



Talking Points

A Physical Health, Mental Wellbeing and Relationships
Curriculum for Primary Schools - 2019



Coverage against DFE guidance

2019



Relationships Education

BP	Topic 1 - Families and people who care for me	Y1	Y2	Y3	Y4	Y5	Y6
1	Families are important for children growing up because they can give love, security and stability.	1, 2				9, 11	11
2	Characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each others lives.	1, 2		7, 11		9, 11	11
3	Others' families, either in school or the wider world, sometimes look different from their family, but they should respect those differences and know that other children's families are also characterised by love and care for them.	1, 2		7, 16 17 18		11	11



Relationships Education

BP	Topic 1 - Families and people who care for me	Y1	Y2	Y3	Y4	Y5	Y6
4	Stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	1,2		11 17 18		11	11
5	Marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.					11	
6	Recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	2		12 14		2	9



Relationships Education

BP	Topic 2 - Caring friendships	Y1	Y2	Y3	Y4	Y5	Y6
1	How important friendships are in making us feel happy and secure, and how people choose and make friends.			6, 9	3	7, 10	6, 8
2	Characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties.	2	10	6, 7, 9, 10 13	3	7, 10	6, 8, 17
3	Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	7, 18	8	11, 12	3	7, 13	6, 8



Relationships Education

BP	Topic 2 - Caring friendships	Y1	Y2	Y3	Y4	Y5	Y6
4	Most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	7, 18	8	6, 8, 12 13	2, 3		15
5	Recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help and advice from others, if needed.	2, 8		9, 11, 12 14	2	7, 10 14	6, 7, 8, 9, 17



Relationships Education

BP	Topic 3 - Respectful relationships	Y1	Y2	Y3	Y4	Y5	Y6
1	Importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs.	3	8, 9	6, 7	3, 14 15	7, 8 13 14	15
2	Practical steps they can take in a range of different contexts to improve or support respectful relationships	3	6, 7	6	3		7, 15
3	Conventions of courtesy and manners.	3	7	6, 9	9, 10		
4	Importance of self-respect and how this links to their own happiness.		10	7, 16	15	12	6, 8



Relationships Education

BP	Topic 3 - Respectful relationships	Y1	Y2	Y3	Y4	Y5	Y6
5	In school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	3, 8	9	7, 8, 9, 10	9, 10 14 15	7, 10 12	6
6	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (reporting bullying to an adult) and how to get help.			12 14 16	14	7, 8, 10 14	6, 7, 8, 17
7	What a stereotype is, and how stereotypes can be unfair, negative or destructive.			16	14	12 13 14	
8	The importance of permission-seeking and giving in relationships with friends, peers and adults.	9	14		10	10	7



Relationships Education

BP	Topic 4 – Online relationships	Y1	Y2	Y3	Y4	Y5	Y6
1	People sometimes behave differently online, including by pretending to be someone they are not.				6		7
2	The same principles apply to online relationships as to face to face relationships, including the importance of respect for others online including when we are anonymous.				6, 7		7, 15 16 17
3	Rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them		17	14	6		7, 16 17



Relationships Education

BP	Topic 4 – Online relationships	Y1	Y2	Y3	Y4	Y5	Y6
4	To critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.				6		7, 16 17
5	How information and data is shared and used online.		17				7



Relationships Education

BP	Topic 5 – Being safe	Y1	Y2	Y3	Y4	Y5	Y6
1	Sorts of boundaries that are appropriate in friendships with peers and others (including in a digital context).	8, 9	14		2, 6, 7	10	
2	The concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	9	14 16				9
3	Each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	9	14	11			9
4	How to respond safely and appropriately to adults they may encounter that they do not know.		15	5			



Relationships Education

BP	Topic 5 – Being safe	Y1	Y2	Y3	Y4	Y5	Y6
5	How to recognise and report feelings of being unsafe or feeling bad about any adult.		14			8	9
6	To ask for advice or help for self or for others, and to keep trying until they are heard.		14 16	14	7	7, 8, 10 14	9, 16
7	How to report concerns or abuse, and the vocabulary and confidence to do so.		14			8	9, 16
8	Where to get advice from e.g. family, school and/or other sources.		14 16	14	7	10	9, 16



Physical health and mental wellbeing education

BP	Topic 1 – Mental wellbeing	Y1	Y2	Y3	Y4	Y5	Y6
1	Mental wellbeing is a normal part of daily life, in the same way as physical health.			1, 2	8	3	3
2	There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	4, 5, 10	5	8	1, 2, 13	9	4
3	To recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	4, 5, 10	5		1, 2, 8	3, 9	4
4	To judge whether what they are feeling and how they are behaving is appropriate and proportionate.	5	5, 6		1, 2, 5	3. 9	



Physical health and mental wellbeing education

BP	Topic 1 – Mental wellbeing	Y1	Y2	Y3	Y4	Y5	Y6
5	Benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness.	4, 5	5	1	16 17 18		3
6	Simple self-care techniques, including the impact of relaxation, time spent with friends and family and the benefits of hobbies and interests.	4, 5	5	2	8	3	3, 4
7	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	4, 5, 10			1, 8	3. 9 10	3
8	Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.					7	3



Physical health and mental wellbeing education

BP	Topic 1 – Mental wellbeing	Y1	Y2	Y3	Y4	Y5	Y6
9	Where and how to seek support (including the triggers for support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	5, 10			2, 8. 13	3, 9	3, 4
10	It is common for people to experience mental ill health. For many people who do, the problems can resolve if the right support is made available and accessed, especially if they access support as early as possible.			1	8	3, 9	3



Physical health and mental wellbeing education

BP	Topic 2 – Internet safety and harms	Y1	Y2	Y3	Y4	Y5	Y6
1	For most people, the internet is an integral part of life and has many benefits.		17				13
2	The benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental wellbeing.		17				5
3	Consider the effect of their online actions on others and know how to recognise and display respectful behaviour online.		17				16 17



Physical health and mental wellbeing education

BP	Topic 2 – Internet safety and harms	Y1	Y2	Y3	Y4	Y5	Y6
4	Why social media, some computer games and online gaming, for example, are age restricted.		17				5
5	The internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.		17				7, 13 17
6	How to be a discerning consumer of information online including understanding that information, including that from search engines is ranked, selected and targeted.						13 14
7	Where and how to report concerns and get support with issues online						7, 13 14



Physical health and mental wellbeing education

BP	Topic 3 – Physical health and fitness	Y1	Y2	Y3	Y4	Y5	Y6
1	Characteristics and mental and physical benefits of an active lifestyle.		1	1, 2			3, 12
2	Importance of building regular exercise into daily and weekly routines. How to achieve this, for example a daily mile or other forms of regular, vigorous exercise.		1	1, 2			12
3	Risks associated with an inactive lifestyle (including obesity).		1	1, 2			12
4	How and when to seek support including which adults to speak to in school if they are worried about their health			1, 2			12



Physical health and mental wellbeing education

BP	Topic 4 – Healthy eating	Y1	Y2	Y3	Y4	Y5	Y6
1	What constitutes a healthy diet (including understanding calories and nutritional content).		2	1			12
2	Principles of planning and preparing a range of healthy meals.		2				12
3	Characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity) and other behaviours (e.g. the impact of alcohol on diet or health).		2	1			12



Physical health and mental wellbeing education

BP	Topic 5 – Drugs, alcohol and tobacco	Y1	Y2	Y3	Y4	Y5	Y6
1	Facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.			4		2	2, 5



Physical health and mental wellbeing education

BP	Topic 6 – Health and prevention	Y1	Y2	Y3	Y4	Y5	Y6
1	Recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.						12
2	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.						12
3	Importance of good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.		4	1, 2			12
4	About dental health and the benefits of good oral hygiene, including visits to the dentists.	14					12



Physical health and mental wellbeing education

BP	Topic 6 – Health and prevention	Y1	Y2	Y3	Y4	Y5	Y6
5	About personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing.	13	4				12
6	The facts and science relating to allergies, immunisation and vaccination.		3				12



Physical health and mental wellbeing education

BP	Topic 7 – Basic first aid	Y1	Y2	Y3	Y4	Y5	Y6
1	How to make a clear and efficient call to emergency services if necessary.	12			4		
2	Concepts of basic first aid, for example dealing with common injuries, including head injuries.				4		



Physical health and mental wellbeing education

BP	Topic 8 – Changing adolescent body	Y1	Y2	Y3	Y4	Y5	Y6
1	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes						10
2	About menstrual wellbeing including the key facts about the menstrual cycle						10

