Respecting others beliefs and values.
* Improving and supporting respectful relationships
* Courtesy and manners
* Self- respect
* Everyone should be treated with respect
* Bullying and cyber bullying
* The importance of permission seeking and personal space.
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| Online Relationships | * People can behave differently online
* You should have respect for people online
* Online risks
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| Being Safe | * Responding to unknown adults
* Asking for advice and being heard
* How to report concerns or abuse
* Where to get advice from
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| Mental Wellbeing | * There is a normal range of emotions
* The benefits of physical exercise and time outdoors
* Where and how to seek support
* It is common for people to experience mental ill health.
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| Internet Safety and Harms | * Online actions and respectful behaviour
* How the internet can be a negative place.
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| Physical Health and Fitness | * The benefits of an active lifestyle
* The importance of regular exercise
* The risks associated with an inactive lifestyle
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| Healthy Eating | * What is a healthy diet?
* Poor diet and it’s risks
* Tooth brushing and teeth decay.
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| Health and Prevention  | * Going to the dentist
* Personal hygiene and bacteria
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| Basic first Aid | * Calling the emergency services.
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