

Relationships

Families and people who care for me, caring friendships & respectful relationships

KS2	KS3	KS4
I understand families look different.	I understand different types of families.	I understand the qualities of a happy family and each person has a responsibility.
I can identify the members of my family and they should all make me feel safe.	I can identify some of the responsibilities of being a parent and raising children.	I understand the legal status of marriage or being in a long term relationship.
I can identify how people are different.	I understand everyone should be treated equally.	I can challenge that stereotypes based on sex, gender, race, religion, sexual orientation or disability can cause damage.
I can identify what being a good friend means.	I know friends don't make me do things I am uncomfortable with.	I can seek the right support when something makes me feel uncomfortable.
I understand that I can fix friendship problems	I understand my behaviour impacts a friendship.	I can adapt my behaviour to fix a friendship problem.
I know some people behave differently online.	I know how to have safe relationships online.	I know who to talk to if online relationships go wrong.
I know if someone makes me feel bad or sad I need to speak to someone.	I know I don't have to be friends with people who make me feel bad.	I know how to stand up for myself if I don't like how I'm being treated.
I understand there are different types of relationships.	I know who might have sexual relationships.	I know relationships can be intimate and sexual.
I know that everyone should be treated equally.	I know that everyone should be treated equally regardless of gender.	I know that sexist behaviours can be hurtful.
<p>SAFEGUARDING</p> <p>Domestic violence – I know that I need to be kind to my family. I mustn't hit or kick etc.</p> <p>Child on child abuse – I know how to be a good friend.</p> <p>Child abuse – I know that I should feel safe and happy at home and at school.</p> <p>-I know that if I feel unsafe or unhappy at home or school I should tell someone I trust.</p>	<p>SAFEGUARDING</p> <p>Domestic violence – I know that domestic violence is anyone committing violence at home.</p> <p>Child on child abuse – I know the definition of peer on peer abuse.</p> <p>- I can identify examples of this.</p> <p>Child abuse – I know there are different types of abuse (neglect, physical, emotional and sexual)</p> <p>- I know who to contact if I feel unsafe or unhappy.</p>	<p>SAFEGUARDING</p> <p>Domestic violence – I know how to report domestic violence.</p> <p>Child on child abuse – I know there are different forms of child on child abuse (verbal, online, physical)</p> <p>Child abuse – I know who to contact if I feel unsafe or unhappy.</p>

Emotions

(Mental well-being)

KS2	KS3	KS4
I know I have feelings	I know how certain feelings make my body feel.	I can regulate how I am feeling by seeking the right support.
I know there are good feelings and uncomfortable feelings.	I know some feelings make me feel anxious or unsafe.	I can use strategies to change how I feel if I want to.
I know others have feelings.	I know it is ok to have different feelings but not to lose control.	I can regulate different emotions.
I can say what appropriate behaviour for a situation is.	I recognise when my emotions make me change my behaviour.	I take control of my behaviour and I can use strategies to help myself.
I know how to be appropriate in my behaviour for home, school.	I know how to behave appropriately in the community.	I can adapt my behaviour at home, school and in the community.
I know what I do well.	I know that we all have strengths and that these can be different.	I know how to remain confident about my own strengths.
I know that it is good to keep on trying.	I know that I can persevere and be resilient.	I know strategies that help me to be resilient.

Changes & Sex

(Changing adolescent body)

KS2	KS3	KS4
I know what change means to me	I know there are good changes and difficult changes and they make me feel differently.	I know change occurs and I use strategies to manage this.
I am starting to understand the lifecycles of animals and humans.	I understand that a baby grows in the womb.	I understand the stages of pregnancy and birth
I can tell you somethings about my personal body that have changed and some things that have stayed the same.	I understand all boys and girls bodies will change.	I understand the changes that are happening to me are a normal part of growing up.
I can identify the parts of the body that make boys different to girls and use the correct words.	I understand some changes are the same but some are specific to boys and girls.	I can manage the changes that are happening to my body
I can tell you about puberty changes that will happen in my life.	I know that puberty is a natural process and happens to everyone, I can begin to manage this change.	I can manage the feelings that come with puberty changes.
I know how a baby is made and how it is born.	I understand that sexual intercourse can lead to babies being made. I understand that some people have difficulties with fertility.	I know how to have sex safely.
I can identify appropriate and inappropriate places to touch a body.	I understand Consent means yes	I understand the importance of giving consent.
	I know some ways to challenge sexual behaviour.	I know what sexual harassment is.
	I know what the law says about sex, relationships and young people.	I know what the law says about sex, relationships and young people.
	I understand there is a full range of contraceptive choices, efficiency and options available.	I understand that sexually transmitted infections can be transmitted.

Healthy lifestyles (Exercise, diet, medical)

(Exercise, diet, medical)

KS2	KS3	KS4
I understand the difference between unhealthy and healthy choices (Eating, drinking etc).	I know how to make healthy lifestyle choices and can begin to make healthy choices (eating, drinking etc).	I know specifically how to maintain a healthy lifestyles (eating, drinking etc) and the affects this has on my wellbeing.
I understand that medicines can help me.	I know that you need to be safe when taking medicines.	I understand the effects of taking medicines.
I understand how exercise affects my body.	I understand how complex my body is and how to take care of it through exercise.	I understand how to keep myself fit and the impact that has on my body.
I understand that some household substances can be harmful.	I know the health risks of smoking, alcohol and drugs.	I know the impact of smoking, alcohol and drugs have specifically on bodies.
I know what makes a healthy lifestyle, including healthy eating.	I know that under-eating or over-eating is not healthy. I need a balanced diet.	I understand how the media and celebrity culture promote certain body types.
I know there are professionals who can help me stay healthy.	I know who can help me stay healthy and why.	I know how to access and communicate with health care professionals.
I know the importance of having a healthy mind.	I know ways to keep my mind healthy.	I know who to contact if I am struggling.

Safety

(Mental well-being, Internet safety)

KS2	KS3	KS4
I know what being “safe & dangerous” means	I can apply the term safety to a variety of environments (Home, school, community)	My behaviour and choices show I can keep myself safe.
I know things that could make me unsafe	I know behaviours that could make me unsafe (Home, School & community).	I know my behaviour and choices can keep my body safe.
I know that people I meet could be unsafe (strangers).	I know when, where and how I can touch people.	I know how to interact appropriately with a range of people.
I know that roads and vehicles can be dangerous.	I know that I have to be safe when crossing the road in the community.	I can manage myself safely in the community in a range of circumstances.
I understand all water can be dangerous.	I can identify safe places to be in the water.	I know how to access water safely.
I am learning to be careful of things that might not be true.	I am learning to question things about life.	I can figure out if someone is telling the truth or lying and can make a safe choice.
I know some ways to keep myself safe online.	I know how to recognise online risks and harmful contact and how to report them.	I know the consequences of posting inappropriate content.
I know when I am hurt.	I know how to apply basic first aid to myself.	I know how to support someone who is injured in the community.
I can name some of the emergency services and that they can help me.	I can know specifically who can help me in an emergency.	I know how to seek help if I need it. (Appropriate support proportional to issue).