

## Year 1

- 1 T1 Being me in my world** - I can explain why my class is a happy and safe place to learn.
- T2 Celebrating differences** - I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special.
- T3 Dreams and goals** - explain how I feel when I am successful and how this can be celebrated positively.
- T4 Healthy me** - I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.
- T5 Relationships** - I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.
- T6 Changing me** - I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.

## Year 3

- 3 T1 Being me in my world** - I can explain how my behaviour can affect how others feel and behave.
- T2 Celebrating differences** - I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.
- T3 Dreams and goals** - I can explain the different ways that help me learn and what I need to do to improve.
- T4 Healthy me** - I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.
- T5 Relationships** - I can explain how my life is influenced positively by people I know and also by people from other countries.
- T6 Changing me** - I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they

## Year 5

- 5 T1 Being me in my world** - I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.
- T2 Celebrating differences** - I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.
- T3 Dreams and goals** - I can compare my hopes and dreams with those of young people from different cultures.
- T4 Healthy me** - I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.
- T5 Relationships** - I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.
- T6 Changing me** - I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.

## Year 2

- 2 T1 Being me in my world** - I can explain why my behaviour can impact on other people in my class.
- T2 Celebrating differences** - explain that sometimes people get bullied because they are seen to be different. This might include people who do not conform to gender stereotypes.
- T3 Dreams and goals** - I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complimented each other.
- T4 Healthy me** - I can explain why foods and medicines are good for my body comparing my ideas with less healthy/ unsafe choices.
- T5 Relationships** - I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.
- T6 Changing me** - I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't.

## Year 4

- 4 T1 Being me in my world** - I can explain why being listened to and listening to others is important in my school community.
- T2 Celebrating differences** - I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.
- T3 Dreams and goals** - I can plan and set new goals even after a disappointment.
- T4 Healthy me** - I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.
- T5 Relationships** - I can recognise how people are feeling when they miss a special person or animal.
- T6 Changing me** - I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.

## Year 6

- 6 T1 Being me in my world** - I can explain how my choices can have an impact on people in my immediate community and globally.
- T2 Celebrating differences** - I can explain ways in which difference can be a source of conflict or a cause for celebration.
- T3 Dreams and goals** - I can explain different ways to work with others to help make the world a better place.
- T4 Healthy me** - including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.
- T5 Relationships** - I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.
- T6 Changing me** - I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.