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| Topic Heading | What is being taught? |
| Families and People who care. | * What to do if a family relationship is making them feel unhappy or unsafe. * Families can take different forms and we should respect each other. * Families are a loving and caring environment |
| Caring Friendships | * 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. * What is a stereotype? |
| Online Relationships | * 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 * Where to get advice in school or from family |
| Internet Safety and Harms | * Online actions and respectful behaviour * How to judge whether information is accurate or targeted |
| Physical Health and Fitness | * The benefits of an active lifestyle * The importance of regular exercise * How and when to seek support if they are concerned about their health. |
| Healthy Eating | * What is a healthy diet? * Poor diet and it’s risks. |
| Health and Prevention | * How to spot early signs of physical illness and changes to the body * Going to the dentist * Personal hygiene and bacteria |
| Basic first Aid | * Calling the emergency services. |
| Changes to the adolescent body | * Key facts about the changing adolescent body: to identify and name some of the external body parts * Emotional changes during puberty * Personal Hygiene |