

E4S at Georgian Gardens

Education 4 Safeguarding (E4S) is organised into four areas: Relationships and Sex Education (RSE), Digital and Media Literacy (DML), Physical Health and Wellbeing (PHWB) and Emotional Health and Wellbeing (EHWB).

Within each of these areas, we cover several topics which we build on as the children move through the school. This document will give you an overview of how the curriculum progresses through the school and the areas each year group cover. Our E4S curriculum meets all the statutory requirements set out by the government; however, it has been designed to be bespoke to our school and the needs of our school community. If you would like further detail or to discuss anything within the curriculum, please do not hesitate to contact us.

Relationships and Sex Education (RSE)					
<ul style="list-style-type: none"> • Being Safe • Online Relationships and Media • Feelings and Attitudes • Identity • Family and Friendship; Relationships 					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Worries and asking for help Being Safe in unfamiliar situations Feeling happy and sad Coping with feelings and change Similarities and Differences Special People	Private and Privacy Feelings and impact on self and others Changes in growth Boys, girls and stereotypes Friends and Friendship Family, Kindness and Relationships, Love	Body Privacy Gender Expectations Types of Relationship (Love and Commitment)	Personal boundaries and the right to privacy Pressure to share and dares Changing feelings Body changes and puberty	Early warning signs, saying yes or no, secrets Challenging the impact of feelings on self Media influences – masculinity and femininity Changes in relationships (when relationships go wrong)	Body Safety Relationships and conception. Body changes and puberty.

Body Privacy and saying yes or no (NSPCC Pants Rule)	Body Privacy and saying yes or no (NSPCC Pants Rule)				
Digital and Media Literacy (DML) <ul style="list-style-type: none"> • Online content and critical thinking • Self image, mental health • Online relationships and cyber bullying • Online reputation • Staying safe online 					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Sources of internet information Online activities Communicating with others online	Identities online and offline Communicating with others online Digital footprints Risks of sharing online Privacy and information	Validity of information Cyberbullying and negative behaviours Online security and sharing information	Online vs. real world Cyberbullying and negative behaviours Online profiles and age appropriateness	Managing time online Knowing people online	Identities online and influence Legal use of information.
Physical Health and Wellbeing (PHWB) Drugs, Alcohol and Tobacco Keeping safe and risks Keeping safe and emergencies Hygiene and protecting your health Eating Well and Being Active					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Medicines and Safety Feeling Safe Fair and Unfair / Right and Wrong / Rules Helping Us Stay Safe	Looking After Our Bodies Safely Fair and Unfair / Right and Wrong / Rules Staying Safe in Emergencies	Safety Rules and Laws Cleanliness, Germs and Immunisation	Making Decisions, Taking Risks and Influences Responsibility to be Safe	Everyday Substances inc. caffeine Cleanliness, Germs and Immunisations Sleep and Health Habits and Choices	Drugs and Usage Tobacco and smoking Pressure / Influence Risk, Hazard and Emergencies

Well, Unwell and the Spread of Germs Keeping Clean Being Healthy and Active	Well, Unwell and the Spread of Germs Keeping Clean Food Practice and Choice		Cleanliness, Germs and Immunisations Healthier Lifestyle Choices		Influence of Exercise and consequences of choice
Emotional Health and Wellbeing (EHWB)					
Emotional Resilience Sense of Self Wellbeing Relationships Transition					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Recognising Feelings Secrets and Privacy Uniqueness, Similarities and Difference Belonging and Responsibilities Right/Wrong & Friends/Bullying Changing Behaviours	Managing Feelings Stereotypes – Boys and Girls Being Good at Things and Achievement Well and Unwell Right/Wrong & Friends/Bullying Coping with Loss and Changing Situations	Achievements and Goals Health and Wellbeing Community and Belonging Friendships and Bullying	Feelings and Emotions Changes (inc. puberty) Friendships and Bullying	Self Esteem Sleep and our Emotional Health	Feelings and Emotions Changes (inc. puberty) Image and Representation Pressure and Uncertain Feelings Understanding Change Learning and Achievement Saying goodbye and moving on.