

HIGH LITTLETON CHURCH OF ENGLAND PRIMARY SCHOOL
Relationships, Sex Education and Health Education

Relationships	
Families and people who care for me	
R1	that families are important for children growing up because they can give love, security and stability
R2	the characteristics of healthy family life, 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
R3	that others' families, 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.
R4	that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
R5	that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
R6	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	
R7	how important friendships are in making us feel happy and secure, and how people choose and make friends
R8	the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
R9	that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

R10	that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
R11	how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed
Respectful relationships	
R12	the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
R13	practical steps they can take in a range of different contexts to improve or support respectful relationships
R14	the conventions of courtesy and manners
R15	the importance of self-respect and how this links to their own happiness
R16	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
R17	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help
R18	what a stereotype is, and how stereotypes can be unfair, negative or destructive
R19	the importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	
R20	that people sometimes behave differently online, including by pretending to be someone they are not
R21	that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous

R22	the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
R23	how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
R24	how information and data is shared and used online
Being safe	
R25	what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
R26	about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
R27	that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
R28	how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
R29	how to recognise and report feelings of being unsafe or feeling bad about any adult
R30	how to ask for advice or help for themselves or others, and to keep trying until they are heard
R31	how to report concerns or abuse, and the vocabulary and confidence needed to do so
R32	where to get advice e.g. family, school and/or other sources

Physical health and mental wellbeing

Mental wellbeing

H1	that mental wellbeing is a normal part of daily life, in the same way as physical health
H2	that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
H3	how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
H4	how to judge whether what they are feeling and how they are behaving is appropriate and proportionate
H5	the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
H6	simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
H7	isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
H8	that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
H9	where and how to seek support (including recognising the triggers for seeking support), including whom 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)
H10	it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough

Internet safety and harms	
H11	that for most people the internet is an integral part of life and has many benefits
H12	about the benefits of rationing 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
H13	how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private
H14	why social media, some computer games and online gaming, for example, are age restricted
H15	that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
H16	how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted
H17	where and how to report concerns and get support with issues online
Physical health and fitness	
H18	the characteristics and mental and physical benefits of an active lifestyle
H19	the importance of building regular exercise 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, vigorous exercise
H20	the risks associated with an inactive lifestyle (including obesity)
H21	how and when to seek support including which adults to speak to in school if they are worried about their health
Healthy eating	
H22	what constitutes a healthy diet (including understanding calories and other nutritional content)

H23	the principles of planning and preparing a range of healthy meals
H24	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 and tobacco	
H25	the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking
Health and prevention	
H26	how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body
H27	about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
H28	the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn
H29	about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist
H30	about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing
H31	the facts and science relating to allergies, immunisation and vaccination.
Basic first aid	
H32	how to make a clear and efficient call to emergency services if necessary
H33	concepts of basic first-aid, for example dealing with common injuries, including head injuries
Changing adolescent body	

H34	key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
H35	about menstrual wellbeing including the key facts about the menstrual cycle