Personal, Social, Health and Economic Education (PSHE) Policy

Grange Park Prep School (School and EYFS)

April 2026

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Policy Overview

This policy applies to the whole School, including EYFS. It is available to all parents and pupils on the School website and printed copies are available upon request.

What is Personal, Social, Health and Economic education?

Personal, Social, Health and Economic (PSHE) education is central to the entitlement of all children at Grange Park Prep School. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Our PSHE curriculum is broad and balanced, ensuring that it: Before a child is admitted to the setting we obtain information about special dietary requirements, preferences, food allergies and intolerances that the child has

- Promotes the spiritual, moral, cultural, mental and physical development of our children and of society;
- Prepares our children for the opportunities, responsibilities and experiences they already face and for adult life;
- Provides information about keeping healthy and safe - emotionally, physically and socially;
- Encourages our children to understand how all actions have consequences and how they can make informed choices to help themselves, others and the environment;
- Helps support the promotion of Fundamental Values.

This is a timetabled subject taught each week to all classes and it allows for individual growth through a co-ordinated educational programme. As a cross-curricular subject, it permeates all aspects of life in school, from encouraging the pupils to make healthy choices when choosing what and when to eat, to raising awareness of the risks of peer group pressure and understanding how best to stay safe. It is supported within assemblies and through the teaching of a range of subjects. From Reception through to Year 6, it is seen as an integral part of the whole curriculum.

Legislation (statutory regulations and guidance)

The Department of Education (DfE) published the Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education in June 2019 which outlines what schools need to cover from September 2020. The Department for Education (DfE) published new RSHE guidance in July 2025 which will replace the 2019 guidance from September 2026. All schools, including independent schools, must teach relationships education but the statutory requirement to provide Health Education does not apply to independent schools. In independent schools, PSHE is compulsory as the schools must meet the Independent School Standards as set out in the Education (Independent School Standards) Regulations 2014. Grange Park Prep School has been teaching PSHE for many years, we have recently adopted the Wellio scheme which also us to offer the children a progressive curriculum but with the ability to be reactive to the needs of the children. The Long-Term plan (Appendix A) has been updated to incorporate the principles of the new Health Education legislation - mental wellbeing; Internet safety and harms; physical health and fitness; healthy eating; drugs, alcohol and tobacco; health and prevention; basic first aid; and the changing adolescent body - as well as many other areas of the PSHE curriculum. The RSE curriculum is incorporated into the PSHE curriculum and further details about this can be found in the RSE policy.

Aims and Objectives for PSHE:

- To promote a healthy personal lifestyle following sound principles of bodily care.
- To understand the importance and benefits of daily exercise, good nutrition and sufficient sleep, on both the children's physical and mental health.
- To learn about health risks and safety issues and how to respond in an emergency.
- To help the children to feel secure physically and emotionally.
- To help them accept others for who they are through a greater knowledge and understanding of human diversity and to be able to share and to co-operate.
- To develop their sense of self-esteem and build their confidence, enabling them to learn the necessary skills to cope both with life inside school and life outside school.
- To teach them to relate to others and cope better with peer group pressure.
- To appreciate that their bodies are their own and special and to learn what they should do if they don't like what is being done to them, i.e. bullying and abuse.
- To recognise, as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way.
- To provide them with greater awareness of the main social and personal issues facing them as they grow older and to encourage them to make informed choices.
- To recognise their worth as individuals by identifying positive things about themselves and their achievements and in doing so promote self-awareness, self-esteem and self-confidence.
- To encourage them to become responsible citizens so that they value and respect, amongst other things, the need for good manners, caring for their belongings, nurturing living things and protecting the environment.
- To promote good manners through the development of personal attributes.
- To promote mutual respect and tolerance of others through understanding different types of lifestyles, faiths, beliefs and relationships.
- To understand the concept of disability and to act in a caring and appropriate manner to those with special needs, both educationally and socially.
- To understand the nature of democracy and to encourage respect for the fundamental values of democracy. To support the participation in the democratic process and to respect the basis for how the law is made and applied.
- To encourage children to gain a respect for others, paying particular regards to the issues of gender, stereotyping, individual liberty, prejudice, discrimination, beliefs and race. To encourage an appreciation and respect for their own and other cultures whilst building resilience to radicalisation through the promotion of fundamental values.
- To develop an awareness of world issues and how precious all life is on earth and how we all have a responsibility to take care of it.
- To learn about people who have made a difference in the world and to consider how they could themselves perhaps make a difference.
- To understand the role money plays on their own and others' lives, including how to manage their money and about being a critical consumer.

Parents

The PSHE Coordinator regularly communicates with parents via our newsletter about the PSHE curriculum, overviews of upcoming terms are provided to parents explaining the content of an upcoming units and offering them the opportunity to view resources. This is particularly true when the children are about to study a subject of a particularly sensitive nature, e.g. Bereavement. If the parents have any concerns or questions, they are invited to email the PSHE Coordinator directly. The Long-Term Plan is on the school's website alongside the PSHE policy to provide parents with the curriculum PSHE outline. The RSE policy includes further information about communication with parents on related topics.

Equal Opportunities

We promote the needs and interests of pupils, inclusive of gender, culture, ability and aptitude. In relation to ethnicity, religion and cultural diversity, we value the different backgrounds of our children and, in acknowledging and exploring different views and beliefs, seek to promote respect and understanding. We promote social learning, a respect for different types of relationship and expect our pupils to show a high regard for the needs of others. PSHE allows us to address both multicultural and gender issues and ensuring equal opportunities for all.

Roles and Responsibilities

The PSHE programme is taught to all classes by the PSHE Coordinator and the Head of Infants, and this helps to ensure equality and continuity of provision. They teach all the lessons and the scheme of work is planned in consultation with the Head. We believe PSHE is important and so we devote one lesson per week to this subject. The Junior Staff are kept up to date with any national changes regarding PSHE and any changes to the curriculum at staff meetings.

Curriculum

PSHE is a broad and balanced curriculum and is taught through a spiral programme which demonstrates progression. Our PSHE programme (which is covered through the taught curriculum and our wider provision) includes teaching and learning within the following strands and themes:

- Health and Wellbeing
- Relationships
- Living in the Wider World

The PSHE programme is delivered through a variety of opportunities:

- Designated PSHE lesson each week
- Cross curricular links, e.g. science, RE
- Enrichment weeks – Anti-Bullying week, Children's Mental Health Week
- Visitors –Road Safety, doctor/ nurse, fire service, police NSPCC, Enfield foodbank
- Assemblies including mindfulness

- Day visits – trip to Parliament, Year 6 –Junior Citizenship Scheme, Year 2 – the MET police, cybercrime unit year 6, tfl road safety and public transport usage, NSPCC years 6/ 5 and 2, old bailey visit, local MP visit

Details of this curriculum are in Appendix A – Long Term Plan.

PSHE Policy - The curriculum is continuously updated and is set up to be responsive and . The Department of Education (DfE) published the Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education in June 2019 which outlines what schools need to cover from September 2020. The requirements of the new 2025 RSHE guidance will be taught from September 2026.

Although Independent schools are legally not required to cover the Health Education aspect of this guidance, we have included points from the following headings:

- Mental Wellbeing
- Internet Safety and harms
- Physical Health and Fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body

The PSHE Coordinator worked alongside other Subject Coordinators to find the cross-curricular links especially with science, PE and computing.

Teaching and Learning Styles

The PSHE curriculum is delivered in as varied a way as possible, taking account of the different learning styles of the children. We place an emphasis on active learning, and we encourage the development of higher order thinking skills, giving them opportunities to hypothesise, analyse and synthesise in their learning. We seek to understand pupils' prior knowledge through discussions, spider diagrams and baseline assessments.

Teaching methods include:

- Individual and collaborative group work
- Stories
- Discussion (pairs, groups, and whole class)
- Worksheets
- Questionnaires and online quizzes
- Pupil presentations

- Role play
- Problem solving activities
- Use of the iPad
- Research
- Debates

Some of the issues faced in the curriculum will need sensitive handling but the aim is to involve pupils in discovering answers to the questions raised. At the beginning of the academic year the Coordinator talks to the classes about some ground rules within the lessons, especially when discussing sensitive issues. These ground rules cover, in particular, the asking and answering of personal questions and strategies for checking or accessing information. In all Key Stage 2 classes these rules are written together and stored in their PSHE folders, and these ground rules are regularly referred to throughout the year from Reception to Year 6.

Resources

Resources are stored in the working staff room. There are also a wide range of PSHE themed books in the library. Resources are also accessed via subscribed organisations like PSHE Association and Cambridgeshire PSHE.

Confidentiality

The nature of PSHE means that children may disclose personal information that staff will respond to appropriately. Where there is a genuine risk to the safety of the child, information must be passed on to individuals and/or organisations responsible for protecting the child. We will follow the procedures outlined in the School's Safeguarding and Child Protection policy.

Homework policy

There is no allocation for PSHE homework except where it is being taught on a cross-curricular basis. Occasionally pupils will be asked to provide information as a follow up to work in class, usually in the form of a simple questionnaire put to parents, relations or adult friends. This is organised with form teachers to ensure that the homework set is not too lengthy on any given evening.

Assessment and Recording of pupil work:

At the beginning of the majority of topics, a baseline assessment can be carried out to provide an understanding of pupils' misconceptions, current strategies, feelings and beliefs about a topic. This will allow the teachers to pitch the teaching of the topic appropriately and to target questions to provide support. These assessments also provides a starting point from which to measure progress. Some of the baseline activities that are used are mind maps, graffiti walls, Padlet, draw and write activities, and responding to an image or statement.

Appendix A (Overview of Wellio curriculum)

Early Years			
Theme	**Sub-category**	**Code**	**Lesson**
Relationships	Keeping Safe	**R1**	**We All Deserve to Be Safe**
	Families & People Who Care for Me	**R2**	**Who Helps Me?**
	Privacy, Consent, & Boundaries	**R3**	**My Body Belongs to Me**
	Privacy, Consent, & Boundaries	**R4**	**Stop Means Stop!**
	Friendships & Shared Respect	**R5**	**Kind Words, Kind Actions**
	Keeping Safe	**R6**	**Safety Superheroes**
Health & Wellbeing	Emotional Literacy & Regulation	**H1**	**Feeling Faces**
	Emotional Literacy & Regulation	**H2**	**Dealing With Strong Feelings**
	Privacy, Consent, & Boundaries	**H3**	**No, Go, Tell!**
	Keeping Safe	**H4**	**Making Safe Choices**
	Emotional Literacy & Regulation	**H5**	**Calming Down Big Feelings**
	Emotional Literacy & Regulation	**H54**	**Working with Others**
Relationships	Privacy, Consent, & Boundaries	**R7**	**When Something Doesn't Feel Right**
	Families & People Who Care for Me	**R8**	**Family & Friends Circle**
	Privacy, Consent, & Boundaries	**R9**	**Feeling Unsafe**
	Friendships & Shared Respect	**R10**	**How We Make Others Feel**
	Friendships & Shared Respect	**R59**	**Sharing Is Caring**
	Friendships & Shared Respect	**R60**	**Gentle Hands and Words**
Health & Wellbeing	Healthy Lifestyles and Choices	**H55**	**Fitness Feels**
	Mental Wellbeing & Coping	**H115**	**Me and My Strengths**
	Mental Wellbeing & Coping	**H116**	**Finding My Calm**
Relationships	Friendships & Shared Respect		**Problem-Solving Pals**
	Empathy & Kindness		**Circle of Compliments**
	Friendships & Shared Respect	**R107**	**Making Friends**
Relationships	Teamwork & Leadership	**R105**	**Team Goals**
	Managing Bullying & Hurtful Behaviour	**R106**	**Bullying and Being Mean**
	Friendships & Shared Respect	**R108**	**Fair and Unfair Relationships**
	Gender Norms and Dynamics	**R109**	**Thinking about Gender**
	Friendships & Shared Respect	**R110**	**Making Things Right**
	Gender Norms and Dynamics	**R111**	**Interactions around Gender**

Living in the Wider World	Community and Responsibilities	**L71**	**Building Communities**
	Friendships & Shared Respect	**R128**	**My Rights, My Responsibilities**
	Respect for Diversity & Equality	**L70**	**Cultures and Backgrounds**
	Environmental Responsibility		**Recycling Rockets**
	Citizenship & Community		**Town Map Adventure**
	Environmental Responsibility		**Less Screen Time**

Year 1			
Theme	**Sub-category**	**Code**	**Lesson**
Relationships	Friendships & Shared Respect	**R11**	**Friends Listen & Share**
	Keeping Safe	**R12**	**Staying Safe**
	Families & People Who Care for Me	**L1**	**When Home Doesn't Feel Happy**
	Managing Bullying & Hurtful Behaviour	**R14**	**When Words Hurt**
	Privacy, Consent, & Boundaries	**R15**	**Your Trusted Support Team**
	Friendships & Shared Respect	**R16**	**Friendship Fires**
Health & Wellbeing	Emotional Literacy & Regulation	**H6**	**My Feelings**
	Healthy Lifestyles and Choices	**H7**	**Moving Makes Me Feel Good**
	Healthy Lifestyles and Choices	**H8**	**Keeping Germs Away**
	Healthy Lifestyles and Choices	**H9**	**What's On My Plate?**
	Healthy Lifestyles and Choices	**H10**	**Sweet Dreams**
	Body Changes & Puberty	**H11**	**Naming Body Parts**
Living in the Wider World	Friendships & Shared Respect	**R13**	**All Toys for All Kids**
	Community and Responsibilities	**L2**	**Community Health Messages**
	Community and Responsibilities		**Green Fingers, Growing Together**
	Media & Digital Literacy	**L37**	**Digital Footprints**
	Media & Digital Literacy	**L4**	**Online Safety Badge Quest**
	Community and Responsibilities	**L5**	**Many Differences, One Community**
Relationships	Families & People Who Care for Me	**R17**	**Different Families, Same Care**
	Families & People Who Care for Me	**R18**	**Who Can I Trust?**
	Friendships & Shared Respect	**R65**	**Friendship Recipe**

	Families & People Who Care for Me	R66	All About Marriage
	Managing Bullying & Hurtful Behaviour	R67	Seeking Help, Protecting Myself
	Teamwork & Leadership	R68	Teamwork Towers
Health & Wellbeing	Mental Wellbeing & Coping	H12	Worry Monster Box
	Mental Wellbeing & Coping	H117	My Strengths Over Time
	Mental Wellbeing & Coping	R92	Understanding Loneliness
	Keeping Safe	H62	Playing Safe in the Playground
	Keeping Safe	H90	Spot the Hazards!
	Keeping Safe	H64	When Not To Keep Secrets
Relationships	Privacy, Consent, & Boundaries	R112	Boundaries with Friends and Others
	Friendships & Shared Respect	R113	Resolving Disagreements
	Gender Norms and Dynamics	R114	Gender Dynamics
	Friendships & Shared Respect		Understanding Different Friendship Experiences
	Friendships & Shared Respect		Learning About Disabilities
	Friendships & Shared Respect	R77	Seek and Deny Permission

Year 2			
Theme	**Sub-category**	**Code**	**Lesson**
Relationships	Friendships & Shared Respect	R19	Guess My Feeling
	Friendships & Shared Respect	R20	Listening Pairs
	Managing Bullying & Hurtful Behaviour	R21	Bullying Stops With Us
	Managing Bullying & Hurtful Behaviour	R22	Speak Up Until You're Heard
	Privacy, Consent, & Boundaries	R23	Safe and Unsafe Secrets
	Families & People Who Care for Me	R24	Respecting All Families
Health & Wellbeing	Healthy Lifestyles and Choices	H14	What's Good For You
	Healthy Lifestyles and Choices	H15	Let's Get Moving
	Healthy Lifestyles and Choices	H16	Diet, Exercise and Sleep
	Healthy Lifestyles and Choices	H17	Teeth and Sun Care
	Keeping Safe	H18	Calling for Help
	Keeping Safe	H94	First Aid for Kids
Living in the Wider World	Media & Digital Literacy	L6	Smart Screens, Safe Kids
	Community and Responsibilities	L7	Helping Our Communities

	Media & Digital Literacy	L8	**Media Health Messages**
	Online & Digital Relationships	L9	**Interacting Online**
	Media & Digital Literacy	L10	**Not Everything is True**
	Community and Responsibilities	L11	**Promoting Health in the Community**
Relationships	Keeping Safe	R26	**Safety Scenarios**
	Friendships & Shared Respect	R69	**Calmly Resolving Conflict**
	Gender Norms and Dynamics	R115	**Gender-Based Violence**
	Friendships & Shared Respect	R90	**Politeness, Respect & Trust**
	Friendships & Shared Respect	R116	**Let's Work It Out**
Health & Wellbeing	Body Changes & Puberty	H20	**How Bodies Change**
Health & Wellbeing	Mental Wellbeing & Coping	H21	**Help-Seeking Role-Play**
	Healthy Lifestyles and Choices	H65	**Healthy, Balanced Diets**
	Mental Wellbeing & Coping	H85	**Understanding Loss**
	Healthy Lifestyles and Choices	H126	**Reducing Screen Time**
	Keeping Safe	H91	**Road, Rail and Water Safety**
	Mental Wellbeing & Coping	H118	**My Skills and Strengths**
Health & Wellbeing	Emotional Literacy & Regulation	H119	**Managing Our Feelings**
Living in the Wider World	Respect for Diversity & Equality	R25	**Spotting Gender Stereotypes**
	Media & Digital Literacy	R101	**Scam Spotters**
	Media & Digital Literacy	L66	**Smart Gaming**
	Media & Digital Literacy	L61	**Online Explorers**
	Respect for Diversity & Equality	L72	**Differences Between People**

Year 3			
Theme	**Sub-category**	**Code**	**Lesson**
Relationships	Teamwork & Leadership	R27	**Team-Building Challenges**
	Friendships & Shared Respect	R73	**Friendship First Aid**
	Friendships & Shared Respect	R74	**Respecting Boundaries**
	Friendships & Shared Respect	R75	**Acting Assertively**
	Managing Bullying & Hurtful Behaviour	R30	**Risks and Red Flags**
	Privacy, Consent, & Boundaries	R31	**Recognising Abuse & Speaking Up**
Relationships	Privacy, Consent, & Boundaries	R33	**I Can Set Boundaries**
	Friendships & Shared Respect	R34	**Solving People Problems**
	Friendships & Shared Respect	R29	**Transition Timeline**
Health & Wellbeing	Emotional Literacy & Regulation	H22	**How Feelings Affect Us**

	Mental Wellbeing & Coping	H23	Coping and Stress Strategies
	Healthy Lifestyles and Choices	H24	Get Up and Grow
Health & Wellbeing	Healthy Lifestyles and Choices	H25	Healthy Cooking Basics
	Body Changes & Puberty	H26	Our Bodies Over Time
	Healthy Lifestyles and Choices	H27	Sleep Is a Superpower
Living in the Wider World	Community and Responsibilities	L12	Diverse Communities
	Online & Digital Relationships	L13	Friendships: Online vs Offline
	Media & Digital Literacy	L14	Cyberbullies and Data
Living in the Wider World	Media & Digital Literacy	L15	Media Influences
	Media & Digital Literacy	L16	Trusting Information Online
	Respect for Diversity & Equality	R28	Respect & Inclusion
	Online & Digital Relationships	R32	Online Behaviour
	Online & Digital Relationships	R72	Digital Kindness Code
	Community and Responsibilities	L74	Rights, Responsibilities and Relationships
Health & Wellbeing	Keeping Safe	H28	Basic First Aid Steps
	Keeping Safe	H29	Health Prevention Basics
	Keeping Safe	H69	Safety First
	Mental Wellbeing & Coping	H71	Be Yourself
	Media & Digital Literacy	H72	Screen-Time Savvy
	Mental Wellbeing & Coping	H103	Strengths in Action
Living in the Wider World	Friendships & Shared Respect		Respect for Self and Others
	Community and Responsibilities	L73	Goals and Growth
	Mental Wellbeing & Coping		Recognising Feelings and Finding Comfort
Relationships	Teamwork & Leadership	R117	Teams and Leaders
	Friendships & Shared Respect	R118	Supporting Our Friends
	Friendships & Shared Respect	R76	Wants, Needs and Boundaries

Year 3			
Theme	**Sub-category**	**Code**	**Lesson**
Relationships	Teamwork & Leadership	R27	Team-Building Challenges
	Friendships & Shared Respect	R73	Friendship First Aid
	Friendships & Shared Respect	R74	Respecting Boundaries
	Friendships & Shared Respect	R75	Acting Assertively
	Managing Bullying & Hurtful Behaviour	R30	Risks and Red Flags

	Privacy, Consent, & Boundaries	R31	Recognising Abuse & Speaking Up
Relationships	Privacy, Consent, & Boundaries	R33	I Can Set Boundaries
	Friendships & Shared Respect	R34	Solving People Problems
	Friendships & Shared Respect	R29	Transition Timeline
Health & Wellbeing	Emotional Literacy & Regulation	H22	How Feelings Affect Us
	Mental Wellbeing & Coping	H23	Coping and Stress Strategies
	Healthy Lifestyles and Choices	H24	Get Up and Grow
Health & Wellbeing	Healthy Lifestyles and Choices	H25	Healthy Cooking Basics
	Body Changes & Puberty	H26	Our Bodies Over Time
	Healthy Lifestyles and Choices	H27	Sleep Is a Superpower
Living in the Wider World	Community and Responsibilities	L12	Diverse Communities
	Online & Digital Relationships	L13	Friendships: Online vs Offline
	Media & Digital Literacy	L14	Cyberbullies and Data
Living in the Wider World	Media & Digital Literacy	L15	Media Influences
	Media & Digital Literacy	L16	Trusting Information Online
	Respect for Diversity & Equality	R28	Respect & Inclusion
	Online & Digital Relationships	R32	Online Behaviour
	Online & Digital Relationships	R72	Digital Kindness Code
	Community and Responsibilities	L74	Rights, Responsibilities and Relationships
Health & Wellbeing	Keeping Safe	H28	Basic First Aid Steps
	Keeping Safe	H29	Health Prevention Basics
	Keeping Safe	H69	Safety First
	Mental Wellbeing & Coping	H71	Be Yourself
	Media & Digital Literacy	H72	Screen-Time Savvy
	Mental Wellbeing & Coping	H103	Strengths in Action
Living in the Wider World	Friendships & Shared Respect		Respect for Self and Others
	Community and Responsibilities	L73	Goals and Growth
	Mental Wellbeing & Coping		Recognising Feelings and Finding Comfort
Relationships	Teamwork & Leadership	R117	Teams and Leaders
	Friendships & Shared Respect	R118	Supporting Our Friends
	Friendships & Shared Respect	R76	Wants, Needs and Boundaries

Year 4			
Theme	**Sub-category**	**Code**	**Lesson**
Relationships	Friendships & Shared Respect	R36	Negotiation & Feedback

	Managing Bullying & Hurtful Behaviour	**R37**	**Power and Kindness**
	Privacy, Consent, & Boundaries	**R38**	**Privacy, Consent, & Boundaries**
	Families & People Who Care for Me	**R40**	**Respect & Inclusion in Families**
	Privacy, Consent, & Boundaries	**R41**	**Misusing Power**
	Friendships & Shared Respect	**R42**	**Being There For a Friend**
Health & Wellbeing	Mental Wellbeing & Coping	**H31**	**Coping, Confidence, and Calm**
	Mental Wellbeing & Coping	**H32**	**Working it Out**
	Emotional Literacy & Regulation	**H33**	**Identity: What Makes Me Me**
	Keeping Safe	**H123**	**Recognising Risks and Staying Safe**
	Healthy Lifestyles and Choices	**H36**	**Forming Healthy Habits**
	Healthy Lifestyles and Choices	**H37**	**Eat Well, Feel Well**
Living in the Wider World	Media & Digital Literacy	**L17**	**Respecting Others Online**
	Media & Digital Literacy	**L19**	**Media Messages and Me**
	Community and Responsibilities	**L20**	**Balancing Rights & Respect**
	Media & Digital Literacy	**L46**	**Data-Privacy Quest**
	Respect for Diversity & Equality	**R35**	**Celebrating Diversity**
	Online & Digital Relationships	**R39**	**Being Safe Online**
Living in the Wider World	Respect for Diversity & Equality	**L75**	**The Impact of Gender Stereotypes**
Relationships	Friendships & Shared Respect	**R121**	**My Trust Network**
	Friendships & Shared Respect	**R122**	**The Art of Apologising**
	Gender Norms and Dynamics	**R119**	**Gender Norms**
	Gender Norms and Dynamics	**R120**	**Positive Gender Relationships**
	Healthy Lifestyles and Choices	**H44**	**Early Signs of Illness and Immunisations**
Living in the Wider World	Citizenship & Community		**Community Changemakers**
	Citizenship & Community		**Investment Island**
	Media & Digital Literacy		**Media Mythbusters**
Health & Wellbeing	Healthy Lifestyles and Choices	**H73**	**Getting Active**
	Mental Wellbeing & Coping	**H102**	**When It's Too Big to Handle**
	Emotional Literacy & Regulation	**H30**	**Working Out Our Feelings**
Health & Wellbeing	Body Changes & Puberty	**H34**	**Getting Ready for Puberty**
	Keeping Safe	**H35**	**Emergency Response Basics**
	Mental Wellbeing & Coping	**H120**	**Why Strengths Matter**
	Mental Wellbeing & Coping	**H121**	**What is Resilience?**

	Healthy Lifestyles and Choices	H122	Healthy Lifestyle Habits
	Mental Wellbeing & Coping		Change, Loss and Support

Year 5			
Theme	**Sub-category**	**Code**	**Lesson**
Relationships	Friendships & Shared Respect	R43	Emotions That Grow With You
	Respect for Diversity & Equality	R44	Empathy and Respectful Relationships
	Managing Bullying & Hurtful Behaviour	R83	Conflict Causes and Effects
	Privacy, Consent, & Boundaries	R46	My Boundaries and Yours
	Privacy, Consent, & Boundaries	R81	Good and Bad Relationships
	Privacy, Consent, & Boundaries	R48	Speaking Up & Reporting
Health & Wellbeing	Mental Wellbeing & Coping	H38	The Power of Self-Respect
	Body Changes & Puberty	H39	All About Puberty
	Substances & Risky Behaviours	H40	Drugs and Alcohol Choices
	Healthy Lifestyles and Choices	H41	Balancing Online & Offline
	Healthy Lifestyles and Choices	H42	Healthy Lunchboxes
	Body Changes & Puberty	H43	Body Positivity & Self-Care
Living in the Wider World	Community and Responsibilities	R45	Independence vs Responsibilities
	Media & Digital Literacy	L24	Media, Identity and Belonging
	Online & Digital Relationships	R47	Digital Self-Defence
	Media & Digital Literacy	R102	Data Rights & Online Consent
	Community and Responsibilities	R49	Community Wellbeing Champions
	Respect for Diversity & Equality	R50	Challenging Stereotypes
Living in the Wider World	Respect for Diversity & Equality	R82	Rights and Inclusion
Health & Wellbeing	Mental Wellbeing & Coping	H125	Regulating Emotions
	Healthy Lifestyles and Choices	H89	Why We Get Vaccines
	Keeping Safe	H45	Community and Personal Safety
	Substances & Risky Behaviours	H79	Substance Awareness
	Healthy Lifestyles and Choices	H80	Sleep & Screen Detox
Health & Wellbeing	Healthy Lifestyles and Choices	H124	Reliable Health Information
Relationships	Friendships & Shared Respect	R89	Courtesy in Communication
	Teamwork & Leadership	R123	Working Together
	Gender Norms and Dynamics	R124	Gender Norms and Growing Up

	Respect for Diversity & Equality	X42	Equality & Inclusion
	Managing Bullying & Hurtful Behaviour		Peer-Pressure Proof
Living in the Wider World	Community and Responsibilities		Risky Business
	Community and Responsibilities		Careers Carousel
	Mental Wellbeing & Coping		Growing Through Difficult Times
	Media & Digital Literacy		Side-Hustle Startup
	Media & Digital Literacy		Online Advertising Sleuths
	Community and Responsibilities		Carbon Footprint Calculator

Year 6			
Theme	**Sub-category**	**Code**	**Lesson**
Relationships	Friendships & Shared Respect	R51	Moving On, Moving Up
	Friendships & Shared Respect	R52	Friendship Feels
	Families & People Who Care for Me	R54	Marriage vs Civil Partnerships
	Managing Bullying & Hurtful Behaviour	R85	Bystander to Upstander
	Managing Bullying & Hurtful Behaviour	R55	Everyone Deserves Respect
	Privacy, Consent, & Boundaries	R56	Responsibility and Respecting Rights
Living in the Wider World	Online & Digital Relationships	R53	Online Safety
	Media & Digital Literacy	L69	Behind the Search
	Media & Digital Literacy	L68	The Internet Never Forgets
	Online & Digital Relationships	R86	Digital Reputation
	Media & Digital Literacy	L67	Safe Online, Smart Every Time
	Community and Responsibilities	L30	Caring For Our Community
Health & Wellbeing	Body Changes & Puberty	H46	The Path to Puberty
	Body Changes & Puberty	H47	Period Preparedness
	Mental Wellbeing & Coping	H48	Taking Care of Mental Health
	Substances & Risky Behaviours	H49	Legal & Illegal Substances
	Healthy Lifestyles and Choices	H50	Healthy Relationships with Food
	Keeping Safe	H51	First Steps in First Aid
Relationships	Privacy, Consent, & Boundaries	R58	Consent & Communication
	Privacy, Consent, & Boundaries	R100	Speaking Up for Safety
	Friendships & Shared Respect	R104	Are Online Friendships Enough?
	Gender Norms and Dynamics	R125	Gender in Modern Society

	Gender Norms and Dynamics	R126	**Gender-Based Behaviour**
	Teamwork & Leadership	R127	**Being a Leader**
Health & Wellbeing	Keeping Safe	L29	**Hazards and Safety**
	Mental Wellbeing & Coping	H52	**Managing Pressure**
	Mental Wellbeing & Coping	H53	**Resilience and Goal Setting**
	Mental Wellbeing & Coping	H86	**Grief and Resilience**
	Mental Wellbeing & Coping	R94	**Everyone Feels Lonely Sometimes**
	Mental Wellbeing & Coping		**Nutrition Navigators**
Living in the Wider World	Respect for Diversity & Equality	L76	**Identities Over Time**
	Respect for Diversity & Equality	R57	**Celebrating Everyone**
	Community and Responsibilities	L43	**Gambling Traps**
	Body Changes & Puberty	H127	**The Human Lifecycle**
	Media & Digital Literacy		**Digital Ethics Debate**
	Media & Digital Literacy		**Sustainable Tech Challenge**