

Early years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Underwear rule (NSPCC)</b>	<b>Underwear rule (NSPCC)</b>	<b>Underwear rule (NSPCC)</b>	<b>Underwear rule (NSPCC)</b>	<b>Underwear rule (NSPCC)</b>	<b>Underwear rule (NSPCC)</b>	<b>Underwear rule (NSPCC)</b>
<b>Myself and others</b> Feelings Friendships	<b>Myself and others</b> Feelings What makes me unique? Gifts and talents	<b>Differences: boys and girls including body parts</b>	<b>Self esteem</b> Personal strengths Confidence	<b>Growing and Changing</b> Basic timeline – stages of growing up	<b>Talking about puberty</b> Physical and emotional changes	<b>Building good relationships</b> Healthy and unhealthy relationships
<b>Family networks</b> What is a family? Who can I talk to?	<b>Body parts</b> Naming parts of body	<b>Life cycles</b> How do living things grow and change? (plants and animals)	<b>Difference male and female</b>	<b>Personal hygiene</b> Hygiene routines Bacteria and Viruses	<b>Puberty and hygiene</b> Hygiene and puberty Bacteria and viruses	<b>Puberty and reproduction</b> Growing up Physical and emotional changes
<b>Body Awareness</b> Body parts Different ages – new born-toddler-now	<b>Family</b> Why are families special? How do families care for each other? Special people	<b>Everybody needs caring for</b> Different needs Who cares for us?	<b>Challenging gender stereotypes</b> Different families Careers	<b>Liking and loving</b> Feelings and behaviour Good feelings and bad feelings Friendships/disagreements	<b>Puberty for boys and girls</b> Periods Wet dreams	<b>Conception and pregnancy</b> Human life cycle Skills and qualities for parenting
<b>Hygiene</b> Keeping clean – hand washing, cleaning teeth etc.	<b>Friends</b> What is a good friend?	<b>Keeping yourself clean and healthy</b> Hygiene Independence	<b>Special people and who we can trust</b>	<b>Being assertive/Self confidence</b>	<b>Building good relationships</b> Different types of relationships Recognising positive/negative relationships Equality and Diversity	<b>Difference and diversity</b> LGBTQ+ rights Discrimination and bullying
	<b>Choices</b> Choices and consequences Decision making	<b>Me and my relationships</b> Fairness and Kindness Disagreements Saying no	<b>Responsibilities, Choices and consequences</b>	<b>Standing up to persuaders</b> Peer pressure Saying no	<b>Keeping safe in relationships</b> Independence and responsibility Risky situations Good and Bad secrets	<b>Keeping Safe</b> Managing risks Peer Pressure Child Sexual Exploitation/Grooming
			<b>Safety</b> Recognise dangerous situations	<b>Puberty</b>		<b>Changes</b> bereavement, transitions, divorce, Independence Responsibilities