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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. |
| 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. |
| 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. |
| Online Relationships | * People can behave differently online * You should have respect for people online * Online risks |
| Being Safe | * Responding to unknown adults * Asking for advice and being heard * How to report concerns or abuse * Where to get advice from |
| 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. |
| Internet Safety and Harms | * Online actions and respectful behaviour * How the internet can be a negative place. |
| Physical Health and Fitness | * The benefits of an active lifestyle * The importance of regular exercise * The risks associated with an inactive lifestyle |
| Healthy Eating | * What is a healthy diet? * Poor diet and it’s risks * Tooth brushing and teeth decay. |
| Health and Prevention | * Going to the dentist * Personal hygiene and bacteria |
| Basic first Aid | * Calling the emergency services. |