

Reception	My body My body belongs to me Unique, similar and different Our families People who help and look after me Asking questions/ making choices, saying yes/ no	Friends and friendship: helping others Playing together, being kind Personal space and privacy When I feel sad or upset Looking after plants and animals Looking after a baby	
Year 1	My body My body belongs to me Privacy Friendships People who are special to me When I have a question or a worry	Looking after plants Learning about life cycles Looking after pets Families are different This is how I feel Feeling safe	Stereotypes Appropriate contact / physical greetings How to stay safe online How to stay safe online Being kind online Responsible online use
Year 2	This is how I feel I am unique We are similar and different What makes me, me Boys and girls Keeping clean	Kindness and empathy When friends fall out Good secrets and bad secrets Different types of families Different types of families 2 Change and loss	Asking for permission Privacy and PANTS rule Using the internet Using the internet Exploring reliability in the online world Responsible online use
Year 3	How human life begins, pregnancy and birth What babies need Types of relationships Online relationships Me senses Conflict resolution	Safe and happy online Disability What makes a good friend Falling out with others Emergencies and calling for help First aid - bites and stings	Wonderful me: Who am I? People around me: communication Meaning and purpose: my superpowers Healthy body, healthy brain: my healthy diary Speak out, Stay safe Speak out, Stay safe
Year 4	Names of parts of my body My body is changing Feelings and puberty Personal hygiene What is consent My body is mine	What is a friend Making and keeping friends Online- Offline friends Stereotypes and equality Being fair Being transgender	Where do I go online Being smart online Gaming - media violence Emergencies and calling for help First aid - bleeding
Year 5	When I feel safe/ unsafe My 5 trusted adults Bullying Physical abuse and neglect Sexual abuse Watching and sharing videos online	My feelings My body When I feel sad or worried Secrets v Surprises Families and change How to manage change in families	Equality Human Rights - Identity Equality Human Rights - Challenging stereotypes Equality Human Rights - Stereotyping in the community Cyberbullying with a LGBT focus Can you trust everyone who contacts you online? Can you trust everything you see/read online?
Year 6	What is love Being attracted to someone Sex How human life begins What does a parent/carer need to know If I were a parent/ carer	Understanding sexuality Menstruation How do adults plan and prevent pregnancy Menstruation, conception & pregnancy Feelings and loss Coping strategies for managing feelings of loss & grief	Self care Building connections Moving On Up! It's Just a Joke - part 1 It's Just a Joke - part 2 It's Just a Joke - part 3