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| Topic Heading | What is being taught? |
| Families and People who care. | * What makes a healthy family life? * Families can take different forms and we should respect each type of family unit * A stable and caring relationship is at the heart of each family unit |
| Caring Friendships | * It’s important that friendships make us feel happy and secure * The characteristics of a happy friendship * Friendships should be positive and no one should feel lonely * Friendships have ups and downs and how to repair friendships |
| 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 | * The way we treat people online should be the same as the way we treat them face to face * Staying safe online and recognising risks * Risks about people we’ve never met |
| Being Safe | * Online boundaries * How to report if they feel unsafe online * How to ask for advice or help * How to report concerns about online behaviour |
| Mental Wellbeing | * Talking about emotions * Benefits of physical exercise * Self care techniques i.e. rest, time spent outdoors * Bullying |
| Internet Safety and Harms | * Internet has become a huge part of people’s lives * Benefits of rationing time online * Effect of online actions * How the internet can be a negative place * How to know if things are true online * How to report concerns |
| Physical Health and Fitness | * The benefits of physical exercise * Importance of building routines * The risks associated with inactive lifestyle * How and when to seek support |
| Healthy Eating | * What is a healthy diet? * Poor diet and it’s risks. * Planning and preparing healthy meals |
| Drugs and Alcohol | * The facts about legal and illegal substances and risks associated. |
| Health and Prevention | * How to spot early signs of physical illness and changes to the body * Sun exposure and associated risks * Importance of quality sleep * Allergies and vaccinations |
| Basic first Aid | * Calling the emergency services. * Basic first aid and dealing with common injuries |
| Changes to the adolescent body | * When physical touch is unwanted * Concerns about physical touch * Identifying the external genitalia * Physical and emotional changes during puberty * The menstrual cycle * Erections and wet dreams * How to manage menstruation |