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| **Foundation Stage** | **Key stage 1** | **Lower key stage 2** | **Upper key stage 2** | **End of theme whole school event** |
| **EYFS****12 sessions to include:** | **Year 1 and 2****12 sessions to include:** | **Year 3 and 4****12 sessions to include:** | **Year 5 and 6****12 sessions to include:** |
| ***Reception:*** * To understand the terms fair and unfair and identify what is fair and unfair
* To explore different types of families
* To identify special people in our lives and explain why these people are special
* To begin to break gender stereotypes
* To begin to challenge gender stereotypes
* To explain how to use medicine safely
* To identify how things can change
* To begin to prepare for change
* To explain why
* To explain how and why to keep clean
* To identify people in their family
* change is good
 | ***Year 1:**** To identify the qualities of a good friend
* To explain what a compliment is and why it is important
* To recognise our achievements
* To identify places and people who make me feel safe.
* To explain why these places and people make us feel safe
* To explain why good friends are important and explore how to make new friends
* To understand good friendships and saying no
* To understand what ‘bad’ secrets are
* To explain who is in their family, while recognising families are different
* To explain how they have grown and changed

***Year 2:**** To identify the qualities of a good friend
* To explain how to keep ourselves safe **Link to PANTS rule**
* To understand what pride is and identify what makes us proud
* To explain why it is important to feel proud
* To explain what makes us proud of other people
* To understand what makes a good friend
* To identify how we can be a good friend to others
* To understand emotions
* To explain how to talk about feelings and emotions
* To name private parts of their body using correct vocabulary
* To explain who is in their family, while recognising families are different
 | ***Year 3:**** To identify the qualities of a good friend
* To identify positive thoughts and how positive thoughts can affect us
* To explore the concept of self-talk and identify how this can help us
* To identify what makes a healthy relationship and explain what makes a good friend
* To understand peer pressure and saying no
* To discuss personal boundaries
* To explain who is in their family, while recognising families are different
* To know you can say no to bad touch
* To understand that FGM is not a rite of passage

***Year 4:**** To identify the qualities of a good friend
* To understand a growth mind-set and how it can affect us
* To understand rights in a friendship and to explain why it is important to know these rights
* To understand responsibilities in a friendship and explain why it is important to know these responsibilities
* To understand healthy friendships and saying no
* To explain how to keep your mind healthy
* To explain who is in their family, while recognising families are different
* To begin to understand the basic changes that happen during puberty
* To begin to understand menstruation
* To understand aspects of discrimination
* To understand that every individual no matter what their gender should be treated with equal respect and opportunities
 | ***Year 5:**** To identify the qualities of a good friend
* To understand online pressure
* To explain how to use games and apps safely
* To understand peer pressure and saying no online
* To understand healthy friendships
* To understand how to identify good friendships
* To understand benefits of a growth mind-set and explain how to develop a growth mind-set
* To explain who is in their family, while recognising families are different
* To understand the physical and emotional changes that happened during puberty
* To understand the difference between culture and religion
* To know I have the right to say no.

***Year 6:**** To identify the qualities of a good friend
* To understand how to develop positive self-talk
* To explore positive friendships and explain what makes a friendship successful
* To gain basic first aid skills
* To explain who is in their family, while recognising families are different
* To understand the physical and emotional changes that happened during puberty
* To understand healthy on and offline friendships
 | Staff look out for people being kind, these people (staff, adults and children) are celebrated in assembly.In assembly come together and reflect and at the end of the theme to discuss good friends and good friendships |