

– Year 1

Welcome to school: This lesson introduces what we mean by positive behaviours, why they are important and how they link to school or classroom rules. It identifies some of the adults in school, who are there to help children and their roles.

Emergencies and getting help: This lesson introduces the concept of an emergency and allows children the opportunity to practice making a 999 call.

People who care for us: This lesson encourages children to start thinking about the different people who care for them and the qualities of healthy relationships. It introduces children to different family structures whilst maintaining the core qualities of family life as love, protection and care. The lesson also explores where children can go for help.

Rights, responsibilities and respect: This lesson explores kindness, gratitude, positive behaviours and respect for others.

Healthy friendships: This lesson introduces children to the concept of being a good friend and what qualities make up a good friend. They should be able to identify who is a good friend to them but also how to be a good friend to others. It touches briefly on simple tools to resolve conflict and this is covered more fully in later years.

NSPCC PANTS: This lesson explores the definition of private parts of our bodies and how this relates to appropriate and inappropriate touch. The children also think about who and where they could go for help if they feel unsafe.

Our Health: This lesson introduces the concept of general health including some basic ways to keep bodies healthy.

Healthy Food Choices: "In these activities, pupils become food detectives and find out all about sugar, fruit and vegetables. By the end of the activities, the pupils have a new understanding of the importance of a variety of fruit and vegetables as an alternative to sugar and as part of their 5 a day. They will also have a better understanding of the amount of sugar in everyday food and drinks".

We all have feelings: This lesson focusses on how to recognise and describe different feelings in themselves and others; and what (or who) helps them with their feelings.

Good and not so good feelings: This lesson focusses on good and not so good feelings, recognising that not everyone feels the same about different things and exploring what helps people to feel better.

Jessie & friends 1 watching videos: This lesson explores that while the internet can be enjoyable and fun, there are sometimes things online that can be upsetting or scary. Children learn that they should speak to an adult they trust for help or stop looking at anything that makes them feel worried, scared or sad.

Introduction to Lessons – Year 2

Respecting Uniqueness: This lesson helps children to understand that we are all special and unique. Our similarities and differences should be celebrated, and we all have something to offer. It develops the children's understanding of respecting ourselves and respecting others.

Our Communities: This lesson helps children to understand that we all belong to different communities both inside and outside of our families.

Everyday Safety: This lesson explores safety in a range of contexts and reinforces how to get help.

Basic First Aid: This lesson introduces the concept of first aid, how to recognise if someone might need help and how to give basic first aid.

Learning about work: This lesson introduces children to different jobs and careers. It explores why adults choose (and are good at) a variety of different jobs. The children should start to recognise that their individual strengths can lead to a positive job/career.

Horrible Hands: In this lesson, students will learn how microbes can spread through touch and that the best way to remove microbes and prevent them from spreading is by washing your hands with soap and water.

Jessie & Friends Sharing pictures 2: In this lesson the children learn about the sharing of images and the importance of consent and sharing appropriately. They also consider where to go for help if needed.

Jessie & Friends Playing games 1: This lesson explores what personal information is and why it's important not to share with people they don't know.

Jessie & Friends Playing games 2: This lesson explores some of the negatives of being online, that people may not be truthful or be manipulative. It looks at how and when to ask for help

Big Feelings: This lesson focusses on the impact of 'big' feelings on their behaviour and how to manage this. They also practice how to ask for help with their feelings.

Keeping Our Teeth Clean: This lesson explores facts about teeth, how to brush, floss and rinse, going to the dentist and ways to keep teeth healthy.

Introduction to Lessons – Year 3

World of Work: Building on learning from Year 2, this lesson explores different careers and education options in more detail. The lesson also looks at the different factors involved in choosing a job and how stereotypes can influence career aspirations.

Spending and Saving Money: This lesson introduces children to the basics of what money looks like, where it comes from and how people decide to use their money. It looks at how children and adults might use their money differently and begins to explore how children can keep money safe.

Road Safety: This lesson explores risks in relation to road safety and how to be a responsible and safe pedestrian, cyclist and passenger.

Individual and Collective Strengths: This lesson celebrates the diverse strengths people have and allows the children to explore what skills we need for team working and why they are important

Physical Activity: This lesson explores the benefits of regular exercise and highlights the risks of being inactive. It identifies what is physical activity and how it can support our mental wellbeing and happiness. It provides recommendations for how long we should be physically active and what activities we should be participating in.

Everyday Drugs: This lesson will provide a foundation understanding of what drugs are, the difference between legal and illegal drugs and the health risks of both, including addiction and what this means. The children will also know where they can go for help and support.

Turn Off Let's Play: This lesson explores the importance of having time away from devices and how to use others people's devices respectfully.

Everyday Feelings: This lesson focusses on feelings and emotions, how these change over time and what helps people to feel good.

Expressing Feelings: This lesson focuses on learning to describe and express feelings and the importance of doing so.

Wellbeing: This lesson builds on messages learnt throughout the mental health curriculum and explores practical strategies and technique the children could employ to support their own and others mental wellbeing.

Sun Safety: This lesson explores safety in the sun through practical activity and discussion.

Introduction to Lessons – Year 4

What Makes a Good Friend: This lesson builds on learning about what makes a good friend. Children will review this learning and develop it by looking at online relationships and how friendships change and develop across lifetimes. The group will also explore solutions to managing conflict in a friendship.

Respecting Others: This lesson further explores respect and how people have different opinions. It focuses on respecting other people's viewpoints.

Resolving conflict and managing pressure: This lesson builds on previous learning about healthy friendships and identifies strategies to manage conflict in relationships in a positive way. This lesson goes onto introduce how to manage peer pressure and when and where to get support.

Everyday Safety and Basic First Aid: This lesson introduces everyday safety, common hazards and how to identify them. It also looks at ways to avoid injury and harm and ways to get help if needed.

Money Choices: The lesson revisits learning on why people choose to spend their money or save it. It then develops learning on value by identifying whether or not something is "good" value and what might influence this. Children will learn to identify resources to track spending habits and create basic budgets.

Volunteering and Citizenship: This lesson will help children to understand the concepts of volunteering and citizenship and how they can make a difference

Play, like, share 1 – Alfie: This lesson explores how to have fun safely online, including how to keep online information private and being respectful of others. It also includes where to go for help.

Play, like, share 2 – Magnus: This lesson build on key messages from session 1, exploring keeping personal information safe online and understanding consent when sharing content.

Play, like, share 3 – Fans: This lesson builds on the key messages from session 1&2, exploring that we must be aware that people can pretend to be someone else online to manipulate us. It discusses tactics people use to manipulate others, how we can spot them and ask for help.

Managing Feelings: This lesson explores ways of managing when feelings (especially strong feelings) influence actions and behaviour, sometimes negatively. Children consider who is best to help them with their feelings and learn how to seek appropriate help and advice.

The Environment: This lesson explores climate change and the environment. It also looks at positive ways in which children can work together to have a positive impact on the environment.

Introduction to Lessons – Year 5

A Diverse Community: This lesson explores what makes us similar and different to other people. By exploring who we are and how we connect with other people, we can start to see that we all have links and things in common, whilst celebrating diversity.

Respectful Relationships: This lesson builds on learning about healthy relationships. It goes on to explore differences between families in the community and the importance of respecting differences. Children should understand how to be respectful to others and also develop an understanding of self-respect.

Illness: This lesson explores how illness is a part of human life, but we can take steps to help our bodies to keep healthy. Our bodies have natural defences but sometimes we need to use medication or vaccinations to help.

Nutrition & Healthy Eating: This lesson introduces the different food groups in a balanced diet and provides opportunities to discuss nutritional content, calories and energy. It reinforces the risks of a poor diet introduced at KS1.

Puberty 1: This lesson introduces the group to key messages about conception and pregnancy, while supporting them to understand theirs and other people's bodies and how they relate to reproduction.

Puberty 2: This lesson explores changes that can happen during puberty both physically and emotionally and covers menstruation.

Online Content: This lesson allows children to critically assess the information and content they see online, giving them skills in understanding whether it is trustworthy source and where to go for help.

Online Contact: This lesson builds on key messages from Lesson 1, developing skills in assessing online contact and whether this contact is safe. It explores the importance of not sharing personal information online and where to go for help.

Mental Health and Keeping Well: This lesson builds on learning from lower KS2 about different feelings and emotions and shifts the focus to 'mental health' – what we mean by this and how we look after it.

Managing Challenge and Change: This lesson explores some of the things that can affect a person's mental health as well as managing times of change and challenge. It begins to look at healthy coping strategies and how to put them into practice.

Exploring Risk: This lesson explores the idea of risk, and how to manage risky situations safely.

Introduction to Lessons – Year 6

Different Types of Families: This lesson extends learning by looking at diversity in both romantic and family relationships. It also explores the idea of marriage or civil partnership and the alternatives. It briefly touches on forced marriage and ensures that pupils know how to get support if they feel unsafe in a relationship.

Healthy/Harmful Relationships: This lesson explores how different relationships make us feel including identifying unhealthy and harmful behaviours in a relationship, from friends or family and how to get support. The lesson explores on and offline bullying and how to report this. Children will also revisit learning on difference within the community by exploring stereotypes and discrimination.

Keeping Your Body Safe 1: This lesson explores physical contact and feeling safe, and understanding how to tell someone when a situation can lead to feelings of being uncomfortable or in danger

Keeping Your Body Safe 2: This lesson follows on from 'Keeping your body safe - Lesson 1' and builds on the ideas of how to recognise concerns of feeling bad about an adult or a peer, and how to report any worries about themselves or others.

Spending Decisions: This lesson continues from the Year 4 lesson 'Money choices', which explores the benefits of saving and how to track money using budgeting skills. During this lesson, children should begin to understand how their spending decisions positively and negatively impact their own and other's health and well-being and the environment.

Gambling: This lesson builds on previous learning about risk and explores the risks involved with gambling and the impact it can have on people's health and wellbeing.

Share Aware 1 Alex: This lesson allows children to think about appropriate content to share online and understand the importance of being respectful online, just as we should be in the real world.

Share Aware 2 Lucy: This lesson leads on from key messages in lesson 1, reinforcing understanding about keeping personal information private and that there are risks to speaking to people we don't know online.

Social Media: This lesson explores the positives and negatives of social media use, including key strategies to support our emotional wellbeing while being online.

Feelings and common anxieties when changing schools: This lesson focuses on the feelings and common anxieties pupils may face when starting key stage 3/ starting secondary school and ways in which they can more positively manage them. It also encourages pupils to carefully consider the best sources of support when seeking help and advice.

Changing Schools: "This lesson explores the transition to secondary school and identifies some of the challenges that can arise and where to get support if needed". The lesson also focusses on practical strategies to help with the transition.

Introduction to Lessons – Year 7