





RSHE Sequencing

Nursery





	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Personal, Social and Emotional	<p>Children will separate from main carer to come into school.</p> <p>Children will play alone and alongside others.</p> <p>Children will help at tidy away time.</p> <p>Children will know to wash and dry their hands before eating and after using the toilet/messy activities.</p> <p>Children will know to drink water and milk to be healthy.</p>	<p>Children will know what adults can help them at school.</p> <p>Children will play with other children.</p> <p>Most children will use the toilet independently and know to wash their hands.</p> <p>Children will use simple words to express their emotions.</p> <p>Children will notice and talk about differences between themselves and others.</p> <p>Children know about recycling.</p> <p>Children know the effects of exercise on their body.</p>	<p>Children will become confident to speak in a small group.</p> <p>Children will share resources and play in a group.</p> <p>Children use the toilet independently and wash hands.</p> <p>Children make decisions about their self-chosen play and seek out adults to help them achieve a goal.</p> <p>Children will know that other children have different likes and feelings.</p> <p>Children proactively recycle their rubbish.</p> <p>Children will know examples of healthy food.</p>	<p>Children will show confidence when trying new activities.</p> <p>Children will take turns whilst playing and waiting patiently to have a go.</p> <p>Children will be responsible for caring for a plant or animal.</p> <p>Children will explain the rules in school and know how to follow them.</p> <p>Children will talk about their feelings and suggest resolutions to problems.</p> <p>Children will know how someone else is feeling.</p> <p>Environment</p> <p>Children will know to brush their teeth to be healthy.</p>	<p>Children will show confidence in new situations with unfamiliar adults.</p> <p>Children will know how to "Take 5" when they feel upset or angry.</p> <p>Children will talk about the similarities and differences between themselves and others.</p> <p>Children will listen to suggestions from others in play.</p> <p>Children can talk about how others are feeling and know how they can help.</p> <p>Environment</p> <p>Children will name some ways to be healthy including exercise and food choice.</p>	<p>Children will show confidence when speaking in larger groups.</p> <p>Children will know how to resolve conflict with others in play situations.</p> <p>Children will adapt their behaviour to new situations.</p> <p>Children will follow the school rules without adult reminders.</p> <p>Children will talk about how we look after our environment.</p> <p>Environment</p> <p>Children explain how to be healthy and independently make healthy lifestyle choices.</p>

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Personal, Social and Emotional	<p>Children will see themselves as unique by sharing their hobbies and interests.</p> <p>Children will follow class rules.</p> <p>Children will listen to each other.</p> <p>Children will know how healthy eating is important for their health.</p> <p>Children will know how regular teeth brushing is important for their health.</p> <p>Children will know how to identify their feelings, using books such as 'The Colour Monster' to support understanding.</p> <p>Children will know how regular exercise is important for their health.</p>	<p>Children will know how to be helpful by taking on jobs such as serving snack and washing up.</p> <p>Children will know the school rules - aim high, be kind.</p> <p>Children will know how to deal with anger and explain this to others.</p>	<p>Children will know how to make the right choice and the consequences of not doing so.</p> <p>Children will know how to treat others in our class using the statement 'be kind'.</p> <p>Children will identify and moderate their own feelings.</p> <p>Children will describe their emotions and understand the feelings of others.</p> <p>Children will know and talk about the different factors that support their overall health and wellbeing - sensible amounts of screen time.</p>	<p>Children will know the effects of their behaviour on others.</p> <p>Children will be able to describe what makes a good friend including attributes such as listening and sharing.</p> <p>Children will know how to stay calm.</p> <p>Children will understand the feelings of others and regulate behaviour accordingly.</p> <p>Children will explain the reasons for the rules.</p> <p>Children will know and talk about the different factors that support their overall health and wellbeing - physical activity, healthy eating and sleep routine.</p>	<p>Children will know how to express their opinion and understand it is okay to have a different opinion to their friends.</p> <p>Children will show resilience and perseverance in the face of challenge.</p> <p>Children will think about the perspectives of others.</p> <p>Children will reflect on their work.</p> <p>Children will talk about how they resolved a problem.</p> <p>Children will manage their own basic hygiene.</p> <p>Children will know how to be a safe pedestrian and why this is important.</p>	<p>Children will know how to overcome challenges, using books such as 'The Most Magnificent Thing'.</p> <p>Children will follow instructions involving several ideas.</p> <p>Children will respond when engaged in an activity.</p> <p>Children will 'be kind' to our planet.</p> <p>Children will be confident to try new activities and show independence.</p>
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Key Concepts	Understanding Me			Understanding Groups	
	Understanding Others			Looking After Me	
Talking Point		Text	Strand	Key Knowledge	
1.	Who is in my family?	Love is a family	Understanding me	<ul style="list-style-type: none"> <li>Families give love and stability which children need to thrive.</li> <li><b>Thrive - verb - to grow strong and healthy</b></li> <li>Families offer protection and care in times of difficulty.</li> </ul>	
2.	Who are my important people?	Under the love umbrella	Understanding me	<ul style="list-style-type: none"> <li>Families <b>and important people</b> give love and stability which children need to thrive.</li> <li>Families <b>and important people</b> offer protection and care in times of difficulty.</li> <li>Our families <b>and important people</b> should make us feel stable while we are growing up.</li> </ul>	
3.	What makes a person?	Whoever you are	Understanding others	<ul style="list-style-type: none"> <li>People are different from each other in many ways and that's ok as long as they are respectful.</li> <li>We should be courteous and have manners with people regardless of their differences from us.</li> <li><b>Respect - to treat others in a way that shows care for their thoughts and feelings.</b></li> </ul>	
4.	What makes me happy?	Augustus and his smile	Understanding me	<ul style="list-style-type: none"> <li>Happiness is often derived from being around others because it stops us feeling lonely or isolated.</li> <li>Happiness is linked to physical activity and relaxation. Stress the importance of both of these things.</li> <li>Discuss a wide variety of vocabulary around being happy and how to use it to describe feelings.</li> </ul>	
5.	What does sad feel like?	My yellow balloon	Understanding me	<ul style="list-style-type: none"> <li>Discuss what we can do to help ourselves when we are feeling sad. Encourage knowledge of ways of dealing with sadness.</li> <li>Discuss how sadness can be linked to other emotions such as loneliness or worry.</li> <li>Discuss a wide variety of vocabulary around being sad and how to use it to describe feelings.</li> </ul>	
6.	Why do we have rules?	Bella's rules	Understanding groups	<ul style="list-style-type: none"> <li>Explain the purpose of rules in everyday life and link them to keeping safe. Discuss the definition of rules.</li> <li>Talk about rules in different aspects of our lives such as at home, school or out playing.</li> <li><b>Rule - noun - a direction that guides behaviour or actions</b></li> </ul>	
7.	Is it kind or unkind?	Thank you Omu	Understanding others	<ul style="list-style-type: none"> <li>Positive friendships are built on kindness and don't make others feel excluded or lonely.</li> <li>Discuss how to show kindness to others and welcome new people into healthy relationships.</li> <li><b>Kind - adjective - someone who is gentle, good and caring of others thoughts and feelings.</b></li> </ul>	
8.	Is teasing ever okay?	Tease Monster	Understanding others	<ul style="list-style-type: none"> <li>Boundaries in relationships are important. Discuss what to do if someone oversteps your boundaries.</li> <li>Ensure children know that friendship and relationship boundaries are the same online as in real life.</li> <li><b>Tease - verb - to make fun of or annoy in either a playful or cruel way.</b></li> </ul>	
9.	What should I do if I don't like it?	No means no	Looking after me	<ul style="list-style-type: none"> <li>Boundaries in relationships are important. Discuss what to do if someone oversteps your boundaries.</li> <li>Ensure children understand what it means to give permission for something.</li> <li><b>Boundary - noun - something that marks the edge or limit.</b></li> </ul>	
10.	What does worry feel like?	The huge bag of worries	Understanding me	<ul style="list-style-type: none"> <li>Isolation and loneliness are very real worries and children should be encouraged to talk about this.</li> <li><b>Worry - noun - a feeling of fear or anxiety.</b></li> <li>Worry is a normal, everyday feeling.</li> <li>Discuss a wide variety of vocabulary around being worried and how to use it to describe feelings.</li> </ul>	
11.	How do I keep safe?	No dragons for tea	Looking after me	<ul style="list-style-type: none"> <li>Children need to understand who wants them not be safe. Refer back to Talking Point 6, why do we have rules?</li> <li><b>Safe - adjective - not in danger, free from harm or risk</b></li> <li><b>Risk - noun - the chance of getting hurt.</b></li> </ul>	

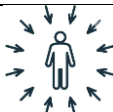



				<ul style="list-style-type: none"> <li>• Ensure children understand the term risk and assessing the risk of any situation.</li> <li>• Children should know to call 999 in an emergency situation.</li> <li>• <b>Emergency</b> - noun - a sudden dangerous situation that requires immediate action or help.</li> <li>• Children should know why not to call 999 if it isn't an emergency and the possible consequences.</li> </ul>	
12.	What should I do in an emergency?	George's dragon at the firestation	Looking after me	<ul style="list-style-type: none"> <li>• Children should know how to wash their hands correctly and be able to demonstrate this.</li> <li>• Handwashing is proven to reduce the amount of times that you are ill.</li> </ul>	
13.	When should I wash my hands?	I don't want to wash my hands	Looking after me	<ul style="list-style-type: none"> <li>• Children should know how to brush their teeth correctly. There are videos online to watch.</li> <li>• Children should know that visiting the dentist is part of the routine of looking after their teeth.</li> <li>• Ensure children know to brush their teeth twice a day and know what flossing is and its purpose.</li> </ul>	
14.	Why are teeth important?	The tooth book	Looking after me	<ul style="list-style-type: none"> <li>• Children need to know what we need money for in everyday life.</li> <li>• Children could learn about savings accounts in banks as a way to save money.</li> <li>• Collecting 2p and 1p in a jar is a common way of saving little bits of money.</li> </ul>	
15.	What should I do with money?	A chair for my mother	Looking after me	<ul style="list-style-type: none"> <li>• Create lists of things that babies need.</li> <li>• Discuss emotional needs as well as physical needs.</li> <li>• Discuss cost of babies and what is the most expensive thing they need and the things that cost nothing like love.</li> </ul>	
16.	What did I need as a baby?	The baby's catalogue	Understanding me	<ul style="list-style-type: none"> <li>• Use lists from last Talking Point and draw attention to what the children in Year 1 no longer need.</li> <li>• Discuss emotional needs as well as physical needs.</li> <li>• Discuss what children still need now and have always needed. What might they still need for the future?</li> </ul>	
17.	How can I be more grown up?	Peter's chair	Understanding me	<ul style="list-style-type: none"> <li>• Focus on what children are good at but also what they aren't good at or what they could improve on.</li> <li>• Ensure children understand that not being good at something is not a failure.</li> <li>• You could also discuss how we should feel if our friend is good at something even though we are not e.g. proud instead of jealous.</li> </ul>	
18.	Do I have to be the best?	Giraffes can't dance	Understanding me		

Key Concepts	Understanding Me		Understanding Groups	
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Talking Point		Text	Strand	Key Knowledge
1.	Why should I exercise?	Get up and go	Looking after me	<ul style="list-style-type: none"> <li>Children know what regular exercise looks like and how people get their exercise.</li> <li><b>Regular</b> - happening at fixed points over a period of time e.g. every Wednesday at 6pm</li> <li>Children can name examples of regular exercise that they try such as an after school club or the daily mile.</li> </ul>
2.	What if I don't like vegetables?	I will not never ever eat a tomato	Looking after me	<ul style="list-style-type: none"> <li>Discuss which foods would constitute a healthy diet.</li> <li>Ensure that children know that food's energy value is measured in calories. More calories means more energy for us.</li> <li>Help the children to plan and prepare (if possible) a healthy meal.</li> </ul>
3.	Are medicines always good?	Dr Molly's medicine Case	Looking after me	<ul style="list-style-type: none"> <li>Ensure children know the forms that medicine can take e.g. tablet, liquid, injection etc.</li> <li><b>Medicine</b> - a substance used to treat pain, injury, disease or other symptoms.</li> <li>Children can discuss allergies and how we treat them either before they start or after they happen.</li> </ul>
4.	Can I stop myself getting ill?	Do not lick this book	Looking after me	<ul style="list-style-type: none"> <li>Children need to know about personal hygiene and the importance of washing ourselves and our clothes.</li> <li><b>Germs</b> - microscopic organism that causes illness.</li> <li>Bacteria and viruses are types of germs.</li> <li>Bacterial illness is killed by anti-biotics but viruses aren't and so we can't always have antibiotics from the doctor as they won't work.</li> </ul>
5.	What does angry feel like?	In my heart	Understanding me	<ul style="list-style-type: none"> <li>Children name what we can do to help ourselves when we are feeling angry. Encourage knowledge of ways of dealing with anger.</li> <li>Children know that anger is a normal emotion and it is ok to feel angry, we just have to react appropriately to it</li> <li>Children are aware of a wide variety of vocabulary around being angry and how to use it to describe feelings.</li> </ul>
6.	How do I make you feel?	The selfish crocodile	Understanding others	<ul style="list-style-type: none"> <li>This is the start of the introduction of the term respectful relationship. Ensure children know what this means.</li> <li>Discuss how someone can make you feel but also how it feels when you have made someone else sad, angry, proud or happy</li> <li><b>Respectful</b> - adjective - having or showing respect for someone/something else</li> </ul>
7.	Is it right or wrong?	When a dragon comes to stay	Understanding groups	<ul style="list-style-type: none"> <li>Discuss the conventions of courtesy and manners with the children.</li> <li>Look at the children's views on the difference in our manners depending on where we are and who we are with.</li> <li><b>Courtesy</b> - noun - good manners and politeness</li> </ul>
8.	How can I compromise?	The steves	Understanding	<ul style="list-style-type: none"> <li>Friendships are very important in making us feel happy and so learning to compromise is an</li> </ul>

			groups	<p>important skill.</p> <ul style="list-style-type: none"> <li>Healthy friendships are positive and do not make you feel excluded and so they include an aspect of compromise all the time.</li> <li><b>Compromise</b> - to settle a dispute or argument by each side making concessions to what they originally wanted.</li> </ul>	
9.	What are rights and responsibilities?	We are all born free	Understanding groups	<ul style="list-style-type: none"> <li>Children need to know that they have rights which are given by law and also rights to be treated respectfully.</li> <li><b>Responsibilities</b> - noun - something which a person has a duty to do.</li> <li><b>Rights</b> - noun - that which is due to a person by nature or law.</li> </ul>	
10.	How do I contribute?	Farmer Duck	Understanding groups	<ul style="list-style-type: none"> <li>Children can discuss the importance of loyalty and supporting our friends and contributing to our friendships.</li> <li><b>Contribute</b>- verb - to give for a purpose. This can be time, money, support or help.</li> <li>Ensure children see the importance of contributing as a way of growing self esteem and self respect.</li> </ul>	
11.	How can I save our planet?	Here we are	Understanding groups	<ul style="list-style-type: none"> <li>Children need to learn that we only have one planet to live on and some things that we do are not good for it.</li> <li><b>Conservation</b> - noun - the protection of natural resources, such as soil, water, or forests, from loss, pollution, or waste</li> <li>To conserve our planet means to make sure the natural resources are still around for others in the future.</li> </ul>	
12.	Where could my money come from?	My rows and piles of coins	Looking after me	<ul style="list-style-type: none"> <li>By the end of this unit, children need to be inspired to get a job when they are older to earn their money.</li> <li>Children can discuss saving for big items if they can't afford them yet.</li> <li><b>Chore</b> - noun - a routine task around the house or garden.</li> </ul>	
13.	Do I know my body?	Me and my amazing body	Understanding me	<ul style="list-style-type: none"> <li>Children should know the names of their external body parts.</li> <li>When speaking about private parts, use the correct names for things, such as penis and vagina.</li> <li>Look at the importance of our internal organs. This is another opportunity to talk about how to keep them healthy.</li> </ul>	
14.	What does private really mean?	My body, what I say goes	Looking after me	<ul style="list-style-type: none"> <li>Children understand that they have to give permission for anyone to touch them unless they are unsafe.</li> <li>Children should know the difference between appropriate and inappropriate contact from others.</li> <li>Children should have some understanding of a personal boundary and personal space.</li> </ul>	
15.	Who can I trust?	Never talk to strangers	Looking after me	<ul style="list-style-type: none"> <li>Children are aware of their important people or their safety network</li> <li>Children learn about trusted adult professions such as doctors, nurses, firefighters, school staff and police officers.</li> <li>If children don't know someone, even the above trusted professions, then don't go anywhere alone with them.</li> </ul>	
16.	Should I keep a secret?	Ruby's worry	Looking after me	<ul style="list-style-type: none"> <li>Recap safety network or important people so that children know who they can tell if they have been asked to keep a secret</li> <li>Ensure children know that they will never be in trouble for telling a secret that they think is unsafe for them or someone else.</li> <li>It isn't right to keep a secret that means that you or someone else isn't safe.</li> </ul>	
17.	Am I safe online?	Webster's email	Looking after me	<ul style="list-style-type: none"> <li>Know how to close internet tabs if they don't like what they see.</li> <li>Children can discuss why social media and some games have age restrictions.</li> <li>Remind children about respectful relationships online and not to behave differently when anonymous than they would face to face.</li> </ul>	
18.	What should I aim for?	The dinosaur department store	Understanding me	<ul style="list-style-type: none"> <li>Children can discuss how people aim for different things and that's okay. Don't aim for something just because your friend is.</li> </ul>	





				<ul style="list-style-type: none"><li>• <b>Aim</b> - noun - an intention, a purpose or a goal.</li><li>• Show that aims will change throughout our lives because we achieve them, our circumstances change or we just feel like it!</li></ul>	
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Key Concepts	Understanding Me		Understanding Groups	
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Talking Point		Text	Strand	Key Knowledge
1.	What can affect my health?	Gregory the terrible eater	Looking after me	<ul style="list-style-type: none"> <li>Staying healthy is about mental and physical health. Mental health is a normal part of daily life.</li> <li>If you are concerned about your health, make sure you seek advice. Mental ill health is also common and can be repaired with help.</li> <li>Being healthy is not about denying yourself things such as food or a late night, it is about moderation.</li> </ul>
2.	What's a balanced lifestyle?	Crab and Whale	Looking after me	<ul style="list-style-type: none"> <li>This takes work from Talking Point 1 and continues looking at everything in moderation.</li> <li>Focus on mindfulness and the need to keep a focus on ourselves and the world around us. Meditation and relaxation are forms.</li> <li>Ensure children know about self care and the positive benefits of relaxing, spending time with family and having a hobby.</li> </ul>
3.	What is Health and Safety?	Look out at home	Looking after me	<ul style="list-style-type: none"> <li>This is the beginning of children analysing risk in their surroundings and deciding if it is safe enough.</li> <li><b>Risky - adjective - a chance of getting hurt or losing something.</b></li> <li>Health and safety is thinking about anything in the environment that could risk the health or safety of people.</li> </ul>
4.	How does smoking damage my health?	Smoking stinks	Looking after me	<ul style="list-style-type: none"> <li>Many children will know people that smoke, explain that you are happy to talk to their grown ups about smoking if they want you to but that adults have to make their own choices.</li> <li>The legal age for buying tobacco is 18 years. Police can confiscate tobacco from under 16s.</li> <li>There are many ways to stop smoking now such as gum, patches to stick on your skin or inhalers.</li> </ul>
5.	Who can help me be safe?	Come and tell me	Looking after me	<ul style="list-style-type: none"> <li>This builds on the previous Talking Points about keeping safe, having secrets and strangers.</li> <li>There should be an element of respect when speaking to any adult, even if you don't know them.</li> <li>We should not be rude to adults even if we do not know them, however, we do not trust all adults straight away.</li> </ul>
6.	What is restorative justice?	Two monsters	Understanding others	<ul style="list-style-type: none"> <li>Discuss the feelings that arguing can make us have. They are negative emotions. Who might we argue with?</li> <li><b>Compromise - to settle a dispute or argument by each side making concessions to what they originally wanted.</b></li> <li>Friendships and relationships are built on mutual respect, others may have a different point of view but that's okay.</li> </ul>





7.	What are my rights and responsibilities?	The day the crayons quit	Understanding me	<ul style="list-style-type: none"> <li>Many of our rights become other people's responsibilities. Such as, our right to be treated fairly.</li> <li><b>Responsibilities</b> - noun - something which a person has a duty to do</li> <li><b>Rights</b> - noun - that which is due to a person by nature or law.</li> </ul>
8.	What happens if I break a rule?	I did it, I'm sorry	Understanding groups	<ul style="list-style-type: none"> <li>Although this isn't directly an objective from the DfE guidance, it is part of the work children need to understand consequences</li> <li><b>Apology</b> - noun - a statement that one is sorry for something</li> <li><b>Consequence</b> - noun - the outcome or result of an action.</li> </ul>
9.	Why should I tell the truth	The boy who cried bigfoot	Understanding others	<ul style="list-style-type: none"> <li>Telling the truth means you are seen as honest, trustworthy and loyal. This is how we want to be seen.</li> <li><b>Tenacious</b> - adjective - not giving up on an old idea easily. Sticking to what you believe.</li> <li>A little white lie is described as a lie about a small or unimportant matter that saves someone's feelings from getting hurt.</li> </ul>
10.	What does honesty really mean?	A bike like Sergio's	Looking after me	<ul style="list-style-type: none"> <li>Many people look for loyal and trustworthy people to be friends with. Being honest is a good character trait to have</li> <li><b>Honesty</b> - noun - the fact or condition of being honest; having integrity; being truthful.</li> <li><b>Guilty</b> - adjective - responsible for breaking a law or doing something wrong.</li> </ul>
11.	What do I do when my friend is sad?	The hug	Understanding others	<ul style="list-style-type: none"> <li>Sadness is a natural feeling that we shouldn't be ashamed of. Everyone feels sadness at some point in their lives.</li> <li>Encourage children to explain how sad feels to them including different words for sadness.</li> <li>We should be in stable, caring relationships and this includes helping others when they are sad.</li> </ul>
12.	Who do my actions affect?	Fengal is fuming	Understanding others	<ul style="list-style-type: none"> <li>Anger is a natural feeling that we shouldn't be ashamed of. Everyone feels anger at some point in their lives.</li> <li>How we deal or cope with angry feelings is important for our own mental health and our relationships.</li> <li>Everyone will have ways of coping with angry feelings or cool down techniques. You don't need to be the same as everyone else.</li> </ul>
13.	What are my relationship rights and responsibilities?	The Go Away bird	Understanding me	<ul style="list-style-type: none"> <li>Rights and responsibilities are seen all throughout our lives in our relationships but also in our everyday lives and work.</li> <li>Our responsibilities to others are important as we can't expect to be treated one way if we do not show the same characteristics.</li> <li>Healthy relationships are positive and welcoming towards others and do not exclude someone. It is our right to be treated fairly.</li> </ul>
14.	How do I raise my concerns?	The Lion inside	Looking after me	<ul style="list-style-type: none"> <li><b>Concern</b> - noun - a matter that is causing you worry or anxiety</li> <li>No one can tell you that a concern is silly. If you are concerned then it is important and you must talk to someone who can help.</li> <li>Concerns can become worries and this can affect our mental health. Talking is the best way to express how you are feeling.</li> </ul>
15.	What's a community?	In the swamp by the light of the moon	Understanding groups	<ul style="list-style-type: none"> <li><b>Community</b> - noun - a particular area where people live. A group of people who have shared interests</li> <li>We all belong to a community. Where we live is our community and we will know people and places within that.</li> <li>Community also means the clubs or groups you are part of; like Brownies, religious building or a football team.</li> </ul>
16.	How can we be different?	Horace and Morris but mostly Deloris	Understanding groups	<ul style="list-style-type: none"> <li>It is everyone's right to be treated fairly regardless of race, colour, gender or age. This is the law of the UK.</li> <li>People being different to you or having different beliefs to you is not a reason to exclude</li> </ul>

				<p>them.</p> <ul style="list-style-type: none"> <li>You do not have to be friends with anyone you don't want to be friends with but you do need to treat them with respect.</li> </ul>	
17.	Who else lives in my region?	Through my window	Understanding groups	<ul style="list-style-type: none"> <li>Pride in our community and local area can increase our happiness and improve mental health.</li> <li>Many local areas have a local history society or well known landmarks that pupils could know facts about to increase their attachment to where they live.</li> <li>Some areas are very diverse and some have a predominant ethnic group. Discuss whether this has affected what you can see in the local area.</li> </ul>	
18.	Who else lives in the UK?	My two grannies	Understanding groups	<ul style="list-style-type: none"> <li><b>Culture - noun - the language, customs, ideas, and art of a particular group of people.</b></li> <li>The city of London houses 270 different nationalities and over 300 languages.</li> <li>It is perfectly acceptable to try things from other people's culture. It does not mean that you are going against your own culture or beliefs.</li> </ul>	
Sex Education (Delivered by external provider)		<ul style="list-style-type: none"> <li>Differences and similarities between themselves and others</li> <li>Naming body parts (including words penis, testicles, vulva and vagina),</li> <li>Families, good/bad touches and who can help</li> </ul>			

Key Concepts	Understanding Me		Understanding Groups	
	Understanding Others		Looking After Me	

Talking Point		Text	Strand	Key Knowledge
1.	What's that feeling I have?	The bear, the piano, the dog and the fiddle	Understanding me	<ul style="list-style-type: none"> <li>This is an opportunity to talk about many different feelings and how they feel inside so that children can recognise them.</li> <li>Loneliness and isolation are becoming common feelings for children, ensure children know these feelings and how to get help.</li> <li>Children should seek support if their feelings are becoming overwhelming</li> </ul>
2.	What do I do when my friend is cross?	I hate everything	Understanding others	<ul style="list-style-type: none"> <li>Another chance to discuss the emotion of anger in more detail.</li> <li>Discuss strategies with children to calm themselves down and how to calm down others.</li> <li>Stress that people need time to calm down (including themselves) and so this is a good strategy</li> </ul>
3.	How do I compromise?	The squirrels who squabbled	Understanding me	<ul style="list-style-type: none"> <li>Friendships are very important in making us feel happy and so learning to compromise is an important skill.</li> <li>Healthy friendships are positive and do not make you feel excluded and so they include an aspect of compromise all the time.</li> <li><b>Compromise</b> - to settle a dispute or argument by each side making concessions to what they originally wanted.</li> </ul>
4.	How do I do emergency first aid?	Charlie is broken	Looking after me	<ul style="list-style-type: none"> <li>Recap how to make a clear and efficient call to the emergency services.</li> <li>Recap which are the four emergency services that can be reached by dialling 999.</li> <li>Ensure children know the seriousness of making false 999 calls or abusing emergency staff.</li> </ul>
5.	Am I at risk?	Mini Rabbit not lost	Looking after me	<ul style="list-style-type: none"> <li>This builds on a Year 3 Talking Point about health and safety and staying safe.</li> <li>Risk has two definitions. One that has more positive connotations around 'taking a risk'.</li> <li><b>Risk</b> - 1. a situation involving exposure to danger 2. an aspect of action taken in spite of uncertain outcome</li> </ul>
6.	How do I stay safe online?	Chicken clicking	Looking after me	<ul style="list-style-type: none"> <li>The same principles of respectful relationships and friendship boundaries apply online to those children do and do not know.</li> <li>Recap risk assessment from the last Talking Point so that children can think about online risks.</li> <li>Ensure children know how to report anything they see online that they don't like.</li> </ul>
7.	Am I safe on my mobile phone?	Elle gets a mobile phone	Looking after me	<ul style="list-style-type: none"> <li>Positive friendships are built on kindness and don't make others feel excluded or lonely.</li> <li>Bullying can occur through mobile phone apps such as snap chat, what's app and messenger.</li> <li>The same respectful relationship principles apply when talking to a friend on a mobile or text as when you are talking face to face.</li> </ul>
8.	What can I do about negative thoughts?	Your mind is like the sky	Looking after me	<ul style="list-style-type: none"> <li>Mental health is just as important as physical health and it is common to suffer with mental ill health, it is not to be ashamed of.</li> <li>Speak to children about varied vocabulary to talk about their feelings and emotions.</li> <li><b>Negative</b> - adjective - not helpful or constructive</li> </ul>
9.	Should I own up?	David gets in trouble	Understanding	<ul style="list-style-type: none"> <li>Owning up is important as it is linked to being honest which is an integral part of respectful</li> </ul>




			me	<p>relationships.</p> <ul style="list-style-type: none"> <li>If something was an accident, owning up but explaining the accident is better in the long run.</li> <li>If you know someone else has done something and hasn't owned up, then don't keep their secret as secrets can make you poorly.</li> </ul>	
10.	Is it okay to hug?	Miles is the boss of his body	Understanding others	<ul style="list-style-type: none"> <li>Asking to do something before you do it is part of the convention of courtesy and manners.</li> <li>Ask children to think about times that someone has hugged them and they didn't want them to, discuss the feelings associated.</li> <li><b>Permission</b> - noun - giving consent to do something If we are not being safe then someone could touch us without permission.</li> </ul>	
11.	What's an aspiration?	Stardust	Understanding me	<ul style="list-style-type: none"> <li>Show that Possibilities will change throughout our lives because we achieve them, our circumstances change or we just feel like it!</li> <li><b>Aspiration</b> - noun - a goal, an aim or an ambition.</li> <li>Discuss how people aim for different things and that's okay. Don't aim for something just because your friend is.</li> </ul>	
12.	What is enterprise?	Ruby's wish	Understanding groups	<ul style="list-style-type: none"> <li>Other words for enterprise are endeavour, initiative, scheme, adventure, task or project.</li> <li><b>Enterprise</b> - noun - a plan, project or undertaking that is risky, bold, or difficult to carry out.</li> <li>Children should know why not to call 999 if it isn't an emergency and the possible consequences.</li> </ul>	
13.	What worries me in the world?	The king who banned the dark	Understanding me	<ul style="list-style-type: none"> <li>Ensure children know that worry is a normal human emotion and we all experience it at some time or another.</li> <li>The news is often a source of worry for children but we need to classify worries into what we can control and what we can't.</li> <li>If we can't control something, we should try not to worry about it. All we can do is risk assess our situation and be as safe as possible.</li> </ul>	
14.	What is discrimination?	Along came a different	Understanding groups	<ul style="list-style-type: none"> <li>Stereotypes and discrimination is unfair, negative and destructive to respectful relationships.</li> <li><b>Discrimination</b> - noun - the act of treating some people unfairly because of prejudice.</li> <li><b>Prejudice</b> - noun - unfair treatment of people or a person because of hatred without a cause or reason.</li> </ul>	
15.	What does it mean to be anti-social?	The bad seed	Understanding groups	<ul style="list-style-type: none"> <li>Discuss the effects of anti-social behaviour on a community, individual people but also the person being anti-social.</li> <li><b>Anti-social</b> - adjective - to do things that are against the values or laws of a community or society.</li> <li>Everyone has a part to play in others behaviour, discuss how talking about others can affect their behaviour. (Self Fulfilling prophecy)</li> </ul>	
16.	How do I support my community?	What can a citizen do?	Understanding groups	<ul style="list-style-type: none"> <li><b>Community</b> - noun - an area where a group of people live, a group of people with shared interests.</li> <li><b>Citizen</b> - noun - a person who is a member of a country because they were born there or joined by law.</li> <li><b>Society</b> - noun - the members of a community or group all considered together.</li> </ul>	
17.	What's a volunteer?	A Castle on Viola Street	Understanding groups	<ul style="list-style-type: none"> <li>People volunteer for many different reasons, they often volunteer for a charity that is close to their heart because of something that happened to them.</li> <li><b>Volunteer</b> - noun - a person who works for or helps others without pay</li> <li>Community participation has a positive impact on mental wellbeing and happiness.</li> </ul>	
18.	Can I volunteer or help others?	The red bicycle	Understanding me	<ul style="list-style-type: none"> <li>People volunteer for many different reasons, they often volunteer for a charity that is close to their heart because of something that happened to them.</li> <li><b>Volunteer</b> - noun - a person who works for or helps others without pay.</li> <li>Community participation has a positive impact on mental wellbeing and happiness.</li> </ul>	
Sex Education (delivered by external provider)		Introduction to puberty changes			

Key Concepts	Understanding Me		Understanding Groups	
	Understanding Others		Looking After Me	

Talking Point		Text	Strand	Key Knowledge
1.	Can I set goals for me?	Harold and the purple crayon	Understanding me	<ul style="list-style-type: none"> <li>Children can name other words they know for goal, (e.g. target, aim, aspiration etc).</li> <li>Ambition and going for a goal is more important to success than talent and resources.</li> <li><b>Goal - noun - aim or purpose, and end that someone works towards</b></li> </ul>
2.	How does alcohol damage my health?	Daddy doesn't have to be a giant anymore	Looking after me	<ul style="list-style-type: none"> <li>Alcoholic drinks contain ethanol, the percentage of ethanol is the percentage proof of the drink.</li> <li>Alcohol is a depressant drug that slows down the brain the nervous system. It affects your mind and mental processes.</li> <li>Alcohol is a legal drug but you must be 18 to buy it. Guidelines say not to drink more than 14 units per week.</li> </ul>
3.	Can my mind get ill?	Silly Billy	Looking after me	<ul style="list-style-type: none"> <li>Mental wellbeing is a normal part of life, we all need to learn how to talk about our emotions and how we are feeling.</li> <li>It is important that children talk about how to judge how they are feeling so that they recognise if they need to seek help.</li> <li>Children need to think about their behaviours, reactions and feelings so that they can tell if they are inappropriate.</li> </ul>
4.	How do I make a choice?	The storm whale	Understanding me	<ul style="list-style-type: none"> <li>A choice is the opportunity for you to make a decision.</li> <li><b>Choice - noun - the opportunity to pick or choose.</b></li> <li><b>Decision - noun - the act of making up one's mind</b></li> <li><b>Consequence - noun - something that follows as a result of something else.</b></li> </ul>
5.	Should my heart rule my head?	Oliver and Patch	Understanding me	<ul style="list-style-type: none"> <li>This builds on the previous Talking Point about choices, decisions and consequences.</li> <li>Letting your heart rule your head is to do something based on emotions rather than logic.</li> <li>Sometimes decisions are really hard and we will be hurt in the process, even though it is the right thing to do.</li> </ul>
6.	Why is change so scary?	The Koala who could	Looking after me	<ul style="list-style-type: none"> <li>Recap on pros and cons as a way of weighing up options in order to make a decision.</li> <li>Change will happen to us whether we like it or not so we need to know how to deal with our emotions when it does.</li> <li><b>Change - noun - to make different, alter the content or form of.</b></li> <li><b>Adapt - verb - to become used to or adjust.</b></li> </ul>
7.	What is peer pressure?	The story of Ferdinand	Understanding others	<ul style="list-style-type: none"> <li>Peer pressure is influence from one's peer to change their views or behaviours in order to fit in.</li> <li>This can be a form of bullying and have a negative, long lasting impact on people's wellbeing.</li> <li>Friendship choices are one of the most important things when determining how happy and</li> </ul>

				secure we feel.	
8.	What if I'm uncomfortable?	Let the children march	Looking after me	<ul style="list-style-type: none"> <li>Standing up and speaking out is important if we are worried about our own or someone else's safety.</li> <li>Even if the person who makes you or others feel unsafe is any adult, you must report your concerns. Do not be afraid and keep on until you're heard.</li> <li><b>Confidence</b> - noun - trust or faith in yourself.</li> <li>Have the confidence to report your concerns.</li> </ul>	
9.	What is loss?	Grandad's island	Looking after me	<ul style="list-style-type: none"> <li>Sadness, grief and anger are all normal emotions when we lose something or someone.</li> <li><i>We must talk about our emotions when we have suffered a loss so that we can judge whether we are acting appropriately and get help if needed.</i></li> <li><b>Loss</b> - noun - the harm caused by having something lost or taken away.</li> <li><b>Grief</b> - noun - great sadness</li> </ul>	
10.	Is my relationship unhealthy?	Just kidding	Looking after me	<ul style="list-style-type: none"> <li>Telling tales is when the behaviour is harmless/silly or an accident and you just want to get someone in trouble.</li> <li>Reporting is when behaviour is dangerous and on purpose and you need help from an adult to keep yourself or others safe.</li> <li><b>Permission</b> - noun - giving consent to do something</li> <li>It is important to permission seek and give in a relationship.</li> </ul>	
11.	What's a relationship commitment?	King and King	Understanding me	<ul style="list-style-type: none"> <li>Marriage is a formal and legal way to go into a commitment with a partner that is intended to be lifelong.</li> <li><b>Commitment</b> - noun - when you promise or pledge to fulfil an act</li> <li>Relationships that we enter into should be stable and caring. If they are not, we should seek help.</li> </ul>	
12.	What is a stereotype?	I'm a girl	Understanding groups	<ul style="list-style-type: none"> <li>Sex is the biological differences between male and female bodies.</li> <li><b>Stereotype</b> - noun - a standardised but wrong idea that many people think about someone else</li> <li>Gender refers to the male or female role in society or how someone sees themselves based on their identity.</li> </ul>	
13.	What is prejudice?	The sneetches	Understanding groups	<ul style="list-style-type: none"> <li>Prejudice is when people treat others or groups unfairly usually because of a view based on a stereotype.</li> <li><b>Prejudice</b> - noun - unfair treatment of people or a person because of hatred without a cause or reason.</li> <li>Healthy relationships are positive and welcoming towards others and do not exclude someone if they aren't hurting anyone.</li> </ul>	
14.	How do I challenge someone's views?	How to be a lion	Understanding me	<ul style="list-style-type: none"> <li>Stereotypes and prejudiced views are negative and destructive and we should challenge them.</li> <li>We should all respect each other and our own choices, beliefs and preferences. It is not for us to comment on others choices.</li> <li>If you are worried about someone else's views or actions, seek advice and support from your safety network.</li> </ul>	
15.	What is a debt?	Tight times	Looking after me	<ul style="list-style-type: none"> <li>APR means annual percentage rate and shows how much interest you have to pay back on a loan.</li> <li><b>Debt</b> - noun - something owed to another person. This could be money but also refers to favours or help.</li> <li><b>Loan</b> - verb - to give money that must be paid back</li> <li><b>Noun</b> - something that is lent or borrowed</li> </ul>	
16.	Who pays tax and what does it do?	Taxes Taxes	Understanding groups	<ul style="list-style-type: none"> <li>Tax is taken from people depending on how much they earn. Low earners pay little or no tax and the more you earn the more tax you pay.</li> <li>When we work, we also pay National Insurance which then pays you a pension when you are old enough to retire.</li> <li><b>Tax</b> - noun - an amount of money paid to a government to provide services for its people.</li> </ul>	

17.	Who chooses who runs our country?	Granddaddy's turn	Understanding groups	<ul style="list-style-type: none"> <li>The people of our country get to vote once every 5 years usually. This is called a general election and is when we choose which political party will run the country.</li> <li><b>Democracy</b> - a form of government where the power is with the people as they have representatives in government</li> <li>The main political parties in the UK are Conservatives, Labour, Liberal Democrats, SNP, Plaid Cymru, Green Party, DUP and Sinn Fein.</li> </ul>	
18.	Can I save money and the environment?	Joseph had a little overcoat	Looking after me	<ul style="list-style-type: none"> <li>Recycling saves time, energy and money for our businesses which means that costs can be lowered for us, the customer.</li> <li>Recycling a drinks can saves 95% of the energy needed to make a new one.</li> <li>Old phone chargers can be sold online as can buttons, books and bits from board games. Don't just throw everything away.</li> </ul>	
Sex Education (Delivered by external provider)		Dealing with puberty changes, Families of all kinds, Consent, Reproduction within the context of loving relationships, Healthy relationships, Internet safety.			

Key Concepts	Understanding Me		Understanding Groups	
	Understanding Others		Looking After Me	

	Talking Point	Text	Strand	Key Knowledge	
1.	How should I manage my money?	A new coat for Anna	Looking after me	<ul style="list-style-type: none"> <li>• <b>Budget</b> - noun - a plan for how much money will be earned and spent. Verb - to plan how much money to spend</li> <li>• We need loans to buy higher price items but must choose carefully ones from a reputable source and sensible interest repayments.</li> <li>• <b>Goal</b> - noun - aim or purpose, and end that someone works towards.</li> </ul>	
2.	How do drugs damage my health?	My big sister takes drugs	Looking after me	<ul style="list-style-type: none"> <li>• <b>Addiction</b> - noun - to depend on something, like drugs, which are harmful but you can't give them up</li> <li>• Drugs are any substance that cause a change in your body or mind when taken into your body.</li> <li>• Drugs can be smoked, injected, sniffed up the nose or taken as a pill.</li> </ul>	
3.	What affects my mental health?	After the fall	Looking after me	<ul style="list-style-type: none"> <li>• Mental wellbeing is a normal part of life, we all need to learn how to talk about our emotions and how we are feeling.</li> <li>• It is important that children talk about how to judge how they are feeling so that they recognise if they need to seek help.</li> <li>• Isolation, loneliness and bullying can have long lasting negative impacts on mental wellbeing.</li> </ul>	
4.	Will sad things happen to me?	The sea saw	Understanding me	<ul style="list-style-type: none"> <li>• We must talk about our emotions when sad things happen so that we can judge whether we are acting appropriately and get help if needed.</li> <li>• Sadness, grief and anger are all normal emotions when we lose something or someone.</li> <li>• If the emotions are getting too much or we feel overwhelmed, this is a trigger to seek support.</li> </ul>	
5.	How do I break a habit?	But it's just a game	Looking after me	<ul style="list-style-type: none"> <li>• <b>Addiction</b> - noun - to depend on something, like drugs, which are harmful but you can't give them up</li> <li>• Remind children about addiction being something that is harmful but you can't give it up.</li> <li>• Most social media users should be at least over 13 to use them. What's app increased its age restriction to 16 in 2018.</li> </ul>	
6.	Should I give in to peer pressure?	Little cloud	Understanding others	<ul style="list-style-type: none"> <li>• Peer pressure is influence from one's peer to change their views or behaviours in order to fit in.</li> <li>• This can be a form of bullying and have a negative, long lasting impact on people's wellbeing.</li> <li>• Friendship choices are one of the most important things when determining how happy and secure we feel.</li> </ul>	
7.	Should I send/post something I'm not	#Goldilocks	Looking after me	<ul style="list-style-type: none"> <li>• Remember that people can behave differently online and some people you may never have</li> </ul>	

	comFortable with?			<p>actually so do not know well.</p> <ul style="list-style-type: none"> <li>Remember the importance of respectful relationships and permission seeking and giving.</li> <li>Tell someone in your safety network if you see something or someone asks you to do something you aren't comfortable with.</li> </ul>	
8.	What if I get dared?	I dare you	Looking after me	<ul style="list-style-type: none"> <li>Getting dared is a form of peer pressure. Do not let yourself be pressured into doing something that you don't want to do.</li> <li><b>Dare - verb - to challenge someone to do something as a test of their courage or bravery</b></li> <li>Harmful dares and pressure is a form of bullying, seek support from your safety network if you are worried.</li> </ul>	
9.	If it happens all the time, does it mean its right?	Malala's magic pencil	Understanding groups	<ul style="list-style-type: none"> <li>This unit forms the basis of children speaking out about FGM, forced marriage or honour violence in their home.</li> <li>We don't mention the above directly, but we have discussions around reporting things that are morally wrong.</li> <li>We need to encourage our children to speak up about concerns, big or small for themselves and for others.</li> </ul>	
10.	What is puberty?	Tad	Understanding me	<ul style="list-style-type: none"> <li>Puberty happens to everyone, usually between the ages of 8 and 14 years old.</li> <li>Puberty is the stage at which our reproductive systems reach maturity.</li> <li><i>Don't worry if it is happening to your friends, it will happen to you eventually.</i></li> </ul>	
11.	How do humans reproduce?	Tango makes 3	Understanding me	<ul style="list-style-type: none"> <li>Human's reproduce the same way as all other mammals such as dogs, cats, cows and lions.</li> <li>As a school you need to decide how to answer any questions related to sex and put this in your policy.</li> <li>Keeping ourselves healthy when pregnant can help the baby growing, we shouldn't smoke or drink when pregnant.</li> </ul>	
12.	How do we look after ourselves?	The sleep book	Looking after me	<ul style="list-style-type: none"> <li>Discuss the mental and physical benefits of exercise, an active lifestyle and spending time outdoors and the associated risks such as obesity.</li> <li>Discuss staying safe in the sun using a high factor sun screen often and not getting burnt. Ensure children understand the increased risk of skin cancer.</li> <li>Discuss oral health and tooth brushing routines, including frequent visits to the dentist and risks such as tooth decay.</li> </ul>	
13.	Are images in the media real?	Sam tells stories	Looking after me	<ul style="list-style-type: none"> <li>The internet has many benefits including information sharing, communication, buying and selling and entertainment.</li> <li>The internet can also be a negative place because of nasty comments and people not being who they say they are.</li> <li>Report anything you see that you think is unsafe to someone in your safety network.</li> </ul>	
14.	Should I trust the media?	But I read it on the internet	Looking after me	<ul style="list-style-type: none"> <li>The internet has many benefits including information sharing, communication, buying and selling and entertainment.</li> <li>The internet can also be a negative place because of nasty comments and people not being who they say they are.</li> <li>Report anything you see that you think is unsafe to someone in your safety network.</li> </ul>	
15.	Should I join in an argument?	Why?	Looking after me	<ul style="list-style-type: none"> <li>If you have a disagreement with someone, don't tell everyone, try to work it out, just the two of you.</li> <li>The same principles apply online as face to face, don't be disrespectful hidden behind a keyboard and a screen.</li> <li>Most friendships have ups and downs that can be repaired is you listen to each other and don't involve everyone.</li> </ul>	
16.	Am I a cyber bully?	Troll stinks	Understanding others	<ul style="list-style-type: none"> <li>The same principles apply online as face to face conversations. Be respectful to others at all times.</li> <li><b>Cyberbully - noun - someone who posts comments using technology to hurt someone else</b></li> <li>Don't post online about arguments, remember the last Talking Point and try to sort out</li> </ul>	

				arguments between yourselves.	
17.	Have I trolled someone?	Bully	Understanding others	<ul style="list-style-type: none"> <li>• Our actions online should be the same as face to face, we must consider our online actions and their effect on others.</li> <li>• Consider your online friendships and whether they display the characteristics of good friends such as respect, trustworthiness and loyalty.</li> <li>• If online or face to face friends are making you uncomfortable with their actions or words, speak to someone in your safety network.</li> </ul>	
18.	What sort of person shall I be?	Julian is a mermaid	Understanding me	<ul style="list-style-type: none"> <li>• People are statistically much more likely to succeed in life if they have hopes and dreams that they follow.</li> <li>• <b>Personality</b> - noun - qualities of a person that makes them themselves and different from other people</li> <li>• We should always encourage anyone to follow their hopes and dreams. Friends should be supportive and loyal.</li> </ul>	
	Sex Education (delivered by external provider)	Re-cap on puberty changes Sex Reproduction and birth Consent Abuse in relationships Internet safety.			
	DAaRT Workshops (delivered by external provider)				