

Being Me in My World						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Same, different, special, happy, angry, excited, sad, upset, rights	Rights, responsibilities, safe, special, proud, consequences	Worries, hopes, belonging, rights, responsibilities, consequence, choices	Valued, achievements, proud, fears, rights, responsibilities, consequences, belonging	Included, excluded, valued, responsibility, rights, democracy, voting, contribution	Opportunities, citizen, refugee, conflict, asylum seekers, poverty, deprive, privilege	Empathy, legal, illegal, democracy
Celebrating Difference						
Difference, similar, proud, special, unique, family, friends, feelings	Similar, different, bullying, unique	Stereotypes, assumptions, special, bullying, diversity, fairness, unique, value	Conflict, solutions, bullying, gay, witness, consequence, unique,	Assumption, judgement, appearance, influence, bullying, deliberate, bystander, cyber bullying, troll	Culture, racism, cyber bullying, discrimination, rumour, homophobic, direct and indirect bullying	Disability, perception, diversity, transgender, gender diversity, courage, harassment, bullying, admiration

Dreams and Goals						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Problem, challenge, goal	Goal, achievement, team work, challenge	Proud, achievement, realistic, challenge, persevere, team work, success	Perseverance, challenges, success, obstacles, ambitions, enterprise, teamwork, cooperation, strengths	Determination, perseverance, resilience, commitment, enterprise, cooperation, disappointment	Lifestyle, career, profession, society, motivation, aspiration, sponsorship	Concern, hardship, empathy, respect
Healthy Me						
Exercise, heart, healthy, sleep, washing hands, stranger	Healthy, unhealthy, exercise, hygienic, medicine, safe	Healthy, unhealthy, dangerous, medicines, safe, balanced diet, nutritious, energy	Oxygen, fitness, heart, lungs, calories, sugar, fat, drugs, medicine, harmful	Smoking, pressure, guilt, advice, alcohol, liver, disease, peers, anxiety	Pressure, tobacco, influence, recovery position, body image, social media	Drugs, prescribed, restricted, gangs, exploited, crime, mental health, stress

Relationships						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family, friendships, falling out, good friend	Relationships, family, friendship, feelings, greeting, qualities, confidence	Family, relationships, touch, acceptable, unacceptable, conflict, secret, trust, honest	Unisex, respect, stereotype, social media, private messaging, gaming, deprivation, equality	Jealousy, depression, compromise, loyalty, betrayal, empathy, boyfriend, girlfriend, attraction, pressure, comfortable	Attributes, self-esteem, age limits, trolled, grooming, gambling, mental health, physical health	Ashamed, anxiety, grief, bereavement, control, cyberbullying, abuse
Changing Me						
Eye, ear, knee, finger, foot, mouth, nose, stomach, eyebrow, arm, tongue, toe, forehead, chest, hand, leg, healthy, grow up, worries, memories	Lifecycle, change, baby, adult, grown up, male, female, penis, vagina, private parts	Lifecycle, change, anxious, respect, male, female, private parts, penis, vagina, comfortable/uncomfortable, acceptable/unacceptable	Change, birth, mother, womb, uterus, nutrients, puberty, penis, testicles, breasts, public hair, sperm, eggs, ovaries, vagina, period, stereotypes	Genes, characteristics, sperm, egg, penis, testicles, vagina, womb, uterus, ovaries, sexual intercourse, fertilise, conception, puberty, menstruation, periods, change,	Self-image, body image, puberty, menstruation, periods, sanitary towels, tampons, ovary, vagina, oestrogen, vulva, womb/uterus, sperm, testicles,	Self-image, self-esteem, puberty, pubic hair, menstruation, semen, erection, tampons, breasts, hormones, wet dream, sanitary towel, ovulation, masturbation,

				emotions, acceptance	hormones, pubic hair, Adam's apple, semen, erection, ejaculation, wet dream, growth spurt, sexual intercourse, conception, fertility treatment (IVF)	clitoris, testicles, sperm, penis, vagina, fallopian tube, vulva, pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, midwife
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Parents have the right to withdraw children from these lessons