

PSHE - Knowledge Progression



	Y1	Y2	Y3	Y4	Y5	Y6
Me and my relationships	<ul style="list-style-type: none"> Understand that classroom rules help everyone to learn and be safe Know their classroom rules Understand how others might be feeling by reading body language Know how emotions can give a physical reaction in the body (e.g. Butterflies in the tummy etc.) Know that children's bodies and feelings can be hurt Know ways of dealing with different kinds of hurt Know that they belong to various groups and 	<ul style="list-style-type: none"> Know some actions that will contribute positively to the life of the classroom Know a range of words to describe feelings Understand that people have different ways of expressing their feelings Know some helpful ways of responding to other's feelings Understand what is meant by the terms bullying and teasing Know some strategies for dealing with bullying Know the difference 	<ul style="list-style-type: none"> Understand why we have rules Understand why rules are different for different age groups, in particular for internet-based activities Understand the possible consequences of breaking rules Understand some of the possible feelings someone might have when they lose something important to them Understand that these feelings are normal and a way of dealing with the situation Understand the terms cooperation and collaboration 	<ul style="list-style-type: none"> Understand 'good' and 'not so good' feelings and how they can affect physical state Know how different words can express the intensity of feelings Know what we mean by a 'positive healthy relationship' Understand that there are times that they might say no to a friend Know some appropriate assertive strategies for saying 'no' to a friend Know some strategies for working on a collaborative task 	<ul style="list-style-type: none"> Know what collaboration means Understand attributes needed to work collaboratively Know what is meant by the terms negotiation and compromise Know some strategies for resolving difficult situations Understand how to respond to a wide range of feelings in others Know some qualities of friendship Understand what things could make a relationship unhealthy 	<ul style="list-style-type: none"> Understand a collaborative approach to a task Know the skills needed to do this Understand what is meant by the terms negotiation and compromise Know some positive strategies for negotiating and compromising during a collaborative task Understand some of the challenges that arise from friendships Know some strategies for dealing with such challenges demonstrating the need for respect and an assertive approach

	<p>communities such as their families</p> <ul style="list-style-type: none"> • Know how these people help us and we can help them to help us • Understand simple qualities of friendship • Know the features of attentive listening skills • Know some simple strategies for resolving conflict situations 	<p>between bullying and isolated unkind behaviour</p> <ul style="list-style-type: none"> • Understand that there are different types of bullying and unkind behaviour are both unacceptable ways of behaving • Understand that friendship is a special kind of relationship • Understand some of the ways that good friends care for each other • Know how to deal with different feelings (e.g. anger, loneliness) • Know where someone could get help if they were upset 	<ul style="list-style-type: none"> • Understand the different skills that people can bring to a group task • Understand how working together in a collaborative manner can help everyone achieve success • Know people who they have a special relationship with • Understand strategies for maintaining a positive relationship with their special people • Know what a dare is • and some strategies to use if they are made to feel uncomfortable or unsafe by someone asking them to do a dare • Understand that no one has the right to force them to do a dare 	<ul style="list-style-type: none"> • Understand successful qualities of teamwork and collaboration • Understand a wide range of feelings • Understand that different people can have different feelings in the same situation • Understand how feelings can be linked to a physical state • Understand that their feelings might change towards something when they have further information • Know some of strategies to respond to being bullied • Understand and give example of who or where pressure to behave in an unhealthy way might come from 	<ul style="list-style-type: none"> • Know who they could talk to if they need help • Understand characteristics of passive, aggressive and assertive behaviours • Understand assertiveness skills • Understand risk factors in given situations (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risk • Understand that online communication can be misinterpreted • Understand that responsible and respectful behaviour is necessary when interacting with others online as 	<ul style="list-style-type: none"> • Understand peer influence and pressure • Understand and empathise with patterns of behaviour in peer-group dynamics • Understand basic emotional needs and that they change according to circumstances • Know some strategies for dealing assertively with a situation where someone under pressure may do something that they feel uncomfortable with • Understand the consequences of reacting to someone in a positive or a negative way • Know some ways that people can respond more positively to others
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			<ul style="list-style-type: none"> • Know some qualities of friendship • Understand some reasons why friends fall out 		<p>well as face-to-face</p>	<ul style="list-style-type: none"> • Understand ways that people can show their commitment to others • Know the age that a person can marry, depending on whether their parents agree • Understand that every person has the right to choose who and whether to marry • Understand that some types of physical contact can produce strong negative reactions • Know that some types of inappropriate touch are also illegal • Know some strategies for keeping personal information safe online • Understand the nature of safe and respectful behaviour when using
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						communication technology
Valuing difference	<ul style="list-style-type: none"> • Know that there are similarities and differences between people • Understand that there are positive aspects of these differences • Understand the difference between unkindness, teasing and bullying • Know some of their school rules and how those rules help to keep everybody safe • Know people who are special to them • Know and name some of the qualities that make a person special to them 	<ul style="list-style-type: none"> • Know that there are some physical and non-physical differences between people and also similarities • Know and use words and phrases that show respect for other people • Know people who are special to them • Understand some of the ways that people are special to them • Know and explain how a person's behaviour can affect others • Know groups they are part of 	<ul style="list-style-type: none"> • Understand that there are many different types of family • Understand what is meant by "adoption" "fostering" and "same sex relationship" • Know the meaning of the term community • Know the different communities that they belong to • Understand the benefits that come from belonging to a community, in particular the benefits to mental health and well being 	<ul style="list-style-type: none"> • Understand the terms negotiation and compromise • Know some ways to manage conflict and differences through negotiation and compromise • Understand that they have the right to protect their personal body space • Understand how others' non-verbal signals indicate how they feel when people are close to their body space • Know people they can talk to if they feel uncomfortable with other people's actions towards them 	<ul style="list-style-type: none"> • Understand some key qualities of friendship • Understand ways of making friendship last • Understand why friendships sometimes end • Develop an understanding of discrimination and its injustice and • Understand how discriminatory behaviour can be challenged • Know some of the groups that make up school and the wider community • Understand the benefits of living in a diverse society 	<ul style="list-style-type: none"> • Understand that bullying and discriminatory behaviour can result from disrespect of people's differences • Know some strategies for dealing with bullying as a bystander • Know that all people are unique but that we have far more in common with each other than is different • Understand how bystanders can respond to someone being rude, offensive or bullying towards someone else

	<ul style="list-style-type: none"> • Recognise and explain what is fair and unfair, kind and unkind • Understand ways that they can show kindness to others 	<ul style="list-style-type: none"> • Know some strategies for helping someone who is feeling left out • Understand how acts of kindness and unkindness impact on other people • Know some kind words and actions that they can show to others • Understand active listening techniques (make eye contact, nodding head, making positive noises, not being distracted) • Know some strategies for dealing with a range of common situations requiring negotiation skills to help to maintain positive relationships 	<ul style="list-style-type: none"> • Know about respectful language • Know how to challenge another's view point respectfully • Know that people living in the UK have different origins • Understand similarities and differences between a diverse range of people from different regional, ethnic and religious backgrounds • Understand some of the qualities that people from a diverse range of backgrounds need in order to get along together • Know some of the factors that make people similar to and different from each other • Understand that repeated name calling is a form of bullying 	<ul style="list-style-type: none"> • Understand that they have different types of relationships with people they know • Know some of the ways in which people are different to each other (including ethnicity, gender, beliefs, customs and festivals) • Understand the word respect • Understand and identify stereotypes, including those promoted by the media 	<ul style="list-style-type: none"> • Understand the importance of mutual respect for different faiths and beliefs and how we demonstrate this • Understand that the information that we see online in text and images, is not always true • Understand that some people post things online about themselves that are not true, so that people will like them • Understand the difference between sex, gender identity, gender expression and sexual orientation • Understand the consequences of positive and negative behaviour on themselves and others 	<ul style="list-style-type: none"> • Know some ways of offering support to someone who has been bullied • Know ways of showing respect to others, using verbal and non-verbal communication • Understand the term prejudice • Know some of the different groups that make up school, the community and other parts of the UK • Understand the benefits of living in a diverse society • Understand the importance of mutual respect for different faiths, beliefs and how we demonstrate this • Understand the difference between a friend and an acquaintance • Know the qualities of a strong, positive friendship
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			<ul style="list-style-type: none"> • Understand why different people might be bullied • Understand why different people have prejudiced views and what this is 			<ul style="list-style-type: none"> • Understand the benefits of other types of relationships e.g. Neighbour, parent, relative etc. • Understand what is meant by the term “stereotype” • Understand how the media can sometimes reinforce gender stereotypes • Understand that people fall into a wide range of what is seen as normal
<p>Keeping myself safe</p>	<ul style="list-style-type: none"> • Understand that the body gets energy from food, water and air (oxygen) • Understand that exercise and sleep are important parts of a healthy lifestyle • Know simple bedtime routines that promote healthy sleep 	<ul style="list-style-type: none"> • Understand that medicines can sometimes make people feel better when they are ill • Know some things that a person can do to feel better if they feel ill, without using medicines • Know about simple issues of safety and responsibility about medicines and their use 	<ul style="list-style-type: none"> • Understand that some situations are safe while others are unsafe • Know people who can help if a situation is unsafe • Know some strategies for keeping safe • Know the meaning of the words danger and risk and the difference between the two 	<ul style="list-style-type: none"> • Understand the terms “danger” “risk” and “hazard” and the difference between them • Know some situations that are dangerous, risky and hazardous • Know some simple strategies to manage risk • Understand about images that are safe/unsafe to share online 	<ul style="list-style-type: none"> • Know what a habit is • Understand why and how a habit can be hard to change • Understand that there are positive and negative risks • Understand how to weigh up risk factors when making decisions • Understand some of the possible outcomes of taking risks 	<ul style="list-style-type: none"> • Understand that responsible and respectful behaviour is necessary when interacting with people online and face-to-face • Understand the ease with which something posted online can spread • Know strategies for keeping personal

	<ul style="list-style-type: none"> • Understand emotions and physical feelings associated with feeling unsafe • Know people who can help if we feel unsafe • Understand a range of feelings associated with loss • Understand that medicines can sometimes help people • Understand simple issues of safety and responsibility about medicines and their use • Understand and learn the PANTS rule • Know which parts of the body should be private • Know the difference between appropriate and inappropriate touch 	<ul style="list-style-type: none"> • Know some actions for dealing with unsafe situations including asking for help • Know some situations in which they would need to say “yes” or “no” “I’ll ask” or I’ll tell”, in relation to keeping themselves or others safe • Know that body language and facial expressions can give clues as to how comfortable and safe someone feels in a situation • Know who they can talk to if someone touches them in a way that makes them feel uncomfortable • Know that some touches are not fun and can hurt or be upsetting • Know that they can ask someone 	<ul style="list-style-type: none"> • Know some strategies for dealing with risky situations • Know some key risks from the effects of cigarettes and alcohol • Know that most people chose not to smoke cigarettes (social norms message) • Know the meaning of the word “drugs” • Understand that nicotine and alcohol are both drugs • Know some ways of reducing and managing risks • Understand potential risks associated with browsing online • Know that our body can often give us a sign when something doesn’t feel right and to trust these signs and talk to a trusted adult 	<ul style="list-style-type: none"> • Know strategies for safe online sharing • Understand the implications of sharing images online without consent • Know what is meant by “dare” • Know some strategies for managing dares • Understand that medicines are drugs • Understand safety issues for medicine use • Know some alternatives to taking medicines when you feel unwell • Know some strategies for limiting the spread of infectious disease • Understand some key risks of smoking and drinking alcohol • Understand that increasing numbers of young people are 	<ul style="list-style-type: none"> • Know some strategies to deal with both face-to-face and online bullying • Know some strategies for supporting others who are being bullied • Understand the difference between online and face-to –face bullying • Understand what is meant by a dare • Understand why someone might give a dare • Know some ways of standing up to someone who might give a dare • Understand which situations are risky • Know what someone should do when faced with a risky situation • Understand what information is 	<p>information safe online</p> <ul style="list-style-type: none"> • Know safe behaviours when using communication technology • Know that it is illegal to create and share sexual images of children under 18 years of age • Understand some of the risk of sharing photos of themselves with others both directly and online • Know how to keep their information private online • Understand what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour • Understand that all humans have basic emotional needs and the ways that these can be met
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		<p>to stop touching them</p> <ul style="list-style-type: none"> • Know about safe secrets and unsafe secrets • Know the importance of telling someone they trust if a secret makes them feel uncomfortable or unsafe • Know that if someone is being touched in a way they don't like, they have to tell someone in their safety network so that they can help it to stop 	<ul style="list-style-type: none"> • Understand appropriate behaviours online as well as offline • Know what constitutes personal information and when it is not appropriate to share this • Understand how to get help in a situation where requests are made for images or information about themselves or others occurs • Know some strategies for assessing risks • Understand some decision making skills • Understand where to get help when making decisions • Understand that medicines are drugs and that they can be helpful or harmful 	<p>choosing not to smoke and that not all people drink alcohol (Social Norms theory)</p> <ul style="list-style-type: none"> • Know stages of identifying and managing risk • Know people they can ask for help with managing risk • Understand that we can be influenced both positively and negatively • Know some of the consequences of behaving in an unacceptable, unhealthy or risky way 	<p>safe/unsafe to share online</p> <ul style="list-style-type: none"> • Know that people are not always who they appear to be online • Understand what is disrespectful behaviour online • Know how to respond to disrespectful behaviour online • Know how to protect personal information online • Understand some of the complexities of categorising drugs • Know that all medicines are drugs but that not all drugs are medicines • That medicines can be helpful or harmful and used safely or unsafely • Understand the actual norms around smoking and the reasons for common misperceptions of these 	<ul style="list-style-type: none"> • Know how drugs can be categorised into different groups depending on the medical or legal context • Understand that drugs can have both medical and non-medical uses • Know in simple terms some of the laws that control drugs in this country • Explain why there are laws that control drugs in this country • Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these • Know some of the effects and risks of drinking alcohol • Understand how emotional needs can impact on people • Know some positive ways that people can get
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					<ul style="list-style-type: none"> Understand risk factors around smoking and consider the outcomes of risk taking in this situation, including emotional risk 	<p>their emotional needs met</p> <ul style="list-style-type: none"> Understand and give examples of conflicting emotions Understand how independence and responsibility go together
<p>Rights and Responsibilities</p>	<ul style="list-style-type: none"> Know the importance of regular hygiene routines Know what they like about the school environment Understand who cares for and looks after the school environment Understand the importance of looking after things that belong to themselves or others Know where people get money from List some of the things that money can be spent on in the family home 	<ul style="list-style-type: none"> Know some strategies for getting on with others in the classroom Know special people in the school community who can help to keep them safe Know how to ask for help Know what they like about the school environment Understand any problems with the school environment Understand that everyone has a responsibility to look after the school environment 	<ul style="list-style-type: none"> Know what a volunteer is Know people who are volunteers in the school community Know some of the reasons that people volunteer, including mental health and well-being for those who volunteer Know key people who are responsible for keeping them safe and healthy Know some ways to help these people Understand the difference between fact and opinion 	<ul style="list-style-type: none"> Know how different people in the school and local community help to keep them safe Know what is meant by being responsible Know the various responsibilities of those who help to keep them safe and healthy Know ways they can help those people who keep them safe and healthy Understand that humans have rights and responsibilities Know some rights and also some of the 	<ul style="list-style-type: none"> Understand the difference between a fact and an opinion Understand what biased reporting is and why we need to think critically about what we read Understand the difference between responsibilities, rights and duties Understand what can make them difficult to follow Understand the impact on individuals and the wider community if responsibilities are not carried out 	<ul style="list-style-type: none"> Understand the terms “fact” “opinion” “biased” and “unbiased” and the difference between them Understand the language and techniques that make up a biased report Know the legal age (and the reasons for these) for having social media accounts Understand why people don’t always tell the truth online and only post the good bits about themselves Understand that in real life people lives are balanced

	<ul style="list-style-type: none"> • Know that different notes and coins have different values • Understand the importance of keeping money safe • Identify safe places to keep money 	<ul style="list-style-type: none"> • Understand that people have choices about what they do with their money • Know that they can save their money for a future time • Understand how they might feel if they spend money on different things • Understand that money can be spent on things that are essential and non-essential 	<ul style="list-style-type: none"> • Understand how an event can be perceived differently from different viewpoints • Know what is meant by environment • Know some different ways of looking after the school environment • Understand the terms “income” “savings” and “spending” • Understand that there are times that we can buy items that we want and other times we need to save for them • Know that people earn their income through their jobs • Understand that the amount that people get paid is due to a range of factors (skill, training, responsibility etc) 	<p>responsibilities that come with them</p> <ul style="list-style-type: none"> • Understand the reasons that we have rules • Know some ways they can contribute to the decision making process in school • Understand that everyone can make a difference within a democratic process • Understand the word “influence” • Understand that reports in the media can influence the way they think about a topic • Understand the role of a bystander and how it can influence bullying or anti-social behaviour • Understand that they can play a role in influencing the outcomes of situations by their actions 	<ul style="list-style-type: none"> • Understand what is meant by voluntary, community and action groups and give examples • Understand the terms loan, credit, debt, and interest • Know some of the areas that local councils have responsibility for • Understand that local councillors are elected to represent their local community 	<p>with positives and negatives</p> <ul style="list-style-type: none"> • Understand some benefits of saving money • Know some of the different ways that money can be saved, outlining the pros and cons of each method • Know the costs that go into producing an item • Understand what is meant by “interest” • Know that different jobs have different levels of pay and the factors that influence this • Understand the different types of tax that fund public services • Understand what is meant by the terms voluntary, community and pressure(action) groups • Know the aim, mission statement, activity and beneficiaries of a chosen
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				<ul style="list-style-type: none"> • Understand some of the ways that various national and international environmental organisations work to help to take care of the environment • Understand the value of this work • Understand the terms “income” and “expenditure” • List some of the items and services of expenditure in school and at home • Understand what is meant by the terms “National Insurance” and “VAT “ 		<p>voluntary, community or action group</p> <ul style="list-style-type: none"> • Understand what is meant by living in an environmentally sustainable way • Know some actions that could be taken to live in an environmentally sustainable way
<p>Being my best</p>	<ul style="list-style-type: none"> • Understand the importance of fruit and vegetables in their daily diet • Know that eating five portions of fruit and vegetables a day helps to maintain health • Understand that they may have 	<ul style="list-style-type: none"> • Know the stages of the learning line and the learning process • Understand positive mindset strategies • Understand and give examples of 	<ul style="list-style-type: none"> • Know how each of the food groups on the Eatwell Guide benefits the body • Know what is meant by a balanced diet • Know how some infectious 	<ul style="list-style-type: none"> • Know ways in which everyone is unique • Understand their own uniqueness • Know that there are times that they will make the same choices as their friends and 	<ul style="list-style-type: none"> • Know two harmful effects from smoking/drinking alcohol • Know the importance of food, water, oxygen, sleep and exercise for the human body and its health 	<ul style="list-style-type: none"> • Know the nature of aspirational goals • Know the actions needed to set and achieve these • Know what the five ways of wellbeing are

	<p>different taste in food to others</p> <ul style="list-style-type: none"> • Know which foods we need to eat more of and which we need to eat less of to be healthy • Understand how disease can be spread • Know and use simple strategies to prevent the spread of disease • Understand that learning a new skill requires practice and the opportunity to fail, safely • Understand the learning line's use as a simple tool to describe the learning process, including overcoming challenges • Understand the need for attentive listening skills • Understand simple strategies for solving conflict situations 	<p>things they can chose for themselves and things others chose for them</p> <ul style="list-style-type: none"> • Know that there are things that they like and dislike • Understand that some choices they have can be either healthy or unhealthy and can make a difference to their own health • Know how germs can be spread • Know the importance of simple hygiene routines such as hand washing • Know that vaccinations can help to prevent certain illnesses • Know the importance of good dental hygiene • Understand the importance of simple dental hygiene routines 	<p>illnesses are spread from one person to another</p> <ul style="list-style-type: none"> • Know how simple hygiene routines can help to reduce the risk and spread of infectious illnesses • Know some medical and non-medical ways of treating illness • Understand some health and wellness issues that are relevant to them • Understand their achievement and areas for development • Know that people may say kind things to help us feel good about ourselves • Understand why some groups of people are not represented as much on TV and in the media • Know how working together 	<p>times they will chose differently</p> <ul style="list-style-type: none"> • Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to health • Understand the ways in which they can care for the environment • Know the Seven Rs recycling methods can be applied to different scenarios • Know what is meant by the word "community" • Know some ways in which people support the school community • Know some qualities and attributes of people who support the school community 	<ul style="list-style-type: none"> • Understand the actual norms around smoking and the reasons for common misperceptions of these • Know the function of at least one internal organ • Know some of their own strengths and talents • Know some areas that need improvements • Understand what is meant by community • Understand what being part of the school community means to them • Know people who are responsible for helping them to stay safe and healthy • Know some ways that they can help these people • Understand "star" qualities of celebrities as 	<ul style="list-style-type: none"> • Understand how the five ways of wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives • Understand risk factors in a given situation • Understand the outcomes of risk taking in a given situation, including emotional risk • Understand what risk is • Understand how a risk can be reduced
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	<ul style="list-style-type: none"> • Know how to give and receive positive feedback and experience how this makes them feel • Understand how a person's behaviour, including their own, can affect other people 	<ul style="list-style-type: none"> • Know that the body gets energy from food, water and oxygen • Understand that exercise and sleep are important to health • Name major internal body parts • Describe how food and water and air get into the body and blood 	<p>collaboratively can help everyone achieve success</p> <ul style="list-style-type: none"> • Know how the brain sends and receives messages through nerves • Name major internal body parts • Know how food and water and air get into the body and the blood • Know that different people have different talents and skills and how these can be developed • Know their own skills and those of other children in their class 		<p>portrayed by the media</p> <ul style="list-style-type: none"> • Understand that the way people are portrayed by the media isn't always a true reflection of real life • Know some "star" qualities that ordinary people have 	
<p>Growing and Changing</p>	<ul style="list-style-type: none"> • Name major internal body parts • Understand the simple bodily processes associated with them 	<ul style="list-style-type: none"> • Know some simple ways of giving positive feedback to others • Understand the range of feelings that are associated with 	<ul style="list-style-type: none"> • Know that there are different types of relationships • Know who they have positive healthy relationships with • Understand what is meant by 	<ul style="list-style-type: none"> • Know some of the changes that happen to people during their lives • Understand how the Learning Line can be used as a tool to help them 	<ul style="list-style-type: none"> • Know a range of words and phrases to describe the intensity of different feelings • Understand the difference between good 	<ul style="list-style-type: none"> • Know some positive strategies for dealing with changes • Know people who can support someone who is dealing with a challenging time of change

	<ul style="list-style-type: none"> • Know some of the tasks required to look after a baby • Understand how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding • Know the things they could do as a baby, a toddler and can do now • Know the people who help/helped them at each of those different stages • Understand the difference between teasing and bullying • Know some things they can do if they experience or witness teasing and bullying • Know who they could get help from in a bullying situation • Understand the difference between a secret and a nice surprise 	<ul style="list-style-type: none"> • losing (and being reunited) with a person they are close to • Know the different stages of growth (e.g. Baby, toddler, child, teenager, adult) • Know some of the things people are capable of at each stage • Know which parts of the human body are private • Know that a person's genitals help them to make babies when they are grown up • Understand that humans mostly have the same body parts but that they look different from person to person • Know what privacy means • Know that you are not allowed to touch someone's private belongings 	<ul style="list-style-type: none"> • personal space or body space • Understand when it is appropriate or inappropriate to allow someone into their personal space • Understand the terms "secret" and "surprise" and the difference between safe and unsafe secrets • Understand how different surprises and secrets might make them feel • Know who they could ask to help if a secret made them feel uncomfortable or unsafe • Know that babies come from joining an egg and sperm • Know what happens when an egg doesn't meet a sperm • Understand that for girls, periods are a normal part of puberty 	<ul style="list-style-type: none"> • manage change more easily • Know people who might help them to deal with change more easily • Name some positive and negative feelings • Understand how the onset of puberty can have and emotional as well as a physical impact • Understand some reasons why young people sometimes fall out with their parents • Know parts of the body that males and females have in common and those that are different • Know the correct terminology for their genitalia • Understand why puberty happens • Know some of the ways to cope better with periods 	<ul style="list-style-type: none"> • and not so good feelings • Know some appropriate strategies they can use to build resilience • Know some people who can be trusted • Understand what kind of touch are acceptable and unacceptable • Know some strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch • Understand how someone might feel if they are separated from someone or something they like • Know some ways to help someone who is separated from someone or something they like 	<ul style="list-style-type: none"> • Understand that fame can be short lived • Know that photos can be changed to match societies view of perfect • Understand qualities that people have • Understand what is meant by the term stereotype • Understand how the media can sometimes reinforce gender stereotypes • Understand that people fall into a wide range of what is seen as normal • Understand of the risks of sharing images online and how these are difficult to control once shared • Understand the way that people can be pressured because of the influence of their peer group • Understand the norms of risk-
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	<ul style="list-style-type: none"> • Know who they can talk to if they feel uncomfortable about any secret they are told, or told to keep • Know parts of the body that are private • Understand ways in which private parts are kept private • Know people they can talk to about private parts 	<p>without their permission</p> <ul style="list-style-type: none"> • Know some different types of private information 		<ul style="list-style-type: none"> • Know the key facts of the menstrual cycle • Understand that periods are a normal part of puberty for girls • Understand the terms secret and surprise and the difference between safe and unsafe secrets • Understand how different secrets and surprises might make them feel • Know who they could ask for help if a secret made them feel uncomfortable or unsafe • Understand that marriage is a commitment to be entered into freely and not against someone's will • Understand that marriage includes same sex and opposite sex partners • Know the legal age of marriage in England 	<ul style="list-style-type: none"> • Know the correct words for external sexual organs • Understand some of the myths associated with puberty • Know some of the products that they might need during puberty and why • Know what menstruation is and why it happens • Understand how our body feels when we are relaxed • List some of the ways our body feels when we are sad or nervous • Understand how to be resilient in order to find someone who will listen to you • Understand some of the consequences of positive and negative behaviour on themselves and others 	<p>taking behaviour and that these are usually lower than people think they are</p> <ul style="list-style-type: none"> • Understand the word "puberty", giving examples of some of the physical and emotional changes associated with it • Know some strategies that would help someone who felt challenged by some of the changes in puberty • Understand what FGM is and that it is an illegal practice in this country • Know where someone could get help if they are concerned about their own or another person's safety • Understand the difference between safe
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					<ul style="list-style-type: none"> • Understand the difference between safe and unsafe secrets • Understand that there are situations when someone might need to break a confidence in order to keep someone safe • Understand that some people can be bullied because of the way they express their gender • Know some ways that bullying behaviours can be stopped 	<ul style="list-style-type: none"> and an unsafe secret • Understand situations where someone might need to break a confidence in order to keep someone safe • Know changes that happen during puberty to allow sexual reproduction to occur • Know a variety of ways that the sperm can fertilise the egg to create a baby • Know the legal age of consent and what it means • Understand how HIV affects the body's immune system • Understand that HIV is difficult to transmit • Know how a person can protect themselves against HIV
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