

E4S at Georgian Gardens

Relationships and Sex Education (RSE)

- 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 |
|---|--|---|---|--|--|
| <p>Worries and asking for help</p> <p>Being Safe in unfamiliar situations</p> <p>Feeling happy and sad</p> <p>Coping with feelings and change</p> <p>Similarities and Differences</p> <p>Special People</p> <p>Body Privacy and saying yes or no (NSPCC Pants Rule)</p> | <p>Private and Privacy</p> <p>Feelings and impact on self and others</p> <p>Changes in growth</p> <p>Boys, girls and stereotypes</p> <p>Friends and Friendship</p> <p>Family, Kindness and Relationships, Love</p> <p>Body Privacy and saying yes or no (NSPCC Pants Rule)</p> | <p>Body Privacy</p> <p>Gender Expectations</p> <p>Types of Relationship (Love and Commitment)</p> | <p>Personal boundaries and the right to privacy</p> <p>Pressure to share and dares</p> <p>Changing feelings</p> <p>Body changes and puberty</p> | <p>Early warning signs, saying yes or no, secrets</p> <p>Challenging the impact of feelings on self</p> <p>Media influences – masculinity and femininity</p> <p>Changes in relationships (when relationships go wrong)</p> | <p>Body Safety</p> <p>Relationships and conception.</p> <p>Body changes and puberty.</p> |

Digital and Media Literacy (DML)

- 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 Well, Unwell and the Spread of Germs Keeping Clean Being Healthy and Active | Looking After Our Bodies Safely Fair and Unfair / Right and Wrong / Rules Staying Safe in Emergencies Well, Unwell and the Spread of Germs Keeping Clean Food Practice and Choice | Safety Rules and Laws Cleanliness, Germs and Immunisation | Making Decisions, Taking Risks and Influences Responsibility to be Safe Cleanliness, Germs and Immunisations Healthier Lifestyle Choices | 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 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. |