



Our Lady Catholic Primary School

PSHE Progression Map

At Our Lady School we ensure the statutory guidance for the teaching of RSE (Relationships & Sex Education) is taught through our RSE Curriculum. This curriculum is supplemented with the teaching of PSHE (personal, Social, Health and Emotional). We follow the PSHE Association programme of study which sets out learning opportunities for each Key stage, in three core themes: Health and Wellbeing, Relationships, and Living in the Wider World

Reception			
Topic	Personal Social and Emotional Development Early Learning Goal	Sticky Knowledge	Additional OLS connections
Self-confidence and self-awareness	Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.	To express likes and dislikes appropriately. To speak to others about own needs, wants, interests and opinions. To describe self in positive terms and talk about abilities.	Wellbeing buddy Trusted adult Parent talks Mental health week Brain breaks E-safety week Safer internet day Class mascot Prayer bear Magic moments All about me books Transition program Y6 buddies
Managing feelings and behaviours	Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.	To identify by name an emotion. To express emotions appropriately. To understand that own actions affect others. To be aware of the boundaries set. To be able to negotiate and solve problems without aggression.	
Making relationships	Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.	To listen to others and respond in a conversation. To ask appropriate questions of others. To begin to take steps to resolve conflicts with others	

Year 1

Question	Topic	National Curriculum program of study	Sticky Knowledge	Additional OLS connections
What is the same and different about us?	Relationships Ourselves and others; similarities and differences; individuality; our bodies	PoS refs: H21, H22, H23, H25, R13, R23, L6, L14	<ul style="list-style-type: none"> • What they like/dislike and are good at • What makes them special and how everyone has different strengths • How their personal features or qualities are unique to them • How they are similar or different to others, and what they have in common • To use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private 	Wellbeing buddy Trusted adult Belonging project Tolerance & Acceptance assembly Cultural celebrations Community Mass
Who is special to us?	Relationships Ourselves and others; people who care for us; groups we belong to; families	PoS refs: L4, R1, R2, R3, R4, R5	<ul style="list-style-type: none"> • That family is one of the groups they belong to, as well as, for example, school, friends, clubs • About the different people in their family / those that love and care for them • What their family members, or people that are special to them, do to make them feel loved and cared for • How families are all different but share common features – what is the same and different about them • About different features of family life, including what families do / enjoy together • That it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried 	Wellbeing buddy Trusted adult Belonging project Tolerance & Acceptance assembly Cultural celebrations Community Mass
What helps us stay healthy?	Health and wellbeing Being healthy; hygiene; medicines; people who help us with health	PoS refs: H1, H5, H6, H7, H10, H37	<ul style="list-style-type: none"> • What being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor) • That things people put into or onto their bodies can affect how they feel • How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy • Why hygiene is important and how simple hygiene routines can stop germs from being passed on • What they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing 	Wellbeing buddy Trusted adult Visit from nurse/dentist Healthy eating talk from Kitchen staff

What can we do with money?	Living in the wider world Money; making choices; needs and wants	PoS refs: L10, L11, L12, L13	<ul style="list-style-type: none"> What money is - that money comes in different forms How money is obtained (e.g. earned, won, borrowed, presents) How people make choices about what to do with money, including spending and saving The difference between needs and wants - that people may not always be able to have the things they want How to keep money safe and the different ways of doing this 	Wellbeing buddy Trusted adult Visit from a banker / SBM
Who helps to keep us safe?	Health and wellbeing Keeping safe; people who help us	PoS refs: H33, H35, H36, R15, R20, L5	<ul style="list-style-type: none"> That people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people Who can help them in different places and situations; how to attract someone's attention or ask for help; what to say How to respond safely to adults they don't know What to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard How to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say 	Wellbeing buddy Trusted adult Visit from Police/Fire etc... NSPCC Speak out assembly
How can we look after each other and the world?	Ourselves and others; the world around us; caring for others; growing and changing	PoS refs: H26, H27, R21, R22, R24, R25, L2, L3	<ul style="list-style-type: none"> How kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively The responsibilities they have in and out of the classroom How people and animals need to be looked after and cared for What can harm the local and global environment; how they and others can help care for it How people grow and change and how people's needs change as they grow from young to old How to manage change when moving to a new class/year group 	Wellbeing buddy Trusted adult RE learning linked to creation Transition program Visit form Vet Eco Council

Year 2				
Question	Topic	National Curriculum program of study	Sticky Knowledge	Additional OLS connections
What makes a good friend?	Friendship; feeling lonely; managing arguments	PoS refs: R6, R7, R8, R9, R25	<ul style="list-style-type: none"> How to make friends with others How to recognise when they feel lonely and what they could do about it 	Wellbeing buddy Trusted adult

			<ul style="list-style-type: none"> • How people behave when they are being friendly and what makes a good friend • How to resolve arguments that can occur in friendships • How to ask for help if a friendship is making them unhappy 	
What is bullying?	Relationships Behaviour; bullying; words and actions; respect for others	PoS refs: R10, R11, R12, R16, R17, R21, R22, R24, R25	<ul style="list-style-type: none"> • How words and actions can affect how people feel How to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe • Why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable • How to respond if this happens in different situations • How to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so 	Wellbeing buddy Trusted adult Anti-Bullying week
What jobs do people do?	Living in the wider world People and jobs; money; role of the internet	PoS refs: L15, L16, L17, L7, L8	<ul style="list-style-type: none"> • How jobs help people earn money to pay for things they need and want • About a range of different jobs, including those done by people they know or people who work in their community • How people have different strengths and interests that enable them to do different jobs • How people use the internet and digital devices in their jobs and everyday life 	Wellbeing buddy Trusted adult Visit from a banker / SBM Visits from people who work in the community (including parents)
What helps us to stay safe?	Health and wellbeing Keeping safe; recognising risk; rules	PoS refs: H28, H29, H30, H31, H32, H34, R14, R16, R18, R19, R20, L1, L9	<ul style="list-style-type: none"> • How rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online) • How to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them • How to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets • How not everything they see online is true or trustworthy and that people can pretend to be someone they are not • How to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them 	Wellbeing buddy Trusted adult Visit from Police/fire NSPCC Speak out assembly

What can help us grow and stay healthy?	Health and wellbeing Being healthy: eating, drinking, playing and sleeping	PoS refs: H1, H2, H3, H4, H8, H9	<ul style="list-style-type: none"> • That different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest • That eating and drinking too much sugar can affect their health, including dental health • How to be physically active and how much rest and sleep they should have everyday • That there are different ways to learn and play; how to know when to take a break from screen-time • How sunshine helps bodies to grow and how to keep safe and well in the sun 	Wellbeing buddy Trusted adult Visit from nurse/dentist Healthy eating talk from Kitchen staff Internet safety workshops
How do we recognise our feelings?	Health and wellbeing Feelings; mood; times of change; loss and bereavement; growing up	PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H24, H27	<ul style="list-style-type: none"> • How to recognise, name and describe a range of feelings • What helps them to feel good, or better if not feeling good • How different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) • How feelings can affect people in their bodies and their behaviour • Ways to manage big feelings and the importance of sharing their feelings with someone they trust • How to recognise when they might need help with feelings and how to ask for help when they need it 	Wellbeing buddy Trusted adult NSPCC Speak out assembly

Year 3				
Question	Topic	National Curriculum program of study	Sticky Knowledge	Additional OLS connections
How can we be a good friend?	Relationships Friendship; making positive friendships, managing loneliness, dealing with arguments	PoS refs: R10, R11, R13, R14, R17, R18	<ul style="list-style-type: none"> • How friendships support wellbeing and the importance of seeking support if feeling lonely or excluded • How to recognise if others are feeling lonely and excluded and strategies to include them • How to build good friendships, including identifying qualities that contribute to positive friendships • That friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences 	Wellbeing buddy Trusted adult NSPCC Speak out assembly

			<ul style="list-style-type: none"> How to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support 	
What keeps us safe?	Health and wellbeing Keeping safe; at home and school; our bodies; hygiene; medicines and household products	PoS refs: H9, H10, H26, H39, H30, H40, H42, H43, H44, R25, R26, R28, R29	<ul style="list-style-type: none"> How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe How to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers That their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable How to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online) How everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly) How to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns What to do in an emergency, including calling for help and speaking to the emergency services 	Wellbeing buddy Trusted adult NSPCC Speak out assembly Visit from a first aider / police
What are families like?	Families; family life; caring for each other	PoS refs: R5, R6, R7, R8, R9	<ul style="list-style-type: none"> How families differ from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents) How common features of positive family life often include shared experiences, e.g. celebrations, special days or holidays How people within families should care for each other and the different ways they demonstrate this How to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe 	Wellbeing buddy Trusted adult Community Mass Cultural celebrations
What makes a community?	Community; belonging to groups; similarities and differences; respect for others	PoS refs: R32, R33, L6, L7, L8	<ul style="list-style-type: none"> How they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups What is meant by a diverse community; how different groups make up the wider/local community around the school How the community helps everyone to feel included and values the different contributions that people make How to be respectful towards people who may live differently to them 	Wellbeing buddy Trusted adult Community Mass Cultural celebrations Hitchin Pantry visit/talk Belonging project

Why should we eat well and look after our teeth?	Being healthy: eating well, dental care	PoS refs: H1, H2, H3, H4, H5, H6, H11, H14	<ul style="list-style-type: none"> • how to eat a healthy diet and the benefits of nutritionally rich foods • How to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist • How not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health • How people make choices about what to eat and drink, including who or what influences these • How, when and where to ask for advice and help about healthy eating and dental care 	Wellbeing buddy Trusted adult Visit from nurse/dentist Healthy eating talk from Kitchen staff
Why should we keep active and sleep well?	Being healthy: keeping active, taking rest	PoS refs: H1, H2, H3, H4, H7, H8, H13, H14	<ul style="list-style-type: none"> • How regular physical activity benefits bodies and feelings • How to be active on a daily and weekly basis - how to balance time online with other activities • How to make choices about physical activity, including what and who influences decisions • How the lack of physical activity can affect health and wellbeing • How lack of sleep can affect the body and mood and simple routines that support good quality sleep • How to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried 	Wellbeing buddy Trusted adult Visit from sports person Sports week

Year 4				
Question	Topic	National Curriculum program of study	Sticky Knowledge	Additional OLS connections
What strengths, skills and interests do we have?	Health and wellbeing Self-esteem: self-worth; personal qualities; goal setting; managing set backs	PoS refs: H27, H28, H29, L25	<ul style="list-style-type: none"> • How to recognise personal qualities and individuality • To develop self-worth by identifying positive things about themselves and their achievements • How their personal attributes, strengths, skills and interests contribute to their self-esteem • How to set goals for themselves • How to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking 	Wellbeing buddy Trusted adult Belonging project Community Mass

How do we treat each other with respect?	Relationships Respect for self and others; courteous behaviour; safety; human rights	PoS refs: R19, R20, R21, R22, R25, R27, R29, R30, R31, H45, L2, L3, L10	<ul style="list-style-type: none"> How people's behaviour affects themselves and others, including online How to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return About the relationship between rights and responsibilities About the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt) The rights that children have and why it is important to protect these That everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination How to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns 	Wellbeing buddy Trusted adult Belonging project Community Mass E Safety workshops NSPCC Speak out assembly
How can we manage our feelings?	Health and wellbeing Feelings and emotions; expression of feelings; behaviour	PoS refs: H17, H18, H19, H20, H23	<ul style="list-style-type: none"> How everyday things can affect feelings How feelings change over time and can be experienced at different levels of intensity The importance of expressing feelings and how they can be expressed in different ways How to respond proportionately to, and manage, feelings in different circumstances Ways of managing feelings at times of loss, grief and change How to access advice and support to help manage their own or others' feelings 	Wellbeing buddy Trusted adult NSPCC Speak out assembly
How will we grow and change?	Health and wellbeing Growing and changing; puberty	PoS refs: H31, H32, H34	<ul style="list-style-type: none"> About puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams How puberty can affect emotions and feelings How personal hygiene routines change during puberty How to ask for advice and support about growing and changing and puberty 	
How can our choices make a difference to	Living in the wider world Caring for others; the environment;	PoS refs: L4, L5, L19, R34	<ul style="list-style-type: none"> How people have a shared responsibility to help protect the world around them How everyday choices can affect the environment 	Wellbeing buddy Trusted adult

others and the environment?	people and animals; shared responsibilities, making choices and decisions		<ul style="list-style-type: none"> • How what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity) • The skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues • How to show care and concern for others (people and animals) • How to carry out personal responsibilities in a caring and compassionate way 	RE learning linked to creation Transition program Visit from Vet Eco Council
How can we manage risk in different places?	Health and wellbeing Keeping safe; out and about; recognising and managing risk	PoS refs: H12, H37, H38, H41, H42, H47, R12, R15, R23, R24, R28, R29, L1, L5, L15	<ul style="list-style-type: none"> • How to recognise, predict, assess and manage risk in different situations • How to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about) • How people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence • How people's online actions can impact on other people • How to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online • How to report concerns, including about inappropriate online content and contact • That rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law 	Wellbeing buddy Trusted adult E safety workshops NSPCC Speak out assembly Visit from police

Year 5				
Question	Topic	National Curriculum program of study	Sticky Knowledge	Additional OLS connections
What makes up our identity?	Health and wellbeing Identity; personal attributes and qualities; similarities and differences;	PoS refs: H25, H26, H27, R32, L9	<ul style="list-style-type: none"> • How to recognise and respect similarities and differences between people and what they have in common with others • That there are a range of factors that contribute to a person's identity (e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes) • How individuality and personal qualities make up someone's identity 	Wellbeing buddy Trusted adult Belonging project Tolerance & Acceptance assembly Cultural celebrations

	individuality; stereotypes		<ul style="list-style-type: none"> About stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others How to challenge stereotypes and assumptions about others 	Community Mass
What decisions can people make with money?	Living in the wider world Money; making decisions; spending and saving	PoS refs: R34, L17, L18, L20, L21, L22, L24	<ul style="list-style-type: none"> how people make decisions about spending and saving money and what influences them How to keep track of money so people know how much they have to spend or save How people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/ credit cards; loans) How to recognise what makes something 'value for money' and what this means to them That there are risks associated with money (it can be won, lost or stolen) and how money can affect people's feelings and emotions 	Wellbeing buddy Trusted adult Visit from a banker / SBM
How can we help in an accident or emergency?	Health and wellbeing Basic first aid, accidents, dealing with emergencies	PoS refs: H43, H44	<ul style="list-style-type: none"> How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions That if someone has experienced a head injury, they should not be moved When it is appropriate to use first aid and the importance of seeking adult help the importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services 	Wellbeing buddy Trusted adult NSPCC Speak out assembly Visit from a first aider / police
How can friends communicate safely?	Relationships Friendships; relationships; becoming independent; online safety	PoS refs: R1, R18, R24, R26, R29, L11, L15	<ul style="list-style-type: none"> About the different types of relationships people have in their lives How friends and family communicate together; how the internet and social media can be used positively How knowing someone online differs from knowing someone face-to-face How to recognise risk in relation to friendships and keeping safe About the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family How to respond if a friendship is making them feel worried, unsafe or uncomfortable 	Wellbeing buddy Trusted adult NSPCC Speak out assembly E safety workshops

			<ul style="list-style-type: none"> How to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety 	
How can drugs common to everyday life affect health?	Health and wellbeing Drugs, alcohol and tobacco; healthy habits	PoS refs: H1, H3, H4, H46, H47, H48, H50	<ul style="list-style-type: none"> How drugs common to everyday life (including smoking/vaping - nicotine, alcohol, caffeine and medicines) can affect health and wellbeing That some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal How laws surrounding the use of drugs exist to protect them and others Why people choose to use or not use different drugs How people can prevent or reduce the risks associated with them That for some people, drug use can become a habit which is difficult to break How organisations help people to stop smoking and the support available to help people if they have concerns about any drug use How to ask for help from a trusted adult if they have any worries or concerns about drugs 	Wellbeing buddy Trusted adult NSPCC Speak out assembly Visit from nurse / doctor / police
What jobs would we like?	Living in the wider world Careers; aspirations; role models; the future	PoS refs: L26, L27, L28, L29, L30, L31, L32	<ul style="list-style-type: none"> That there is a broad range of different jobs and people often have more than one during their careers and over their lifetime That some jobs are paid more than others and some may be voluntary (unpaid) About the skills, attributes, qualifications and training needed for different jobs That there are different ways into jobs and careers, including college, apprenticeships and university How people choose a career/job and what influences their decision, including skills, interests and pay How to question and challenge stereotypes about the types of jobs people can do How they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions 	Wellbeing buddy Trusted adult Visit from a banker / SBM Visits from people who work in the community (including parents)

Year 6

Question	Topic	National Curriculum program of study	Sticky Knowledge	Additional OLS connections
How can we keep healthy as we grow?	Health and wellbeing Looking after ourselves; growing up; becoming independent; taking more responsibility	PoS refs: H1, H2, H3, H4, H5, H6, H7, H8, H11, H12, H13, H14, H15, H16, H21, H22, H40, H46, R10	<ul style="list-style-type: none"> How mental and physical health are linked How positive friendships and being involved in activities such as clubs and community groups support wellbeing How to make choices that support a healthy, balanced lifestyle including: » how to plan a healthy meal » how to stay physically active » how to maintain good dental health, including oral hygiene, food and drink choices » how to benefit from and stay safe in the sun » how and why to balance time spent online with other activities » how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep » how to manage the influence of friends and family on health choices That habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one How legal and illegal drugs (legal and illegal) can affect health and how to manage situations involving them How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school That health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on That anyone can experience mental ill-health and to discuss concerns with a trusted adult That mental health difficulties can usually be resolved or managed with the right strategies and support That FGM is illegal and goes against human rights; that they should tell someone immediately if they are worried for themselves or someone else¹ 	Wellbeing buddy Trusted adult Visit from nurse / police Phase workshops Mental Health week E safety workshop NSPCC Speak out assemblies
How can the media influence people?	Living the wider world Media literacy and	PoS refs: H49, R34, L11, L12, L13, L14, L15, L16, L23	<ul style="list-style-type: none"> How the media, including online experiences, can affect people's wellbeing – their thoughts, feelings and actions 	Wellbeing buddy Trusted adult E safety workshops

	digital resilience; influences and decision-making; online safety		<ul style="list-style-type: none"> • That not everything should be shared online or social media and that there are rules about this, including the distribution of images • That mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions • How text and images can be manipulated or invented; strategies to recognise this • To evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts • To recognise unsafe or suspicious content online and what to do about it • How information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them • How to make decisions about the content they view online or in the media and know if it is appropriate for their age range • How to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue • to recognise the risks involved in gambling related activities, what might influence somebody to gamble and the impact it might have • To discuss and debate what influences people's decisions, taking into consideration different viewpoints 	NSPCC Speak out assembly
What will change as we become more independent?	Relationships Different relationships, changing and growing, adulthood, independence, moving to secondary school	PoS refs: H24, H30, H33, H34, H35, H36, R2, R3, R4, R5, R6, R16	<ul style="list-style-type: none"> • That people have different kinds of relationships in their lives, including romantic or intimate relationships • That people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another • that adults can choose to be part of a committed relationship or not, including marriage or civil partnership • That marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime • How puberty relates to growing from childhood to adulthood • about the reproductive organs and process - how babies are conceived and born and how they need to be cared for • that there are ways to prevent a baby being made² 	Wellbeing buddy Trusted adult Transition program NSPCC Speak out assembly Phase workshops Y6 Buddies Roles and Responsibilities in class and across the school

			<ul style="list-style-type: none">• How growing up and becoming more independent comes with increased opportunities and responsibilities• How friendships may change as they grow and how to manage this• How to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing	
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