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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
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| 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
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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 | * 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
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| 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
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| Mental Wellbeing | * Talking about emotions
* Benefits of physical exercise
* Self care techniques i.e. rest, time spent outdoors
* Bullying
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| 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
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| 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
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| Healthy Eating | * What is a healthy diet?
* Poor diet and it’s risks.
* Planning and preparing healthy meals
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| Drugs and Alcohol | * The facts about legal and illegal substances and risks associated.
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| 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
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| Basic first Aid | * Calling the emergency services.
* Basic first aid and dealing with common injuries
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| 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
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