



### Nursery PSHE Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
I understand how it feels to belong and that we are similar and different.	I know how it feels to be proud of something I am good at.	I understand what challenge means.	I know what the word 'healthy' means and that some foods are healthier than others.	I can tell you about my family.	I can tell you some things I can do such as jumping, running.
I understand how feeling happy and sad can be expressed.	I can tell you one way I am special and unique.	I can keep trying until I can do something.	I am starting to understand that I need to be active to be healthy.	I understand how to make friends.	I can talk about how I feel about moving to School from Nursery.
I can work together and consider other people's feelings.	I know that all families are different.	I can set a goal and work towards it.	I can tell you some other things I need to do to be healthy such as sleeping and keeping clean.	I can tell you some of the things I like about my friends.	I can remember some fun things about Nursery this year.
I can use gentle hands and understand that it is good to be kind to people.	I know there are lots of different houses and homes.	I know some kind words to encourage people with.	I know I need to brush my teeth twice a day.	I know what to say and do if somebody is mean to me.	
I am happy when I play.	I can tell you how I could make new friends.	I know about some of the jobs people do.	I can wash my hands and know it is important to do this before I eat and after I go to the toilet.	I can take part in 'Calm Me' time.	

<p>I am learning what being responsible means.</p>	<p>I can use my words to stand up for myself when someone says or does something unkind.</p>	<p>I can feel proud when I achieve a goal.</p>	<p>I know what to do if I get lost and how to say NO to strangers.</p>	<p>I can work together and enjoy being with my friends.</p>	
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## Reception PSHE Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
I understand how it feels to belong and that we are similar and different.	I can identify something I am good at and understand that everyone is good at different things.	I understand that if I keep trying, I can tackle challenges.	I understand that I need to exercise to keep my body healthy.	I can identify some of the jobs I do in my family.	I can tell you some of the things I can do such as throwing, catching.
I can start to recognise and manage my feelings.	I understand that being different makes us all special.	I can tell you about a time I didn't give up until I achieved my goal.	I know which foods are healthy and not so healthy and can make healthy eating choices.	I know how to make friends to stop myself from feeling lonely.	I can express how I feel about moving to Year 1.
I can work together and consider other people's feelings.	I know we are all different but the same in some ways.	I can set a goal and work towards it.	I know what the word 'healthy' means and that some foods are healthier than others.	I can think of ways to solve problems and stay friends.	I can share my memories of the best bits of this year in Reception.
I understand why it is good to be kind and use gentle hands.	I can tell you why I think my home is special to me.	I can use kind words to encourage people.	I know how to help myself go to sleep and understand why sleep is good for me.	I am starting to understand the impact of unkind words.	I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1.
I enjoy learning and playing.	I can tell you how to be a kind friend.	I know some of the jobs that people do.	I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.	I can take part 'Calm Me Time'.	
I am learning what being responsible means.	I know which words to use to stand up for myself when someone says or does something unkind.	I can say how I feel when I achieve a goal and know what it means to feel proud.	I know what a stranger is and how to stay safe if a stranger approaches me.	I know how to be a good friend.	

## Year One PSHE Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Feeling safe and special in my class. The Learning Charter in my class.</p>	<p>I can identify similarities between people in my class. I can tell you some ways in which I am the same as my friends.</p>	<p>I know how to set simple goals. I can recognise and tell you about the things I do well.</p>	<p>I understand the difference between being healthy and unhealthy. I know some ways to keep myself healthy.</p>	<p>I can identify the members of my family. I know how it feels to belong to a family and care about the people who are important to me.</p>	<p>I can you some things about me that have changed and some things about me that have stayed the same. I know that people grow up at different rates and that is normal.</p>
<p>I understand the rights and responsibilities as a member of my class Know that I belong to my class.</p>	<p>I can identify differences between people in my class. I can tell you some ways I am different from my friends.</p>	<p>I know how to set a goal and work out how to achieve it I can explain how I learn best.</p>	<p>Know how to make healthy lifestyle choices. I can describe how I feel good about myself when I make healthy choices. I know how to keep myself clean and healthy.  I understand how germs cause disease/ illness.</p>	<p>I can explain what being a good friend means to me I know how to make a new Friend.</p>	<p>I understand that every time I learn something new I change a little bit</p>
<p>I know how to make my class a safe place for everybody to learn.</p>	<p>I can tell you what bullying is and I understand how it might feel to be bullied.</p>	<p>I know how to work well with a partner I can celebrate achievement with my friends.</p>	<p>I know that all household products including medicines can be harmful if not used properly.</p>	<p>I know how appropriate ways to greet my friends.</p>	<p>I can say why I enjoy learning new things.</p>

	I know who to tell if I/someone else is being bullied or feeling unhappy.	I can tackle a new challenge and understand this might stretch my learning. I can describe how I feel when I have overcome an obstacle.	I understand that medicines can help me if I feel poorly and I know how to use them safely I know some ways to help myself when I feel poorly.	Know who can help me in my school community Know when I need help and know how to ask for it	Tell you about changes that have happened in my life Know some ways to cope with changes e.g. moving to a new class.
I can recognise how it feels to be proud of an achievement.	I know how to make new Friends. I know how it feels to make a new friend.	I can identify how I feel when I am faced with a new challenge. I know how I feel when I see obstacles and how I feel when I overcome them.	I know how to keep safe when crossing the road, and about people who can help me to stay safe. I can recognise when I feel frightened and know who to ask for help.	I can tell you why I appreciate someone who is special to me.  I can express how I feel about them.	I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 2.
I can recognise the choices that I make and understand the consequences.	I can describe how I am different from my friends. I understand these differences make us all special and unique.	I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.	I can recognise how being healthy helps me to feel happy.	I can recognise my qualities as a person and a friend.	I can share my memories of the best bits of this year in Year 1.

## Year Two PSHE Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Identify some of my hopes and fears for this year.</p> <p>Recognise when I feel worried and know who to ask for help.</p>	<p>Start to understand that sometimes people make assumptions about boys and girls such as girls dislike football, boys prefer blue. (stereotypes)</p> <p>To know that it is good to be yourself.</p>	<p>Choose a realistic goal and think about how to achieve it.</p> <p>Tell you things I have achieved and say how that makes me feel.</p>	<p>Know what I need to keep my body healthy.</p>	<p>Know that everyone's family is different.</p> <p>Identify the different members of my family, understand my relationship with each of them.</p> <p>Know why it is important to share and cooperate.</p>	<p>Tell you about the natural process of growing from young to old and understand that this is not in my control.</p> <p>To be able to express how they feel about the changes.</p> <p>Identify people I respect who are older than me.</p>
<p>Understand the rights and responsibilities of being a member of my class and school.</p> <p>Know how to help myself and others feel like we belong.</p>	<p>Understand some ways in which boys and girls are different and accept that this is OK.</p>	<p>Persevere even when I find tasks difficult.</p> <p>Tell you some of my strengths as a learner.</p>	<p>Know that being relaxed and calm helps me learn.</p>	<p>Know that there are different types of physical contact between friends and family.</p>	<p>Be confident to say what I like and don't like and ask for help.</p>
<p>Listen to other people and contribute my own ideas about rewards and consequences.</p> <p>Help make my class a safe and fair place.</p>	<p>Understand that bullying is sometimes about difference and this is unacceptable.</p>	<p>Understand how working with other people can help me to learn.</p>	<p>Understand how medicines work in my body and how important it is to use them safely.</p>	<p>Identify some of the things that cause conflict with my friends.</p> <p>Demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.</p>	<p>Talk about how I feel about my worries and/or the things I am looking forward to about being in Year 3.</p>

<p>Listen to other people and contribute my own ideas about rewards and consequences.</p> <p>Show good listening skills.</p>	<p>Recognise what is right and wrong and know how to look after myself.</p>	<p>Work cooperatively in a group to create an end product. Work with other people to solve problems.</p>	<p>Sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.</p>	<p>Understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.</p>	<p>Identify what I am looking forward to when I move to my next class.</p>
<p>Understand how following the Learning Charter will help me and others learn.</p> <p>To work cooperatively with class members.</p>	<p>Understand that it is OK to be different from other people and to be friends with them.</p> <p>Understand that we shouldn't judge people if they are different from us.</p>	<p>Express how it feels to be working as part of a group.</p>	<p>Make some healthy snacks and explain why they are good for my body.</p> <p>Feel positive about caring for their bodies and keeping it healthy.</p>	<p>Recognise and appreciate people who can help me in my family, my school and my community.</p>	<p>Share my memories of the best bits of this year in Y2.</p>
<p>Recognise the choices I make and understand the consequences.</p>	<p>Tell you some ways I am different from my friends.</p> <p>Understand these differences make us all special and unique.</p>	<p>Know how to share success with other people.</p>	<p>Decide which foods to eat to give my body energy.</p>	<p>Express my appreciation for the people in my special relationships. Be comfortable accepting appreciation from others.</p>	

## Year 3 PSHE Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Recognise my worth and identify positive things about myself and my achievements.</p> <p>Set personal goals.</p> <p>Value myself and know how to make someone else feel welcome and valued.</p>	<p>Understand that everybody's family is different and important to them.</p> <p>Appreciate my family/the people who care for me.</p>	<p>Tell you about a person who has faced difficult challenges and achieved success.</p> <p>Respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability).</p>	<p>Understand how exercise affects my body and know why my heart and lungs are such important organs.</p> <p>Set myself a fitness challenge.</p>	<p>Identify the roles and responsibilities of each member of my family and reflect on the expectations for males and females.</p> <p>Describe how taking some responsibility in my family makes me feel.</p>	<p>Express how I feel when my ideas are challenged and be willing to change my ideas sometimes.</p>
<p>Face new challenges positively, make responsible choices and ask for help when I need it.</p> <p>Recognise how it feels to be happy, sad or scared and to be able to identify if other people are feeling these emotions.</p>	<p>Understand that differences and conflicts sometimes happen among family members.</p> <p>Know how to calm myself down and can use the 'Solve it together' technique.</p>	<p>Identify a dream/ambition that is important to me.</p> <p>Imagine how I will feel when I achieve my dream/ambition.</p>	<p>Know that the amount of calories, fat and sugar I put into my body will affect my health.</p> <p>Know what it feels like to make a healthy choice.</p>	<p>Identify and put into practice some of the skills of friendship.</p>	<p>Identify what I am looking forward to when I move to my next class.</p>
<p>Understand why rules are needed and how they relate to rights and responsibilities.</p> <p>Know how to make others feel valued.</p>	<p>Know what it means to be a witness to bullying.</p> <p>Know some ways of helping to make someone who is bullied feel better.</p>	<p>Enjoy facing new learning challenges and working out the best ways for me to achieve them</p> <p>Break down a goal into a number of steps and know how others could help me to achieve it.</p>	<p>Tell you my knowledge and attitude towards drugs.</p> <p>Identify how I feel towards drugs.</p>	<p>Know and use some strategies for keeping myself safe online.</p> <p>Know who to ask for help if I am worried or concerned about anything online</p>	<p>Start to think about changes I will make next year and know how to go about this.</p>



<p>Understand that my actions affect myself and others and I care about other people's feelings</p> <p>Understand that my behaviour brings rewards/consequences.</p>	<p>Know that witnesses can make the situation better or worse by what they do.</p> <p>Problem-solve a bullying situation with others.</p>	<p>Be motivated and enthusiastic about achieving our new challenge.</p> <p>Know that I am responsible for my own learning and that I can use my strengths as a learner to achieve the challenge.</p>	<p>Identify things, people and places that I need to keep safe from.</p> <p>Know some strategies for keeping myself safe, who to go to for help and how to call emergency services.</p> <p>Express how being anxious or scared feels.</p>	<p>Explain how some of the actions and work of people around the world help and influence my life.</p> <p>Show an awareness of how this could affect my choices.</p>	
<p>Make responsible choices and take action.</p> <p>Work cooperatively in a group.</p>	<p>Recognise that some words are used in hurtful ways.</p> <p>Try hard not to use hurtful words.</p>	<p>Recognise obstacles which might hinder my achievement and take steps to overcome them.</p> <p>Manage the feelings of frustration that may arise when obstacles occur.</p>	<p>Identify when something feels safe or unsafe.</p> <p>Take responsibility for keeping myself and others safe.</p>	<p>Understand how my needs and rights are shared by children around the world and to identify how our lives may be different.</p> <p>Empathise with children whose lives are different to mine and appreciate what I may learn from them.</p>	
<p>Understand my actions affect others and try to see things from their points of view.</p> <p>Choose to follow the Learning Charter.</p>	<p>Tell you about a time when my words affected someone's feelings and what the consequences were.</p> <p>Give and receive compliments and know how this feels.</p>	<p>Evaluate my own learning process and identify how it can be better next time.</p> <p>Be confident in sharing my success with others.</p>	<p>Understand how complex my body is and how important it is to take care of it.</p> <p>Respect my body and appreciate what it does for me.</p>	<p>Know how to express my appreciation to my friends and family.</p> <p>Enjoy being part of a family and friendship Groups.</p>	

## Year 4 PSHE Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Know my attitudes and actions make a difference to the class Team.</p> <p>Know how good it feels to be included in a group and understand how it feels to be excluded.</p> <p>Try to make people feel welcome and valued.</p>	<p>Understand that, sometimes, we make assumptions based on what people look like.</p> <p>To accept people for who they are.</p>	<p>tell you about some of my hopes and dreams</p> <p>Know how it feels to have hopes and dreams</p>	<p>Recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</p> <p>Identify the feelings I have about my friends and my different friendship groups.</p>	<p>Recognise situations which can cause jealousy in relationships.</p> <p>Identify feelings associated with jealousy and suggest strategies to problem-solve when this happens.</p>	<p>Understand that some of my personal characteristics have come from my birth parents.</p> <p>Appreciate that I am a truly unique human being.</p>
<p>Understand who is in my school community, the roles they play and how I fit in.</p> <p>Take on a role in a group and contribute to the overall outcome.</p>	<p>Understand what influences me to make assumptions based on how people look.</p> <p>Question why I think what I do about other people.</p>	<p>Understand that sometimes hopes and dreams do not come true and that this can hurt.</p> <p>Know how disappointment feels and identify when I have felt that way.</p>	<p>Understand there are people who take on the roles of leaders or followers in a group, and to know the role I take on in different situations.</p> <p>Be aware of how different people and groups impact on me and to recognise the people I most want to be friends with.</p>	<p>Identify someone I love and express why they are special to me.</p> <p>Know how most people feel when they lose someone or something they love.</p>	<p>Know how the 'circle of change' works and can apply it to changes I want to make in my life.</p>

<p>Understand how democracy works through the school council/in this School.</p> <p>Recognise my contribution to making a Learning Charter for the whole school.</p>	<p>Know that sometimes bullying is hard to spot and to know what to do if I think bullying is going on but I'm not sure.</p> <p>Know how it might feel to be a witness to and a target of bullying</p>	<p>Know that reflecting on positive and happy experiences can help me to counteract Disappointment.</p> <p>Know how to cope with disappointment and help others cope with theirs.</p>	<p>Understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke.</p> <p>Recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others</p>	<p>Tell you about someone I know that I no longer see</p> <p>Understand that we can remember people even if we no longer see them</p>	<p>Identify changes that have been and may continue to be outside of my control that I learnt to accept</p>
<p>Understand that my actions affect myself and others</p> <p>I care about other people's feelings and try to empathise with them</p> <p>Understand how rewards and consequences motivate people's behaviour</p>	<p>Tell you why witnesses sometimes join in with bullying and sometimes don't tell</p> <p>Problem-solve a bullying situation with others</p>	<p>Know how to make a new plan and set new goals even if I have been disappointed</p> <p>Know what it means to be resilient and to have a positive attitude</p>	<p>Understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol.</p>	<p>Recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.</p>	<p>Express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>

<p>Understand how groups come together to make decisions</p> <p>Take on a role in a group and contribute to the overall outcome</p>	<p>Identify what is special about me and to value the ways in which I am unique</p> <p>Like and respect the unique features of my physical appearance</p>	<p>Know how to work out the steps to take to achieve a goal, and do this successfully as part of a group</p> <p>Enjoy being part of a group challenge</p>	<p>Recognise when people are putting me under pressure and can explain ways to resist this when I want.</p> <p>Identify feelings of anxiety and fear associated with peer pressure.</p>	<p>Know how to stand up for myself and how to negotiate and compromise in friendships.</p>	<p>Identify what I am looking forward to when I move to a new class</p>
<p>Understand how democracy and having a voice benefits the school community.</p> <p>Understand why our school community benefits from a Learning Charter and can help others to follow it.</p>	<p>Tell you a time when my first impression of someone changed when I got to know them.</p> <p>Explain why it is good to accept people for who they are.</p>	<p>Identify the contributions made by myself and others to the group's achievement.</p> <p>Know how to share in the success of a group.</p>	<p>Know myself well enough to have a clear picture of what I believe is right and wrong.</p> <p>Tap into my inner strength and know how to be assertive.</p>	<p>Know how to show love and appreciation to the people and animals who are special to me.</p> <p>Know that I can love and be loved.</p>	<p>Reflect on the changes I would like to make next year and can describe how to go about this.</p>

## Year Five PSHE Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Face new challenges positively and know how to set personal goals.	Understand that cultural differences sometimes cause conflict Be aware of my own culture.	Understand that I will need money to help me achieve some of my dreams. Identify what I would like my life to be like when I am grown up.	Know the health risks of smoking and how tobacco affects the lungs, liver and heart	Have an accurate picture of who I am as a person in terms of my characteristics and personal qualities. Know how to keep building my own self-esteem	Know how to develop my own self-esteem.
Understand my rights and responsibilities as a citizen of my country. Empathise with people in this country whose lives are different to my own.	Understand what racism is. Be aware of my attitude towards people from different races.	Know about a range of jobs carried out by people I know and explore how much people earn in different jobs. Appreciate the contributions made by people in different jobs.	Know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.	Understand that belonging to an online community can have positive and negative consequences. Recognise when an online community feels unsafe or uncomfortable.	For Y5 girls: Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally. Understand that puberty is a natural process that happens to everybody and that it will be OK for me.
Understand my rights and responsibilities as a citizen of my country and a member of my school.	Understand how rumour spreading and name-calling can be bullying behaviour. Tell you a range of strategies to manage my feelings in bullying situations and for problem-solving when I'm part of one.	Identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it. Appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future.	Know and put into practice basic emergency aid procedures (including recovery position) and to know how to get help in emergency situations. Know how to keep myself calm in emergencies.	Understand there are rights and responsibilities in an online community or social network. Recognise when an online community is helpful or unhelpful to me.	Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities

<p>Make choices about my own behaviour because I understand how rewards and consequences feel. Understand that my actions affect me and others.</p>	<p>Explain the difference between direct and indirect types of bullying. Know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied.</p>	<p>Describe the dreams and goals of young people in a culture different to mine. Reflect on how these relate to my own.</p>	<p>Understand how the media, social media and celebrity culture promotes certain body types. Reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am.</p>	<p>Know there are rights and responsibilities when playing a game online. Recognise when an online game is becoming unhelpful or unsafe.</p>	<p>Identify what I am looking forward to when I move to my next class.</p>
<p>Understand how an individual's behaviour can impact on a group. Contribute to the group and understand how we can function best as a whole.</p>	<p>Compare my life with others. Appreciate the value of happiness regardless of material wealth.</p>	<p>Understand that communicating with someone in a different culture means we can learn from each other. Identify a range of ways that we could support each other.</p>	<p>Describe the different roles food can play in people's lives and explain how people can develop eating problems (disorders) relating to body image pressures.</p>	<p>Recognise when I am spending too much time using devices (screen time). Identify things I can do to reduce screen time, so my health isn't affected.</p>	<p>Think about changes I will make next year and know how to go about this.</p>
<p>Understand how democracy and having a voice benefits the school community and know how to participate in this.</p>	<p>I understand a different culture from my own. I respect my own and other people's cultures.</p>	<p>I am motivated to make a positive contribution to supporting others.</p>	<p>Know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy. Be motivated to keep myself healthy and happy.</p>	<p>Explain how to stay safe when using technology to communicate with my friends. Recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others.</p>	<p>Transition into Y6.</p>

## Year Six PSHE Overview

Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Identify my goals for this year, understand my fears and worries about the future and know how to express them.</p> <p>Feel welcome and valued and know how to make others feel the same.</p>	<p>Understand there are different perceptions about what normal means.</p> <p>Empathise with people who are different.</p>	<p>Know my learning strengths and set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal).</p> <p>Understand why it is important to stretch the boundaries of my current learning.</p>	<p>Take responsibility for my health and make choices that benefit my health and well-being.</p> <p>Be motivated to care for my physical and emotional health.</p>	<p>Know that it is important to take care of my mental health.</p> <p>Understand that people can get problems with their mental health and that it is nothing to be ashamed of.</p>	<p>Aware of my own self-image and how my body image fits into that.</p> <p>Know how to develop my own self-esteem.</p>
<p>Know that there are universal rights for all children but for many children these rights are not met.</p> <p>Understand my own wants and needs and can compare these with children in different communities.</p>	<p>Understand how being different could affect someone's life.</p> <p>Be aware of my attitude towards people who are different.</p>	<p>Work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these.</p> <p>Set success criteria so that I will know whether I have reached my goal.</p>	<p>Know about different types of drugs and their uses and their effects on the body particularly the liver and heart.</p> <p>Be motivated to find ways to be happy and cope with life's situations without using drugs.</p>	<p>Know how to take care of my mental health.</p> <p>Help myself and others when worried about a mental health problem.</p>	<p>Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally.</p> <p>Express how I feel about the changes that will happen to me during puberty.</p>
<p>Understand that my actions affect other people locally and globally.</p>	<p>Explain some of the ways in which one person or a group can have power over another.</p> <p>Know how it can feel to be excluded or treated badly by being different in some way.</p>	<p>Identify problems in the world that concern me and talk to other people about them.</p> <p>Recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations.</p>	<p>Understand that some people can be exploited and made to do things that are against the law.</p> <p>Suggest ways that someone who is being exploited can help themselves</p>	<p>Understand that there are different stages of grief and that there are different types of loss that cause people to grieve. Recognise when I am feeling those emotions and have strategies to manage them</p>	<p>Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally.</p> <p>Express how I feel about the changes that will happen to me during puberty.</p>

<p>Make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities.</p> <p>Understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.</p>	<p>Know some of the reasons why people use bullying behaviours.</p> <p>Tell you a range of strategies for managing my feelings in bullying situations and how I should respond.</p>	<p>Work with other people to help make the world a better place.</p> <p>Empathise with people who are suffering or who are living in difficult situations.</p>	<p>Know why some people join gangs and the risks this involves</p> <p>Know some strategies I could use to avoid being pressurised</p>	<p>Recognise when people are trying to gain power or control.</p> <p>Demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.</p>	<p>Understand that respect for one another is essential in a relationship, and that I should not feel pressured into doing something I don't want to</p>
<p>Understand how an individual's behaviour can impact on a group.</p> <p>Contribute to the group and understand how we can function best as a whole.</p>	<p>Give examples of people with disabilities who lead amazing lives.</p> <p>Appreciate people for who they are.</p>	<p>Describe some ways in which I can work with other people to help make the world a better place.</p> <p>Identify why I am motivated to do this.</p>	<p>Understand what it means to be emotionally well and explore people's attitudes towards mental health/illness.</p> <p>Know how to help myself feel emotionally healthy and recognise when I need help with this.</p>	<p>Judge whether something online is safe and helpful for me.</p> <p>Resist pressure to do something online that might hurt myself or others.</p>	<p>Be aware of the importance of a positive self-esteem and what I can do to develop it</p> <p>Express how I feel about my self-image and know how to challenge negative 'body-talk'</p>
<p>Understand how democracy and having voice benefit the school community.</p> <p>Understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself.</p>	<p>Explain ways in which difference can be a source of conflict and a cause for celebration.</p> <p>Show empathy with people in either situation.</p>	<p>Know what some people in my class like or admire about me and to accept their praise.</p> <p>Give praise and compliments to other people when I recognise their contributions and achievements.</p>	<p>Recognise stress and the triggers that cause this and understand how stress can cause drug and alcohol misuse.</p> <p>Use different strategies to manage stress and pressure.</p>	<p>Use technology positively and safely to communicate with my friends and family.</p> <p>Take responsibility for my own safety and wellbeing.</p>	<p>Identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class</p> <p>Know how to prepare myself emotionally for the changes next year</p>