

RSHE Key Stage 2 Overview

	Autumn Term	Spring Term	Summer Term
Year 3	Understanding relationships & family life Recognise different types of relationships (e.g. friendships, family relationships, romantic relationships, online) Learn about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other. Recognise the shared characteristics of healthy family life. Recognise and respect that there are different types of family structure Anti-bullying: what is bullying? Learn what constitutes a positive, healthy friendship and that the same principles apply to online friendships as to face-to-face relationships	Healthy living Children will learn how to make informed decisions about health Understand about the elements of a balanced, healthy lifestyle Recognise that habits can have both positive and negative effects on a healthy lifestyle	Keeping safe Learn about the importance of taking medicines correctly and using household products safely. Relationships Children consider the unique and diverse qualities that make up their personalities.
Year 4	Anti-bullying: building positive friendships and including others. Recognise the importance of friendships and how to build positive friendships that support well-being. Understand the importance of seeking support when lonely or excluded and that healthy friendships make people feel included. Recognise when others feel excluded or learning and learn strategies to include them. Understand the impact of bullying both offline and online and what the consequences are of this hurtful behaviour.	Friendships Understand that all friendships have ups and downs and learn ways to resolve disputes and reconcile differences positively and safely. Recognise when a friendship makes them feel unsafe and know how to ask for support if necessary. Understand that we all have a right to privacy and personal boundaries and what is appropriate in a friendship or wider relationship.	Family relationships Understand that people who love and care for each other may do so while living together or apart, in marriages or not. Understand that caring relationships are part of positive family life and that people care for one another in different ways. Recognise if family relationships are making them feel unhappy or unsafe and know how to seek help or advice. Growing up Understand that puberty can cause physical

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		Learn how to respond safely and appropriately to unknown adults they may encounter (both online and offline).	and emotional changes, including menstruation. Introduce key facts about the menstrual cycle. Begin to understand why personal hygiene is so important as puberty occurs and the body changes.
Year 5	Anti-bullying: confidentiality and seeking permission Understand when something is appropriate to keep confidential or secret and when it isn't. Understand when it is alright to break a confidence. Recognise when there is pressure from others to do something unsafe or that makes them feel uncomfortable and learn strategies to manage this. Understand when to seek and give permission (consent) in certain situations. To know where to seek advice about personal safety. Looking after ourselves Understand how regular exercise benefits both mental and physical health. Recognise opportunities to be physically active and understand the risks associated with an inactive lifestyle. Understand how sleep, including sleep routines and good quality sleep contribute to a healthy lifestyle.	Growing up Understand that puberty can cause physical and emotional changes, including menstruation, erections and wet dreams. Learn how puberty relates to human reproduction and recognise the external genitalia and internal reproductive organs in males and females. Understand the key facts about the menstrual cycle. Understand why personal hygiene is so important as puberty occurs and the body changes. Know where to get more information, help and advice about growing and changing. Understand what contributes to our personal identity - ethnicity, family, gender, faith, culture etc. Diversity and Individuality Recognise their personal qualities and individuality. Learn how to predict, assess and manage risk in different situations. Learn to listen and respond respectfully to a wide range of people, including those whose beliefs, traditions and lifestyles may differ.	Healthy habits and safe choices. To know the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer Understand the risks and effects of legal drugs, including cigarettes, vaping, alcohol and medicines. Recognise that drug use can become a habit which can be difficult to break.

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		Learn to respect the differences and similarities between people and recognise where there are similarities. Learn how to discuss and debate topical issues and respect other people's point of view. Learn to challenge those that they disagree with constructively.	
Year 6	Anti-bullying: peer pressure Recognising and managing peer influence and a desire for peer approval in friendships. How to respond to hurtful behaviour experienced or witnessed, offline and online and seek support. Puberty retrieval & human life cycle: Revisit the physical and emotional changes of puberty for all genders, understand how these changes link to the human life cycle (linked to science curriculum) and explore how growing and changing affects feelings, confidence and relationships. Human reproduction and birth – Recommended Sex Education (parental right to withdraw applies). Understand that human reproduction requires a sperm cell from a male and an egg cell from a female and that conception occurs when the sperm fertilises the egg. Understand, in age-appropriate terms, how a baby develops during pregnancy and how babies are born.	Being responsible citizens Learn about discrimination and come to understand fully what it means and how to challenge it Learn about prejudice and how to recognise behaviours and actions which discriminate against others. Children will develop ways of responding to it if witnessed or experienced.	Healthy relationships (attraction, grooming, power and control). Recognise the importance of self-respect and how this can affect thoughts and feelings. That everyone should expect to be treated politely and with respect by others in school and in wider society. That people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them. Gender identity and sexual orientation are different Learn that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk. Forced marriage is a crime. Help and support is available to people who are worried about this for themselves or others. Recognise different types of physical contact, what is acceptable and unacceptable, and strategies to respond to unwanted physical contact.

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Online Safety

Understand the benefits of the internet and the importance of managing time online and learning strategies to support this.

Recognise when an online source is reliable and how to make safe and reliable choices from search results.

Understand why there are online age restrictions and why following and complying with them is important.

Understand that age restrictions promote personal safety and well-being with regards to social media, television programmes, films, games and online gaming.

Understand the importance of keeping personal information private and learn strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others.

Learn what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact.

Recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face.

Understand why someone may behave differently online, including pretending to be someone they are not.

Learn strategies for recognising risks, harmful content and contact.

Understand how to report concerns.

Recognise ways in which the internet and social media can be used both positively and negatively.

Understand some of the different ways information and data is shared and used online, including for commercial purposes.

Understand how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.

Recognise the things that are appropriate to share and the things that should not be shared on social media.

Understand the rules surrounding the distribution of images.

Understand how text and images can be manipulated or invented in the media and on social media.

Learn strategies to evaluate the reliability of sources and identify misinformation.