



PSHE

LEARNING LADDER



PSHE Learning Ladder

Explore

Discover

Create

KS1 PSHE Learning Ladder

	Families and Relationships	Keeping Safe	Health and Wellbeing	Citizenship	Economic Wellbeing	Identity	RSE
Y1	<p>Understanding that families can include a range of people and how different members of a family are related to each other</p> <p>To begin to understand the characteristics of positive friendships</p> <p>Learning that friendships can have problems but that these can be overcome</p> <p>Exploring friendly behaviours</p> <p>Learning to recognise how other people show their feelings and how to care for others</p> <p>Exploring the ability to successfully work with different people</p> <p>Understanding ways to help others</p>	<p>Understanding how to respond appropriately to adults in a range of settings</p> <p>Understanding what to do if I get lost</p> <p>Exploring potential hazards in the home and how to avoid these</p> <p>Understanding the roles people have within the local community to help keep me safe</p> <p>Developing an understanding of appropriate physical contact</p> <p>Exploring what is and isn't safe to put in or on my body</p> <p>Understanding what classes as an emergency and how to make a call to the emergency services</p>	<p>Understanding the importance of and hygiene</p> <p>Understanding the risks of sun exposure and how to stay safe in the sun</p> <p>Developing an understanding of allergies and what to do if someone has an allergic reaction</p> <p>Exploring health related jobs and people who help to keep us healthy</p> <p>Understanding the importance of sleep and positive sleep habits</p> <p>Exploring two different methods of relaxation: progressive muscle relaxation and laughter</p> <p>Understanding my strengths and qualities</p> <p>Understanding and describing feelings and emotions</p>	<p>Understanding rules in school</p> <p>Recognising why rules are necessary</p> <p>Understanding the needs of different animals and how to meet these</p> <p>Understanding the needs of younger children and how these change</p> <p>Understanding how voting can be used to make decisions</p> <p>Understanding differences between people</p> <p>Recognising the groups we belong to</p>	<p>Developing an understanding of the value of money and how to keep it safe</p> <p>Understanding where money comes from</p> <p>Developing an understanding of how banks work</p> <p>Recognising the range of jobs available in school and the skills people need to do these</p>		<p>To understand that we are all different but can still be friends</p> <p>To discuss how children grow and change</p> <p>To explore different types of families and who to ask for help</p> <p>To identify who can help when families make us feel unhappy or unsafe</p>
Y2	<p>Learning that families can be made up of different people</p> <p>Understanding that families offer care, love and support</p> <p>Understanding difficulties in friendships and action that can be taken</p> <p>Learning how other people show their feelings and how to respond to them</p> <p>Exploring the conventions of manners in different situations</p> <p>Developing an understanding of self respect</p> <p>Exploring how loss and change can affect us</p>	<p>Developing an understanding of being safe near roads and learning how to cross roads safely</p> <p>Understanding the safe use of medicines</p> <p>Beginning to understand the importance of staying safe online</p> <p>Understanding the difference between secrets and surprises</p> <p>Understanding the concept of privacy and naming the private parts of my body</p> <p>Learning how to be safe around medicines</p> <p>Knowing the names of parts of my body</p>	<p>Developing an understanding of how to look after my teeth</p> <p>Understanding the importance of exercise and its effect on the body</p> <p>Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation</p> <p>Recognising an increasing range of feelings and some strategies for managing different emotions</p> <p>Developing empathy</p> <p>Identifying personal goals and how to work towards them</p> <p>Exploring the need for perseverance and developing a growth mindset</p>	<p>Understanding rules in the community</p> <p>Understanding how rules are made</p> <p>Recognising the importance of looking after the school environment</p> <p>Identifying ways to help look after the school environment</p> <p>Understanding the jobs people do to look after the environment in school and the local community</p> <p>Understanding how democracy works in school through the school council</p> <p>Understanding that everyone is unique</p> <p>Recognising the contribution people make to the local community</p>	<p>Understanding the value of money and where it comes from</p> <p>Developing an understanding of wants and needs</p> <p>Recognising that people make choices about how to spend money</p> <p>Developing an understanding of how to select a bank account</p> <p>Beginning to understand how people select the job they want to do</p>		<p>To introduce the concept of gender stereotypes</p> <p>To identify differences between males and females</p> <p>To explore some of the differences between males and females and to understand how this is part of the life cycle</p> <p>To focus on sexual difference and name body parts</p>

LKS2 PSHE Learning Ladder

	Families and Relationships	Keeping Safe	Health and Wellbeing	Citizenship	Economic Wellbeing	Identity	RSE
Y3	<p>Learning that problems can occur in families and that there is help available if needed</p> <p>Exploring ways to resolve friendship problems</p> <p>Developing an understanding of the impact of bullying and what to do if bullying occurs</p> <p>Understanding what trust is and identifying who I can trust</p> <p>Learning about the effects of non verbal communication</p> <p>Developing listening skills</p> <p>Exploring stereotyping</p>	<p>Understanding ways to keep safe when crossing and near roads</p> <p>Developing skills as a responsible digital citizen</p> <p>Recognising and responding to cyberbullying</p> <p>Beginning to recognise unsafe digital content</p> <p>Exploring that people and things can influence me and I need to make the right decision for me</p> <p>Exploring choices and decisions that I can make</p> <p>Knowing how to call the emergency services</p> <p>Knowing how to respond to bites and stings</p>	<p>Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest</p> <p>Understanding the positive impact of relaxation on the body and learning relaxation stretches</p> <p>Understanding what a balanced diet is and the effects upon mental and physical health</p> <p>Exploring my identity through the groups I belong to</p> <p>Identifying my strengths and exploring how I use them to helps others</p> <p>Understanding how to overcome problems by breaking them into smaller, achievable steps</p>	<p>Developing an understanding of children's rights and how they help children</p> <p>Considering the responsibilities adults and children have to maintain children's rights</p> <p>Understand how recycling can have a positive impact on the environment</p> <p>Developing an understanding of how democracy works at a local level</p> <p>Understanding the need for rules and the consequences of breaking these</p> <p>Developing an understanding of groups within the local community and how these support the local community</p>	<p>Understanding that there are different ways to pay for things</p> <p>Developing an understanding of budgeting</p> <p>Understanding that money can cause a range of feelings</p> <p>Understanding that people have different attitudes to money</p> <p>Growing understanding of the range of jobs available</p> <p>Understanding the stereotypes which can exist around jobs but that these should not affect people's choices</p>		<p>To identify that people are unique and to respect those differences</p> <p>To explore the differences between male and female bodies</p> <p>To consider appropriate and inappropriate physical contact and consent</p> <p>To explore different types of families and who to go to for help and support</p>
Y4	<p>Understanding that families are varied, in the UK and across the world and having respect for these differences</p> <p>Exploring physical and emotional boundaries in friendships</p> <p>Exploring different roles related to bullying including victim, bully and bystander</p> <p>Understanding expected courtesy and manners in a range of scenarios</p> <p>Understanding how my actions and behaviour affects others</p> <p>Understanding stereotyping</p> <p>Learning what bereavement is and how to help someone who has experienced bereavement</p>	<p>Developing an understanding of being safe online</p> <p>Understanding how to seek help if I need to</p> <p>Exploring the difference between private and public</p> <p>Understanding that age restrictions are designed to protect me</p> <p>Learning about the benefits and risks of sharing information online</p> <p>Understanding the risks associated with tobacco</p> <p>Developing an understanding of physical and emotional changes as I grow up</p> <p>Knowing how to help someone with asthma</p>	<p>Developing independence in looking after my teeth</p> <p>Identifying what makes me feel calm and relaxed and learning visualisation as a tool to aid relaxation</p> <p>Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles</p> <p>Understanding that it is normal to experience a range of emotions</p> <p>Developing the ability to appreciate the emotions of others in different situations</p> <p>Learning to take responsibility for my emotions and that I can control some things but not others</p> <p>Developing an understanding of mental health including experiencing problems</p> <p>Developing a growth mindset, acknowledging that mistakes are useful to learning</p>	<p>Understanding that human rights apply to everyone and who protects these</p> <p>Understanding how reusing items is of benefit to the environment</p> <p>Understanding the role of local government</p> <p>Understanding the groups which make up a community and the benefits they bring</p> <p>Understanding the positives diversity brings to a community</p>	<p>Understanding the factors which affect whether something is value for money</p> <p>Understand the importance of tracking money</p> <p>Understanding the impact of losing money</p> <p>Developing an understanding of what might influence job choices</p> <p>Understanding how work can change over time</p>		<p>To explore the human lifecycle</p> <p>To identify some basic facts about puberty</p> <p>To explore how puberty is linked to reproduction</p> <p>To explore respect in a range of relationships</p> <p>To discuss the characteristics of healthy relationships</p>

UKS2 PSHE Learning Ladder

	Families and Relationships	Keeping Safe	Health and Wellbeing	Citizenship	Economic Wellbeing	Identity	RSE
Y5	<p>Understanding that we all have different positive attributes and we should be proud of these</p> <p>Learning what marriage is and that it is a choice that people make</p> <p>Learning that sometimes families can make children feel unhappy or unsafe and that there is help available</p> <p>Understanding that friendships will encounter issues but that this may strengthen them</p> <p>Understanding the impact of bullying and what might influence the behaviour of a bully</p> <p>Learning how stereotypes can be unfair, negative and destructive</p>	<p>Developing an understanding of how to ensure relationships online are safe</p> <p>Recognising an increasing number of online risks and ways to stay safe online</p> <p>Understanding the influence others can have on me</p> <p>Learning strategies I can use to overcome pressure from others</p> <p>Understanding the physical changes from childhood to adulthood</p> <p>Developing an understanding of the main aspects of puberty, including menstruation</p> <p>Learning about the emotional changes during puberty</p> <p>Knowing how to help someone who is bleeding</p>	<p>Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun</p> <p>Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep</p> <p>Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation</p> <p>Understanding what can cause stress and how to deal with it</p> <p>Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets</p> <p>Developing the ability to take responsibility for and manage my feelings</p> <p>Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success</p>	<p>Understanding the law and what happens when someone breaks it</p> <p>Understanding how rights and responsibilities link</p> <p>Developing an understanding of freedom of expression</p> <p>Understanding why reducing use of materials is positive for the environment</p> <p>Developing an understanding of how parliament and government work</p> <p>Understanding the contribution people make to the community and how this is recognised</p> <p>Developing an understanding of pressure groups</p>	<p>Understand how to create a budget based on priorities</p> <p>Developing an understanding of borrowing money</p> <p>Beginning to understand income and expenditure</p> <p>Developing an understanding about risks associated with money</p> <p>Understand stereotypes in work and how these can be overcome</p> <p>Understanding the role of money in selecting a job</p>		<p>To explore the emotional and physical changes occurring in puberty</p> <p>To understand male and female puberty changes in more detail</p> <p>To explore the impact of puberty on the body and the importance of physical hygiene</p> <p>To explore ways to get support during puberty</p>
Y6	<p>Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise</p> <p>Learning what respect is and that it is part of a relationship</p> <p>Understanding that everyone deserves to be respected but that respect can be lost</p> <p>Understanding stereotyping and bullying linked to it</p> <p>Understanding grief and the associated emotions</p> <p>To explore the process and emotions relating to grief</p>	<p>Developing an understanding about the reliability of online information</p> <p>Exploring online relationships including dealing with problems</p> <p>Understanding that online relationships should be treated in the same way as face to face relationships</p> <p>Knowing where to get help with any online problems</p> <p>Understanding the risks associated with alcohol</p> <p>Knowing the changes experienced during puberty</p> <p>Understanding how a baby is conceived and develops</p> <p>Knowing how to help someone who is choking</p> <p>Knowing how to help someone who is unresponsive</p>	<p>Understanding ways of preventing illness and the benefits of immunisation</p> <p>Developing an understanding of possible signs of illness and some actions I can take</p> <p>Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation</p> <p>Understanding the factors which contribute to my physical and mental health</p> <p>Identifying a range of relaxation strategies and situations in which they would be useful</p> <p>Exploring my personal qualities and how to build on them</p> <p>Learning the importance of resilience and developing strategies for being resilient in challenging situations</p> <p>Identifying long-term goals and developing a plan as to how to achieve them</p>	<p>Understanding how human rights protect people</p> <p>Developing an understanding of the importance of education</p> <p>Developing an understanding of environmental issues relating to food</p> <p>Developing an understanding of causes which are important personally</p> <p>Understanding how government works</p> <p>Understanding what prejudice and discrimination are</p> <p>Understanding how prejudice and discrimination can be overcome</p>	<p>Recognising differences in how people deal with money and the role of emotions in this</p> <p>Understanding how to keep bank accounts safe</p> <p>Developing an understanding of gambling</p> <p>Understanding the routes into different jobs</p> <p>Recognising that people change jobs for a number of reasons</p>	<p>Understanding what makes identity</p> <p>Recognising the difference between how we see ourselves and how others see us</p> <p>Exploring the role of gender in identity</p> <p>Exploring how the media might influence our identity</p>	<p>To consider puberty and reproduction</p> <p>Exploring the importance of communication and respect in relationships</p> <p>To consider different ways people might start a family</p> <p>To explore positive and negative ways of communicating in a relationship</p>

Year 1 PSHE Learning Ladder

PSHE Knowledge and Skills

<u>Family and Relationships</u>	<u>Keeping Safe</u>	<u>Health and Wellbeing</u>	<u>Citizenship</u>	<u>Economic Wellbeing</u>	<u>RSE</u>
<p>Understanding that families can include a range of people and how different members of a family are related to each other</p> <p>To begin to understand the characteristics of positive friendships</p> <p>Learning that friendships can have problems but that these can be overcome</p> <p>Exploring friendly behaviours</p> <p>Learning to recognise how other people show their feelings and how to care for others</p> <p>Exploring the ability to successfully work with different people</p> <p>Understanding ways to help others</p>	<p>Understanding how to respond appropriately to adults in a range of settings</p> <p>Understanding what to do if I get lost</p> <p>Exploring potential hazards in the home and how to avoid these</p> <p>Understanding the roles people have within the local community to help keep me safe</p> <p>Developing an understanding of appropriate physical contact</p> <p>Exploring what is and isn't safe to put in or on my body</p> <p>Understanding what classes as an emergency and how to make a call to the emergency services</p>	<p>Understanding the importance of and hygiene</p> <p>Understanding the risks of sun exposure and how to stay safe in the sun</p> <p>Developing an understanding of allergies and what to do if someone has an allergic reaction</p> <p>Exploring health related jobs and people who help to keep us healthy</p> <p>Understanding the importance of sleep and positive sleep habits</p> <p>Exploring two different methods of relaxation: progressive muscle relaxation and laughter</p> <p>Understanding my strengths and qualities</p> <p>Understanding and describing feelings and emotions</p>	<p>Understanding rules in school</p> <p>Recognising why rules are necessary</p> <p>Understanding the needs of different animals and how to meet these</p> <p>Understanding the needs of younger children and how these change</p> <p>Understanding how voting can be used to make decisions</p> <p>Understanding differences between people</p> <p>Recognising the groups we belong to</p>	<p>Developing an understanding of the value of money and how to keep it safe</p> <p>Understanding where money comes from</p> <p>Developing an understanding of how banks work</p> <p>Recognising the range of jobs available in school and the skills people need to do these</p>	<p>To understand that we are all different but can still be friends</p> <p>To discuss how children grow and change</p> <p>To explore different types of families and who to ask for help</p> <p>To identify who can help when families make us feel unhappy or unsafe</p>

Year 2 PSHE Learning Ladder

PSHE Knowledge and Skills

<u>Family and Relationships</u>	<u>Keeping Safe</u>	<u>Health and Wellbeing</u>	<u>Citizenship</u>	<u>Economic Wellbeing</u>	<u>RSE</u>
Learning that families can be made up of different people	Developing an understanding of being safe near roads and learning how to cross roads safely	Developing an understanding of how to look after my teeth	Understanding rules in the community	Understanding the value of money and where it comes from	To introduce the concept of gender stereotypes
Understanding that families offer care, love and support	Understanding the safe use of medicines	Understanding the importance of exercise and its effect on the body	Understanding how rules are made	Developing an understanding of wants and needs	To identify differences between males and females
Understanding difficulties in friendships and action that can be taken	Beginning to understand the importance of staying safe online	Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation	Recognising the importance of looking after the school environment	Recognising that people make choices about how to spend money	To explore some of the differences between males and females and to understand how this is part of the life cycle
Learning how other people show their feelings and how to respond to them	Understanding the difference between secrets and surprises	Recognising an increasing range of feelings and some strategies for managing different emotions	Identifying ways to help look after the school environment	Developing an understanding of how to select a bank account	To focus on sexual difference and name body parts
Exploring the conventions of manners in different situations	Understanding the concept of privacy and naming the private parts of my body	Developing empathy	Understanding the jobs people do to look after the environment in school and the local community	Beginning to understand how people select the job they want to do	
Developing an understanding of self respect	Learning how to be safe around medicines	Identifying personal goals and how to work towards them	Understanding how democracy works in school through the school council		
Exploring how loss and change can affect us	Knowing the names of parts of my body	Exploring the need for perseverance and developing a growth mindset	Understanding that everyone is unique		
			Recognising the contribution people make to the local community		

Year 3 PSHE Learning Ladder

PSHE Knowledge and Skills

<u>Family and Relationships</u>	<u>Keeping Safe</u>	<u>Health and Wellbeing</u>	<u>Citizenship</u>	<u>Economic Wellbeing</u>	<u>RSE</u>
Learning that problems can occur in families and that their is help available if needed	Understanding ways to keep safe when crossing and near roads	Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest	Developing an understanding of children's rights and how they help children	Understanding that there are different ways to pay for things	To identify that people are unique and to respect those differences
Exploring ways to resolve friendship problems	Developing skills as a responsible digital citizen	Understanding the positive impact of relaxation on the body and learning relaxation stretches	Considering the responsibilities adults and children have to maintain children's rights	Developing an understanding of budgeting	To explore the differences between male and female bodies
Developing an understanding of the impact of bullying and what to do if bullying occurs	Recognising and responding to cyberbullying	Understanding what a balanced diet is and the effects upon mental and physical health	Understand how recycling can have a positive impact on the environment	Understanding that money can cause a range of feelings	To consider appropriate and inappropriate physical contact and consent
Understanding what trust is and identifying who I can trust	Beginning to recognise unsafe digital content	Exploring my identity through the groups I belong to	Developing an understanding of how democracy works at a local level	Understanding that people have different attitudes to money	To explore different types of families and who to go to for help and support
Learning about the effects of non verbal communication	Exploring that people and things can influence me and I need to make the right decision for me	Identifying my strengths and exploring how I use them to helps others	Understanding the need for rules and the consequences of breaking these	Growing understanding of the range of jobs available	
Developing listening skills	Exploring choices and decisions that I can make	Understanding how to overcome problems by breaking them into smaller, achievable steps	Developing an understanding of groups within the local community and how these support the local community	Understanding the stereotypes which can exist around jobs but that these should not affect people's choices	
Exploring stereotyping	Knowing how to call the emergency services				
	Knowing how to respond to bites and stings				

Year 4 PSHE Learning Ladder

PSHE Knowledge and Skills

<u>Family and Relationships</u>	<u>Keeping Safe</u>	<u>Health and Wellbeing</u>	<u>Citizenship</u>	<u>Economic Wellbeing</u>	<u>RSE</u>
Understanding that families are varied, in the UK and across the world and having respect for these differences	Developing an understanding of being safe online	Developing independence in looking after my teeth	Understanding that human rights apply to everyone and who protects these	Understanding the factors which affect whether something is value for money	To explore the human lifecycle
Exploring physical and emotional boundaries in friendships	Understanding how to seek help if I need to	Identifying what makes me feel calm and relaxed and learning visualisation as a tool to aid relaxation	Understanding how reusing items is of benefit to the environment	Understand the importance of tracking money	To identify some basic facts about puberty
Exploring different roles related to bullying including victim, bully and bystander	Exploring the difference between private and public	Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles	Understanding the role of local government	Understanding the impact of losing money	To explore how puberty is linked to reproduction
Understanding expected courtesy and manners in a range of scenarios	Understanding that age restrictions are designed to protect me	Understanding that it is normal to experience a range of emotions	Understanding the groups which make up a community and the benefits they bring	Developing an understanding of what might influence job choices	To explore respect in a range of relationships
Understanding how my actions and behaviour affects others	Learning about the benefits and risks of sharing information online	Developing the ability to appreciate the emotions of others in different situations	Understanding the positives diversity brings to a community	Understanding how work can change over time	To discuss the characteristics of healthy relationships
Understanding stereotyping	Understanding the risks associated with tobacco	Learning to take responsibility for my emotions and that I can control some things but not others			
Learning what bereavement is and how to help someone who has experienced bereavement	Developing an understanding of physical and emotional changes as I grow up	Developing an understanding of mental health including experiencing problems			
	Knowing how to help someone with asthma	Developing a growth mindset, acknowledging that mistakes are useful to learning			

Year 5 PSHE Learning Ladder

PSHE Knowledge and Skills

<u>Family and Relationships</u>	<u>Keeping Safe</u>	<u>Health and Wellbeing</u>	<u>Citizenship</u>	<u>Economic Wellbeing</u>	<u>RSE</u>
<p>Understanding that we all have different positive attributes and we should be proud of these</p> <p>Learning what marriage is and that it is a choice that people make</p> <p>Learning that sometimes families can make children feel unhappy or unsafe and that there is help available</p> <p>Understanding that friendships will encounter issues but that this may strengthen them</p> <p>Understanding the impact of bullying and what might influence the behaviour of a bully</p> <p>Learning how stereotypes can be unfair, negative and destructive</p>	<p>Developing an understanding of how to ensure relationships online are safe</p> <p>Recognising an increasing number of online risks and ways to stay safe online</p> <p>Understanding the influence others can have on me</p> <p>Learning strategies I can use to overcome pressure from others</p> <p>Understanding the physical changes from childhood to adulthood</p> <p>Developing an understanding of the main aspects of puberty, including menstruation</p> <p>Learning about the emotional changes during puberty</p> <p>Knowing how to help someone who is bleeding</p>	<p>Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun</p> <p>Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep</p> <p>Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation</p> <p>Understanding what can cause stress and how to deal with it</p> <p>Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets</p> <p>Developing the ability to take responsibility for and manage my feelings</p> <p>Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success</p>	<p>Understanding the law and what happens when someone breaks it</p> <p>Understanding how rights and responsibilities link</p> <p>Developing an understanding of freedom of expression</p> <p>Understanding why reducing use of materials is positive for the environment</p> <p>Developing an understanding of how parliament and government work</p> <p>Understanding the contribution people make to the community and how this is recognised</p> <p>Developing an understanding of pressure groups</p>	<p>Understand how to create a budget based on priorities</p> <p>Developing an understanding of borrowing money</p> <p>Beginning to understand income and expenditure</p> <p>Developing an understanding about risks associated with money</p> <p>Understand stereotypes in work and how these can be overcome</p> <p>Understanding the role of money in selecting a job</p>	<p>To explore the emotional and physical changes occurring in puberty</p> <p>To understand male and female puberty changes in more detail</p> <p>To explore the impact of puberty on the body and the importance of physical hygiene</p> <p>To explore ways to get support during puberty</p>

Year 6 PSHE Learning Ladder

PSHE Knowledge and Skills

<u>Family and Relationships</u>	<u>Keeping Safe</u>	<u>Health and Wellbeing</u>	<u>Citizenship</u>	<u>Economic Wellbeing</u>	<u>Identity</u>	<u>RSE</u>
<p>Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise</p> <p>Learning what respect is and that it is part of a relationship</p> <p>Understanding that everyone deserves to be respected but that respect can be lost</p> <p>Understanding stereotyping and bullying linked to it</p> <p>Understanding grief and the associated emotions</p> <p>To explore the process and emotions relating to grief</p>	<p>Developing an understanding about the reliability of online information</p> <p>Exploring online relationships including dealing with problems</p> <p>Understanding that online relationships should be treated in the same way as face to face relationships</p> <p>Knowing where to get help with any online problems</p> <p>Understanding the risks associated with alcohol</p> <p>Knowing the changes experienced during puberty</p> <p>Understanding how a baby is conceived and develops</p> <p>Knowing how to help someone who is choking</p> <p>Knowing how to help someone who is unresponsive</p>	<p>Understanding ways of preventing illness and the benefits of immunisation</p> <p>Developing an understanding of possible signs of illness and some actions I can take</p> <p>Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation</p> <p>Understanding the factors which contribute to my physical and mental health</p> <p>Identifying a range of relaxation strategies and situations in which they would be useful</p> <p>Exploring my personal qualities and how to build on them</p> <p>Learning the importance of resilience and developing strategies for being resilient in challenging situations</p> <p>Identifying long-term goals and developing a plan as to how to achieve them</p>	<p>Understanding how human rights protect people</p> <p>Developing an understanding of the importance of education</p> <p>Developing an understanding of environmental issues relating to food</p> <p>Developing an understanding of causes which are important personally</p> <p>Understanding how government works</p> <p>Understanding what prejudice and discrimination are</p> <p>Understanding how prejudice and discrimination can be overcome</p>	<p>Recognising differences in how people deal with money and the role of emotions in this</p> <p>Understanding how to keep bank accounts safe</p> <p>Developing an understanding of gambling</p> <p>Understanding the routes into different jobs</p> <p>Recognising that people change jobs for a number of reasons</p>	<p>Understanding what makes identity</p> <p>Recognising the difference between how we see ourselves and how others see us</p> <p>Exploring the role of gender in identity</p> <p>Exploring how the media might influence our identity</p>	<p>To consider puberty and reproduction</p> <p>Exploring the importance of communication and respect in relationships</p> <p>To consider different ways people might start a family</p> <p>To explore positive and negative ways of communicating in a relationship</p>