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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
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| Caring Friendships | * 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.
* What is a stereotype?
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| Online Relationships | * 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
* Where to get advice in school or from family
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| Internet Safety and Harms | * Online actions and respectful behaviour
* How to judge whether information is accurate or targeted
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| 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.
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| Healthy Eating | * What is a healthy diet?
* Poor diet and it’s risks.
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| Health and Prevention  | * How to spot early signs of physical illness and changes to the body
* Going to the dentist
* Personal hygiene and bacteria
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| Basic first Aid | * Calling the emergency services.
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| 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
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