

### Whole school RSHE overview

Please take a look at what your child will be learning this year in RSHE. An email will be sent out to parents before **some units (highlighted in yellow)** are taught to inform them of what is coming up and how you might support your child at home. If you have any questions or would like more information on any of the units of work, please feel free to contact the school office to arrange a meeting with your child's teacher or the RSHE lead.

	Well-being	Valuing Difference	Keeping Safe	Citizenship	Relationships	Growing and Changing
<b>EYFS</b>	<p>Exploring feelings - e.g. joy, anger, sadness, worry, love</p> <p>Thinking about what our bodies need to stay healthy</p>	<p>Comparing our daily lives to others around the world</p> <p>Thinking about our individual abilities and what makes us special and unique</p>	<p>Thinking about who and what makes us feel safe and what to do if we have a 'funny tummy' feeling</p> <p>Understanding that each person's body belongs to them</p>	<p>Understanding choices, consequences and rules in different environments</p>	<p>Understanding that every family is different and thinking about why family is important</p>	<p>Talking about how we have grown and changed since we were babies</p> <p>Naming the parts of the body</p>
<b>Year 1</b>	<p>Exploring feelings - e.g. empathy, gratitude, loss, grief</p>	<p>Understanding the importance of respecting different cultures</p> <p>In its simplest form, talking about stereotypes and understanding that we can all like different things</p>	<p>Discussing rules for keeping safe and what to do if we ever feel unsafe</p> <p>Exploring risks in familiar environments</p> <p>Thinking about how the foods we eat keep us healthy</p>	<p>Discussing how to care for the environment and our responsibility towards all living things</p>	<p>Understanding that every family is different and thinking about why family is important</p> <p>Discussing why friends are important and what makes for a healthy friendship</p>	<p>Identifying different parts of the body and thinking about how we change as we grow</p> <p>Understanding the difference between a surprise and a secret and what to do if someone asks</p>

		Respecting boundaries				you to keep a secret
<b>Year 2</b>	Exploring the feeling of worry Thinking about how our feelings make us behave and how to manage big feelings	Understanding the power of our words and actions and the importance of respect towards those who are different from us	Exploring the difference between safe and unsafe relationships  Understanding the importance of respecting boundaries  Thinking about the positive effects of exercise	Discussing fairness and equality - particularly with regards to money  Understanding the importance of respecting each other's opinions and taking part in a simple debate	Exploring the many different people who make up our community and identifying different groups that we may belong to - e.g. school, religious group, clubs, etc.  Thinking about bullying - both physical and emotional	Exploring the concepts of loss and grief  Being able to name all the parts of the body and talking about safe and unsafe touch
<b>Year 3</b>	Identifying our individual strengths and talents and thinking about ways in which we can improve by developing a growth mindset	Discussing different types of migration and what it means to be a refugee	Understanding the difference between a danger and a risk and how to deal with risky situations and peer pressure  Discussing safety in the home - particularly with regards to medicine	Understanding democracy, laws, rules, rights and responsibilities	Exploring the various positive relationships we may have in our lives  Discussing how to resolve conflict	TBC

<p><b>Year 4</b></p>	<p>Understanding the importance of sleep, healthy eating, exercise and taking care of our mental health</p>	<p>Understanding disability and exploring what it might be like to live as a disabled person in society</p>	<p>Exploring road and rail safety and how to keep safe in these environments</p>	<p>Exploring equality and equity</p> <p>Understanding where money comes from and how to manage it well</p>	<p>Understanding and practising empathy</p> <p>Discussing how to resolve conflict and how to respectfully disagree</p>	<p>Understanding the menstrual cycle</p> <p>To know some of the changes that can take place during puberty and understand how it may impact our mood and behaviour</p> <p>To understand the different types of relationships we may have as we grow up - e.g. family relationships, friendships, professional relationships and romantic relationships</p>
<p><b>Year 5</b></p>	<p>Exploring body-confidence, self-esteem and embracing our uniqueness</p>	<p>Exploring racial discrimination including stereotypes and socialisation</p> <p>Thinking about why</p>	<p>Investigating cyber bullying and staying safe online</p> <p>Learning first aid</p>	<p>Understanding what it means to be a good citizen and thinking about ways in which we can contribute positively to society</p>	<p>Understanding how to resolve differences</p> <p>Recognising the signs of an unhealthy</p>	<p>To know some of the changes that take place in the body during puberty and how puberty can impact body image</p>

		positive representation matters			friendship and how to navigate peer pressure  Understanding different types of relationship, including romantic relationships	Understanding the human reproductive system  Understanding what circumcision and FGM mean (and the differences between them) and what to do if you feel unsafe
<b>Year 6</b>	How to navigate social media and technology and exploring how it can impact our mental health	Exploring gender stereotypes and the importance of respecting each other and our individual choices  Exploring homophobia, including stereotypes and socialisation, and the long-term effects this can have	Understanding why medical drugs can be important and how to use these safely  Understanding the risks linked to abusing drugs and alcohol and how to stay safe outside of school - particularly with regards to 'county lines'	Understanding the social and emotional effects of anti-social behaviour and to think about how our actions impact others	Understand the social, emotional and physical effects of bullying and to identify ways to challenge bullying and seek help  To recognise the signs of an unsafe relationship and know where to go for advice and support	To know some of the physical and emotional changes that take place during puberty  Understanding reproduction within a loving, consenting and respectful relationship and knowing the law surrounding sexual intercourse

