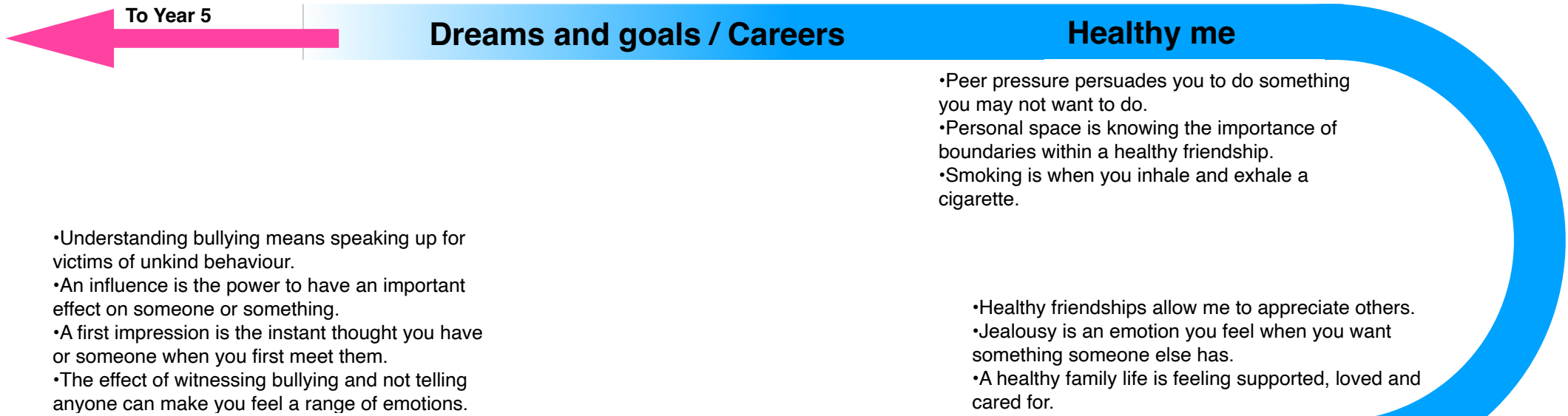




Crucial Learning

- Having a positive attitude means expecting good things will happen to you.
- Gender stereotypes won't affect my dreams and ambitions.



Celebrating difference

Changing me

Relationships

- Puberty is a natural part of growing up.
- Puberty is experiencing bodily changes due to growing up.
- Accepting change means seeing an opportunity to improve yourself.

Being me in my world

Y4

- Mental health affects how we think, feel, and behave.
- Recognising other's emotions can have a positive impact on friendships.
- The difference between a right and responsibility is that a right is a freedom everyone has, and a responsibility is a duty.
- Democracy is a power of the people, allowing everyone to have a say.

Dreams and goals / Careers

- A gender stereotype is assuming people will dress and act in a certain way because of their gender.

- My body is my property.
- Change is when a part of my body becomes slightly different.
- Transition means to change from one stage to another.
- Saying no means "Stop. I don't like it."

- A safe choice is one which I am happy with.
- Healthy choices are ones that will keep me safe.
- Self-care techniques (including rest) have a positive impact on my mental health.

Celebrating difference

Changing me

Relationships

Healthy me

- Conflict is disagreeing or arguing with someone.
- Bullying is to harm, threaten or intimidate someone repeatedly.
- A bystander is a witness of bullying, who is present but does not take part.
- A compliment is giving praise or admiration to someone, leaving a good feeling inside.

- A healthy friendship is being able to make good choices and see both sides of a situation.
- Positive thoughts and conflict resolution help to develop healthy friendships.
- Recognising risks online means understanding when to ask an adult for help.

Being me in my world

Y3

- We all have mental health.
- Identifying positive attributes about yourself can improve your mental health.
- A goal is something you want to be able to do or achieve.
- A right is a freedom that is protected by the law.
- Self-identify is how you see yourself.



Crucial Learning

- An achievement is being rewarded for something you have succeeded in doing.
- Diminishing stereotypes is minimising the gaps within certain career paths.

Dreams and goals / Careers

Healthy me

- Exploitation is taking advantage of someone and enticing them into an activity in return for something.
- County lines is a form of exploitation, where you are forced into storing drugs and money for gangs.
- A gang is a group of people who hang around together – some can be involved in crime.

- Reproduction is part of the human life cycle where babies are made and born.
- Consent is an agreement between two people to engage in sexual activity.
- Conception is the process of becoming pregnant.

Celebrating difference

Changing me

Relationships

- Celebrating differences means understanding and celebrating that everyone is unique.
- Empathy means to share someone else's feelings.
- Where bullying happens, there is an imbalance of power.

- Friendships change and evolve over time.
- Risky behaviour is sharing information online with someone you don't know.
- Risky behaviour on and offline is unsafe and can be unkind.
- Online grooming is when someone builds a relationship online to manipulate, exploit or abuse.

Being me in my world

Y6

- Our mental health can change over time.
- Speaking out to an adult about my feelings can help me understand the emotions I feel.
- An effective plan will help me achieve a final goal.
- A global citizen is someone who is at home in any country.
- Universal rights are moral principles of human behaviour that are for everyone, regardless of their characteristics.

Dreams and goals / Careers

- Puberty causes emotional and physical changes to the mind and body.
- Puberty and changes involved are very different for boys and girls.
- Personal hygiene is an important part of a daily routine.
- Reproduction means to have babies.

- Emergency first aid is important because it could save a life.
- A healthy relationship with food allows me to make good food choices.
- Knowing how to help myself when I am feeling stressed can help others understand too.

Celebrating difference

Changing me

Relationships

Healthy me

- Cultural differences are beliefs and behaviours unique to people of different backgrounds.
- Repetitively starting rumours and name-calling are types of bullying.
- Racism is when someone is treated differently because of their skin colour, race, ethnicity or nationality.

- A healthy online friendship is with someone I know in real life.
- An unhealthy relationship means feeling unsafe on or offline.
- Staying safe online means having a good understanding of the importance of privacy settings.
- Being responsible online means standing up and speaking out against unkind behaviour.
- Grooming is when someone builds a relationship to manipulate, exploit or abuse.

Being me in my world

Y5

- Mental health determines how we handle stress, relate to others, and make choices.
- A growth mindset is being open to challenges and making mistakes.
- A fixed mindset is thinking you can't improve.
- Writing down my feelings can help me understand the emotions I feel.
- A citizen is someone who belongs to a country/place/school.