



RSHE Mapping Document

Supporting the new statutory changes to Relationships Education and Health Education

DREAM

Families and people who care for me

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
That families are important for children growing up safe and happy because they can provide love, security and stability.	<p>Families and people who care for me theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Baseline Topics</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● Relationships ● Being Responsible <p>5-8 Main Topics</p> <ul style="list-style-type: none"> ● Road Safety ● Staying Safe ● Tying Shoelaces ● Water Spillage ● Worry ● Growing In Our World ● Living In Our World 	<p>5-8 Summative Topics</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● Feelings & Emotions <p>5-8 Main Topics</p> <ul style="list-style-type: none"> ● Leaning Out of Windows ● Touch ● Grief & Loss ● Making Friends Online ● Hazard Watch <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● Growing and Changing ● Being Responsible ● A World Without Judgement <p>8-11 Summative Topics</p> <ul style="list-style-type: none"> ● Relationships ● Feelings and Emotions ● The Working World ● A World Without Judgement <p>8-11 Main Topics</p> <ul style="list-style-type: none"> ● Cycle Safety ● Relationships ● Conception ● Coming Home on Time ● Anger ● Worry ● Online Bullying ● Chores at Home ● Enterprise ● Inclusion & Acceptance ● British Values <p>Adult & Children's Views</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● Keeping/Staying Healthy ● Growing and Changing ● A World Without Judgement 	<ul style="list-style-type: none"> ● My Support System ● Diversity & Equality 	<ul style="list-style-type: none"> ● Protected Characteristics ● Celebrating Differences ● Meaningful Connections ● Are We The Same?
The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.					
That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.					
That stable, caring relationships are at the heart of safe and happy families and are important for children's security as they grow up.					
That marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.					
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.					

Caring Friendships

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
How important friendships are in making us feel happy and secure, and how people choose and make friends.	<p>Caring Friendships theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Baseline Topics</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe <p>5-8 Main Topics</p> <ul style="list-style-type: none"> ● Staying Safe ● Friendship ● Body Language ● Bullying ● Helping Someone in Need ● Stealing ● Jealousy ● Anger ● Image Sharing ● Online Bullying 	<p>5-8 Summative Topics</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● Relationships ● Being Responsible <p>5-8 Main Topics</p> <ul style="list-style-type: none"> ● Medicine ● Touch ● Making Friends Online ● Breaking Down Barriers <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> ● Feelings and Emotions ● A World Without Judgement <p>8-11 Summative Topics</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● Growing and Changing ● Being Responsible ● Computer Safety <p>8-11 Main Topics</p> <ul style="list-style-type: none"> ● Peer Pressure ● Water Safety ● Smoking ● Looking Out for Others ● Stealing ● Jealousy ● Online Bullying ● Image Sharing ● Making Friends Online ● Inclusion & Acceptance <p>Adult & Children's Views</p> <ul style="list-style-type: none"> ● Keeping/Staying Healthy ● Growing and Changing ● Feelings and Emotions 	<ul style="list-style-type: none"> ● Jealousy ● Friendships ● Self-Esteem & Confidence ● Communication Skills ● Empathy & Understanding Others ● My Support System ● Diversity & Equality 	<ul style="list-style-type: none"> ● Celebrating Differences ● Meaningful Connections ● Anti-Bullying Awareness ● Power of Words ● Misogyny ● Are We The Same?
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships.					
That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it.					
The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.					
That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened.					
How to manage conflict, and that resorting to violence is never right.					
How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed.					

Respectful, Kind Relationships

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
<p>How to pay attention to the needs and preferences of others, including in families and friendships. Pupils should be encouraged to discuss how we balance the needs and wishes of different people in relationships and why this can be complicated.</p>	<p>Respectful, Kind Relationships theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Baseline Topics</p> <ul style="list-style-type: none"> • Relationships <p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Staying Safe • Friendship • Bullying • Body Language • Practice Makes Perfect • Helping Someone in Need • Water Spillage • Jealousy • Anger • Image Sharing • Online Bullying • Computer Safety Documentary • Living In Our World • Hoax Calling 	<p>5-8 Summative Topics</p> <ul style="list-style-type: none"> • Relationships • Being Responsible • Computer Safety <p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Touch • Stealing • Making Friends Online <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> • Feelings and Emotions • A World Without Judgement <p>8-11 Summative Topics</p> <ul style="list-style-type: none"> • Growing and Changing • Being Responsible • Computer Safety • The Working World • A World Without Judgement <p>8-11 Main Topics</p> <ul style="list-style-type: none"> • Peer Pressure • Relationships • Stealing • Looking Out for Others • Coming Home on Time • Jealousy • Anger • Online Bullying • Image Sharing • In-App Purchases • Breaking Down Barriers • Inclusion & Acceptance • British Values <p>Adult & Children's Views</p> <ul style="list-style-type: none"> • Keeping/Staying Safe • Growing and Changing • Being Responsible • Computer Safety • A World Without Judgement 	<ul style="list-style-type: none"> • Self-Esteem & Confidence • Communication Skills • Resilience & Growth Mindset • Jealousy • Friendship • Diversity & Equality • Empathy & Understanding Others 	<ul style="list-style-type: none"> • Celebrating Differences • Meaningful Connections • Anti-Bullying Awareness • Misogyny • Power of Words • Are We The Same? • Protected Characteristics
<p>The importance of setting and respecting healthy boundaries in relationships with friends, family, peers and adults.</p>					
<p>How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration.</p>					
<p>Pupils should have opportunities to discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs.</p>					
<p>That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs.</p>					

Respectful, Kind Relationships

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
Practical steps they can take and skills they can develop in a range of different contexts to improve or support their relationships.	<p>Respectful, Kind Relationships theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	Please see page 4 for the topics that cover the learning outcomes within this theme.	Please see page 4 for the topics that cover the learning outcomes within this theme.	Please see page 4 for the topics that cover the learning outcomes within this theme.	Please see page 4 for the topics that cover the learning outcomes within this theme.
The conventions of courtesy and manners.					
The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.					
The different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help.					
What a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype.					
How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust.					

Online Safety and Awareness

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group (New Updates Coming)	Assemblies
That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face relationships, including where people are anonymous. For example, the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure.	<p>Online Safety and Awareness theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Baseline Topics</p> <ul style="list-style-type: none"> • Computer Safety <p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Online Bullying • Image Sharing • Computer Safety Documentary 	<p>5-8 Summative Topics</p> <ul style="list-style-type: none"> • Computer Safety <p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Making Friends Online <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> • Computer Safety <p>8-11 Summative Topics</p> <ul style="list-style-type: none"> • Computer Safety <p>8-11 Main Topics</p> <ul style="list-style-type: none"> • Online Bullying • Image Sharing • Making Friends Online <p>Adult & Children's Views</p> <ul style="list-style-type: none"> • Computer Safety 	<ul style="list-style-type: none"> • My Support System 	<ul style="list-style-type: none"> • Click or Quit?
How to critically evaluate their online relationships and sources of information, including awareness of the risks associated with people they have never met. For example, that people sometimes behave differently online, including pretending to be someone else, or pretending to be a child, and that this can lead to dangerous situations. How to recognise harmful content or harmful contact, and how to report this.					
That there is a minimum age for joining social media sites (currently 13), which protects children from inappropriate content or unsafe contact with older social media users, who may be strangers, including other children and adults.					
The importance of exercising caution about sharing any information about themselves online. Understanding the importance of privacy and location settings to protect information online.					
Online risks, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up.					
That the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with online.					

Being Safe

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
What sorts of boundaries are appropriate in friendships with peers and others (including online). This can include learning about boundaries in play and in negotiations about space, toys, books, resources etc.	<p>Being Safe theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p>	<p>5-8 Baseline Topics</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● Computer Safety ● Fire Safety <p>5-8 Main Topics</p>	<p>5-8 Summative Topics</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● Relationships ● Feelings and Emotions ● Computer Safety ● Fire Safety <p>5-8 Main Topics</p> <ul style="list-style-type: none"> ● Medicine ● Touch ● Making Friends Online ● Texting Whilst Driving <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● First Aid <p>8-11 Summative Topics</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● Keeping/Staying Healthy ● Growing and Changing ● Feelings and Emotions ● Computer Safety ● First Aid <p>8-11 Main Topics</p> <ul style="list-style-type: none"> ● Water Safety ● Peer Pressure ● Relationships ● Puberty ● Looking Out for Others ● Online Bullying ● Image Sharing ● Making Friends Online ● British Values ● First Aid Year 5 ● First Aid Year 6 (Part 1) ● First Aid Year 6 (Part 2) <p>Adult & Children's Views</p> <ul style="list-style-type: none"> ● Keeping/Staying Safe ● Computer Safety 	<ul style="list-style-type: none"> ● Communication Skills ● My Support System 	<ul style="list-style-type: none"> ● Knife Crime Awareness ● Anti-Bullying Awareness
The concept of privacy and its implications for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	<p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<ul style="list-style-type: none"> ● Staying Safe ● Bullying ● Helping Someone in Need ● Worry ● Jealousy ● Online Bullying ● Image Sharing ● Computer Safety Documentary ● Hoax Calling ● Fire Station Visit ● Petty Arson ● Hazard Watch 			
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe contact, including physical contact.					
How to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know.					
How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust.					
How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so.					
How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources.					

General Well-being

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
<p>The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation.</p>	<p>General Well-being theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Baseline Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy • Feelings and Emotions <p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Washing Hands • Brushing Teeth • Body Language • Practice Makes Perfect • Jealousy • Worry • Anger • Online Bullying • Image Sharing • Hoax Calling • Fire Station Visit • Petty Arson 	<p>5-8 Summative Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy • Relationships • Feelings and Emotions <p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Grief/Loss • Texting Whilst Driving <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy • Feelings and Emotions <p>8-11 Summative Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy • Feelings and Emotions <p>8-11 Main Topics</p> <ul style="list-style-type: none"> • Cycle Safety • Peer Pressure • Healthy Living • Relationships • Puberty • Looking Out for Others • Jealousy • Anger • Worry • Online Bullying • Image Sharing • Chores at Home • In-App Purchases • Breaking Down Barriers • Inclusion & Acceptance • First Aid Year 5 <p>Adult & Children's Views</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy • Growing & Changing • Feelings and Emotions • Computer Safety 	<ul style="list-style-type: none"> • Worry/Anxiety • Anger • Grief • Jealousy • My Support System • Empathy & Understanding Others 	<ul style="list-style-type: none"> • Supporting Our Mental Health • Know Yourself, Grow Yourself
<p>The importance of promoting general wellbeing and physical health.</p>					
<p>The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition.</p>					
<p>How to recognise feelings and use varied vocabulary to talk about their own and others' feelings.</p>					
<p>How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p>					
<p>That isolation and loneliness can affect children, and the benefits of seeking support.</p>					
<p>That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing and how to seek help for themselves or others.</p>					
<p>That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently.</p>					
<p>Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</p>					
<p>That it is common to experience mental health problems, and early support can help.</p>					

Wellbeing Online

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
<p>That for almost everyone the internet is an integral part of life. Pupils should be supported to think about positive and negative aspects of the internet.</p>	<p>Wellbeing Online theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p>	<p>5-8 Baseline Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy • Computer Safety <p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Online Bullying • Image Sharing • Making Friends Online • Computer Safety Documentary 	<p>5-8 Summative Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy • Computer Safety <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> • Computer Safety <p>8-11 Summative Topics</p> <ul style="list-style-type: none"> • Computer Safety <p>8-11 Main Topics</p> <ul style="list-style-type: none"> • Healthy Living • Online Bullying • Image Sharing • Making Friends Online • In-App Purchases <p>Adult & Children's Views</p> <ul style="list-style-type: none"> • Keeping/Staying Safe • Keeping/Staying Healthy • Computer Safety 	<ul style="list-style-type: none"> • Communication Skills • Friendships 	<ul style="list-style-type: none"> • Click or Quit?
<p>Pupils should be supported to discuss how online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection.</p>	<p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>				
<p>The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</p>					
<p>How to consider the impact of their online behaviour on others, and how to recognise and display respectful behaviour online.</p>					
<p>Why social media, some apps, computer games and online gaming, including gambling sites, are age restricted.</p>					

Wellbeing Online

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group (New Updates Coming)	Assemblies
The risks relating to online gaming, video game monetisation, scams, fraud and other financial harms, and that gaming can become addictive.	<p>Wellbeing Online theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p>	Please see page 9 for the topics that cover the learning outcomes within this theme.	Please see page 9 for the topics that cover the learning outcomes within this theme.	Please see page 9 for the topics that cover the learning outcomes within this theme.	Please see page 9 for the topics that cover the learning outcomes within this theme.
How to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them.	<p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>				
That abuse, bullying and harassment can take place online and that this can impact wellbeing. How to seek support from trusted adults.					
How to understand the information they find online, including from search engines, and know how information is selected and targeted.					
That they have rights in relation to sharing personal data, privacy and consent.					
Where and how to report concerns and get support with issues online.					

Physical Health and Fitness

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
The characteristics and mental and physical benefits of an active lifestyle.	<p>Physical Health and Fitness theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p><u>5-8 Baseline Topics</u></p> <ul style="list-style-type: none"> • Keeping/Staying Healthy <p><u>5-8 Main Topics</u></p> <ul style="list-style-type: none"> • Healthy Eating • Practice Makes Perfect 	<p><u>5-8 Summative Topics</u></p> <ul style="list-style-type: none"> • Keeping/Staying Healthy • Feelings and Emotions <p><u>8-11 Baseline Topics</u></p> <ul style="list-style-type: none"> • Keeping/Staying Healthy • Feelings and Emotions <p><u>8-11 Summative Topics</u></p> <ul style="list-style-type: none"> • Keeping/Staying Healthy <p><u>8-11 Main Topics</u></p> <ul style="list-style-type: none"> • Healthy Living • Puberty <p><u>Adult & Children's Views</u></p> <ul style="list-style-type: none"> • Keeping/Staying Healthy 	<ul style="list-style-type: none"> • Resilience & Growth Mindset • Self-Esteem and Confidence 	<ul style="list-style-type: none"> • Looking After Our Mental and Physical Health – Coming soon
The importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity.					
The risks associated with an inactive lifestyle, including obesity.					
How and when to seek support including which adults to speak to in school if they are worried about their health.					

Healthy Eating

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group (New Updates Coming)	Assemblies
What constitutes a healthy diet (including understanding calories and other nutritional content).	<p>Healthy Eating theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Healthy Eating • Brushing Teeth 	<p>5-8 Summative Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy <p>8-11 Main Topics</p> <ul style="list-style-type: none"> • Healthy Living • Alcohol <p>Adult & Children's Views</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy 		<ul style="list-style-type: none"> • Looking After Our Mental and Physical Health – Coming soon
Understanding the importance of a healthy relationship with food.					
The principles of planning and preparing a range of healthy meals.					
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).					

Drugs, Alcohol, Tobacco and Vaping

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group (New Updates Coming)	Assemblies
The facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches.	<p>Drugs, Alcohol, Tobacco and Vaping theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Medicine • Hazard Watch 	<p>8-11 Summative Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy <p>8-11 Main Topics</p> <ul style="list-style-type: none"> • Smoking • Alcohol/Drug Extension 		

Health Protection and Prevention

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	<p>Health Protection and Prevention theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Baseline Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Safe • Keeping/Staying Healthy <p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Brushing Teeth • Washing Hands • Medicine 	<p>5-8 Summative Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy • Feelings and Emotions <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy <p>8-11 Summative Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy <p>8-11 Main Topics</p> <ul style="list-style-type: none"> • Healthy Living <p>Adult & Children's Views</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy 		<ul style="list-style-type: none"> • Looking After Our Mental and Physical Health – Coming soon
About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.					
The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn.					
About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular checkups at the dentist.					
About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.					
The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.					

Personal Safety

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
<p>About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks.</p>	<p>Personal Safety theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Baseline Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Safe • Fire Safety <p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Road Safety • Tying Shoelaces • Water Spillage • Hazard Watch • Hoax Calling • Petty Arson • Texting Whilst Driving 	<p>5-8 Summative Topics</p> <ul style="list-style-type: none"> • Fire Safety <p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Leaning Out of Windows • Fire Station Visit • Hazard Watch <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> • Keeping/Staying Safe <p>8-11 Summative Topics</p> <p>8-11 Main Topics</p> <ul style="list-style-type: none"> • Water Safety • Peer Pressure • Cycle Safety <p>Adult & Children's Views</p> <ul style="list-style-type: none"> • Keeping/Staying Safe 	<ul style="list-style-type: none"> • My Support System 	<ul style="list-style-type: none"> • Knife Crime Awareness
<p>How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.</p>					

Basic First Aid

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
<p>How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them.</p>	<p>Basic First Aid theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Leaning Out of Windows • Water Spillage • Hoax Calling • Petty Arson • Texting Whilst Driving 	<p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Fire Station Visit <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> • First Aid <p>8-11 Summative Topics</p> <ul style="list-style-type: none"> • First Aid <p>8-11 Main Topics</p> <ul style="list-style-type: none"> • First Aid Year 4 • First Aid Year 5 • First Aid Year 6 (Part 1) • First Aid Year 6 (Part 2) 		
<p>Concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries.</p>					

Developing bodies

Learning Outcomes	Simply RSHE	Comprehensive KS1	Comprehensive KS2	Nurture Group <small>(New Updates Coming)</small>	Assemblies
<p>About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process.</p>	<p>Developing bodies theme, one session for each year group.</p> <p>Each session contributes to all of the learning outcomes within this theme.</p> <p><i>Please note, the KS1 topics provide an early introduction to this theme.</i></p>	<p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Growing In Our World 	<p>5-8 Main Topics</p> <ul style="list-style-type: none"> • Touch <p>8-11 Baseline Topics</p> <ul style="list-style-type: none"> • Growing and Changing <p>8-11 Summative Topics</p> <ul style="list-style-type: none"> • Growing and Changing <p>8-11 Main Topics</p> <ul style="list-style-type: none"> • Relationships • Puberty • Conception <p>Adult & Children's Views</p> <ul style="list-style-type: none"> • Growing and Changing 	<ul style="list-style-type: none"> • Change and Transition 	
<p>The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts.</p>					
<p>The facts about the menstrual cycle, including physical and emotional changes, whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.</p>					