



## PSHE

Year Group	End Points
1	<p>A successful global citizen in Year 1 will understand:</p> <p><b>Families and friendships/ Safe relationships/ Respecting ourselves and others</b></p> <ul style="list-style-type: none"> <li>• Who cares for me, and the role different people play in their lives?</li> <li>• How families can be different</li> <li>• Situations when someone’s body or feelings might be hurt and whom to go to for help</li> <li>• What it means to keep something private, including parts of the body that are private</li> <li>• Identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches) and the importance of asking for permission to touch others</li> <li>• What kind and unkind behaviour mean in and out school how these make people feel</li> <li>• What respect means</li> </ul> <p><b>Belonging to a community/ Media literacy and digital resilience/ Money and work</b></p> <ul style="list-style-type: none"> <li>• Examples of rules in different situations, e.g. class rules, rules at home, rules outside</li> <li>• How we care for people, animals, other living things and the environment in different ways</li> <li>• How and why people use the internet</li> <li>• The benefits of using the internet and digital devices and being safe with others online</li> <li>• That everyone has different strengths, in and out of school and how different strengths and interests are needed to do</li> <li>• About people whose job it is to help us in the community</li> </ul> <p><b>Physical health and Mental wellbeing/ Growing and changing/ Keeping safe</b></p> <ul style="list-style-type: none"> <li>• What it means to be healthy and why it is important – basic hygiene, healthy foods, physical activity, and screen time and who can help stay healthy</li> <li>• What makes them special and unique including their likes, dislikes and what they are good and how they are the same and different to others</li> <li>• About different kinds of feelings and how feelings can affect how people behave</li> </ul>
2	<p>A successful global citizen in Year 2 will understand:</p> <p><b>Families and friendships/ Safe relationships/ Respecting ourselves and others</b></p> <ul style="list-style-type: none"> <li>• How to be a good friend both in person and online, e.g. kindness, listening, honesty and strategies for positive play with friends, e.g. joining in, including others, etc.</li> <li>• What causes arguments between friends and how to positively resolve arguments between friends</li> <li>• How to recognise and ask for help when they are feeling lonely or unhappy or to help someone else including online</li> <li>• What bullying is and different types of bullying and how someone may feel if they are being bullied</li> <li>• How to resist pressure to do something that feels uncomfortable or unsafe</li> </ul> <p><b>Belonging to a community/ Media literacy and digital resilience/ Money and work</b></p> <ul style="list-style-type: none"> <li>• How to play and work cooperatively in different groups and situations</li> <li>• About being a part of different groups, and the role they play in these groups e.g. class, teams, faith groups and recognise that they are all equal, and ways in which they are the same and different to others in their community</li> <li>• The ways in which people can access the internet e.g. phones, tablets, computers</li> </ul>

- How to recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos and information on the internet might not always be true
- What money is and its different forms e.g. coins, notes, and ways of paying for things e.g. debit cards, electronic payments
- About getting, keeping and spending money
- That people are paid money for the job they do, make choices about spending money, including thinking about needs and wants

**Physical health and Mental wellbeing/ Growing and changing/ Keeping safe**

- About routines and habits for maintaining good physical and mental health including medicines, vaccinations, brushing teeth and visiting the dentist
- About food and drink that affect dental health
- Ways to feel good, calm down or change their mood and how to manage big feelings including those associated with change, loss and bereavement
- About change as people grow up, including new opportunities and responsibilities
- To identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
- How to recognise risk in everyday situations, e.g. road, water and rail safety, medicines and how to stay safe
- How to respond if there is an accident and someone is hurt and whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say

3

A successful global citizen in Year 3 will understand:

**Families and friendships/ Safe relationships/ Respecting ourselves and others**

- What makes a family, features of family life and why are families different
- Personal boundaries; safely responding to others; the impact of hurtful behaviour
- How to recognise respectful behaviour; the importance of self-respect; courtesy and being polite

**Belonging to a community/ Media literacy and digital resilience/ Money and work**

- The value of rules and laws; rights, freedoms and responsibilities
- How the internet is used; assessing information online
- Different jobs and skills; job stereotypes; setting personal goals

**Physical health and Mental wellbeing/ Growing and changing/ Keeping safe**

- Personal strengths and achievements; managing and reframing setbacks
- Risks and hazards; safety in the local environment and unfamiliar places
- Health choices and habits; what affects feelings; expressing feelings

4

A successful global citizen in Year 4 will understand:

**Families and friendships/ Safe relationships/ Respecting ourselves and others**

- About the features of positive healthy friendships such as mutual respect, trust and sharing interests
- How knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know and What to do or whom to tell if they are worried about any contact online
- How to respond if they witness or experience hurtful behaviour or bullying, including online
- How to manage pressures associated with dares and peer pressure and harmful content and where to seek help and advice
- Differences between people such as gender, race, faith and what they have in common with others e.g. shared values, likes and dislikes, aspirations and the importance of respecting the differences and similarities between people

**Belonging to a community/ Media literacy and digital resilience/ Money and work**

- The meaning and benefits of living in a community and different groups within our community
- That everything shared online has a digital footprint and personal information can be used to encourage people to buy things

- Making decisions about money; using and keeping money safe budgeting, keeping track of money and different ways to pay for things

**Physical health and Mental wellbeing/ Growing and changing/ Keeping safe**

- Maintaining a balanced lifestyle; oral hygiene and dental care - maintain a balanced, healthy lifestyle, physically and mentally, The importance of regular visits to the dentist and oral care and the effects of different foods, drinks and substances on dental health
- Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty including Key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams How to discuss the challenges of puberty with a trusted adult
- The importance of taking medicines correctly and using household products safely
- That drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing and be addictive

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A successful global citizen in Year 5 will understand:

**Families and friendships/ Safe relationships/ Respecting ourselves and others**

- How to manage friendships and peer influence and how it can make people feel or behave including online and strategies for managing e.g. exit strategies, assertive communication
- That friendships can change over time and the benefits of having new and different types of friends and Strategies to positively resolve disputes and reconcile differences in friendships
- How to identify what physical touch is acceptable, unacceptable, wanted, or unwanted in different situations and how to ask for, give and not give permission for physical contact and how to respond to unwanted or unacceptable physical contact
- That no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about
- What discrimination means and different types of discrimination e.g. racism, sexism, homophobia including those online- trolling and its impact
- When and how to seek support in relation to safe relationships friendships

**Belonging to a community/ Media literacy and digital resilience/ Money and work**

- About how resources are allocated and the effect this has on individuals, communities and the environment
- The importance of protecting the environment and how everyday actions can either support or damage it
- How to express their own opinions about their responsibility towards the environment
- How to identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise and to assess whether content online (e.g. research, news, reviews, blogs) is based on fact, opinion, or is bias
- How to assess which search results are more reliable than others and that some can promote stereotypes
- How devices store and share information
- How to identify jobs that they might like to do in the future
- About what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values
- The importance of diversity and inclusion to promote people's career opportunities and stereotypes in the workplace and how to challenge it
- That there is a variety of routes into work e.g. college, apprenticeships, university, training

**Physical health and Mental wellbeing/ Growing and changing/ Keeping safe**

- The benefits of being outdoors and in the sun for physical and mental health and how sleep contributes to a healthy lifestyle and sleep strategies and how to maintain them
- How to manage risk in relation to sun exposure, including skin damage and heat stroke
- That some diseases can be prevented by vaccinations and immunisations, that bacteria and viruses can affect health and how they can prevent the spread of bacteria and viruses with everyday hygiene routines
- About personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes and that for some people their gender identity does not correspond with their biological sex
- How to recognise, respect and express their individuality and personal qualities

- How to differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour
- How to deal with common injuries using basic first aid techniques
- That female genital mutilation (FGM) is against British law<sup>1</sup> and what to do and whom to tell if they think they or someone they know might be at risk of FGM - Link to PANTS do not need to use FGM by name

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A successful global citizen in Year 6 will understand:

**Families and friendships/ Safe relationships/ Respecting ourselves and others**

- What it means to be attracted to someone and that people who love each other can be of any gender, ethnicity or faith and that everyone has a right to be loved
- Ways that couples show their love and commitment including marriage and civil partnerships and that people have the right to choose whom they marry or if they get married
- That it is illegal to force anyone to get married and how to report forced marriage
- How to compare the features of healthy and unhealthy relationships and know what to do if someone is put under pressure to do something dangerous including online pressure e.g. challenges and dares and how to get advice or report concerns
- What consent means and how to seek and give/not give permission
- How to express and respect opinions and points of view and challenge those opinions that they disagree with

**Belonging to a community/ Media literacy and digital resilience/ Money and work**

- Differentiate between prejudice and discrimination and how to recognise and respond to acts of discrimination
- How to recognise stereotypes in different contexts, the influence they can have on understanding of groups and how to challenge these stereotypes
- The benefits of safe internet use including how and why images may be altered
- How and why people use social media and the risks and challenges associated with this
- What it is legal to share online and how to recognise and report inappropriate content or contact
- The value of money and the role that it plays in people's lives
- That money can impact people's emotions, health and wellbeing and risks associated with money (debt, fraud, gambling)
- How money can be gained or lost through scams or gambling and what to do if they are concerned about these putting people at financial risk

**Physical health and Mental wellbeing/ Growing and changing/ Keeping safe**

- The importance of mental health including who can be affected, how issues can be resolved and the experiences that can impact and how they can be resolved
- That situations can give people mixed feelings and that support is available for people going through these feelings
- Where they can go to get support with their mental wellbeing and that it is important to ask for support from a trusted adult
- That there are many changes that may occur in life and how these can change people's emotions including feelings of loss and grief and strategies to overcome these
- Strategies to balance time online with other activities to maintain their health and wellbeing
- How to recognise changes as they grow up and how this may feel including the transition to secondary school and how this may impact relationships
- The link between love, committed relationships and conception and the link to sexual intercourse being between two consenting adults
- How pregnancy occurs, how it can be prevented and the responsibilities around being a parent or carer
- How to keep personal information safe and strategies for dealing with requests for information including images of themselves and others
- What to do if they come across images that may hurt, upset or embarrass themselves or others
- The age ratings for social media, films, TV and games and why they are important
- The risks and effects of drugs that are legal and illegal and know why people chose to use those drugs
- About organisations that are available to help people with drug use and how the media give mixed messages around drug use