

# Relationship, Sex, Health Education Skills Ladder



|                  | Relationships                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Physical health, fitness, health prevention and first aid                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Being safe, including drugs<br>Changing adolescent body                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | E-safety                                                                                                                                                                                                                                                                                                                                                                                                                                        | Mental wellbeing                                                                                                                                                                                                                                                                                                      | Citizenship                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Financial Education<br>Moving on                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| F2<br>Secure     | Know what a family is and who is in their family.<br>Know what friendship is and what makes a good friend.<br>What good manners and why it is important to use them.<br>Know what a relationship is.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Know the different things they do to keep their body healthy and active.<br>Recognise a variety of fruit and vegetables and understand why eating them is important.<br>Know how to wash hands properly and why it is important.<br>Know when and how to seek help if they or someone they know has hurt them selves.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Being able to identify feelings of being unsafe.<br>Describe feelings of being unsafe and who to ask for help.<br>Know rules about safety including what type of touch is appropriate.<br>Know what medicines are and simple rules about them.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Online relationships - About basic rules of online safety.<br>E-safety - About how the internet can be useful and ways it can be used.<br>Know basic rules of using the internet.                                                                                                                                                                                                                                                               | Identify simple feelings in others and themselves.<br>Know who to go to if they need help with feelings.                                                                                                                                                                                                              | Know how to take part in a class discussion using good listening and turn-taking.<br>Know how to express their views about a topic.<br>Know how to listen well to others                                                                                                                                                                                                                                                                                                                                  | Know that you can exchange money for products in shops and online                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| Year 1<br>Secure | Know about families and how they support children as they grow up.<br>Know that their family is special and unique and may be similar or different to their friends.<br>Know the range of people in their lives that support and care for them<br>Know why friendships are important.<br>Know the skills of how to make friends.<br>Know about the many different relationships they have, for example those with family, friends, and teachers.<br>Know about the many ways people may be similar and different to themselves.<br>Know what respect is and how to show respect for and to others.<br>Demonstrate courtesy and use manners.<br>Know about behaviours that do not show respect and may cause hurt to others | Know about the different ways that they are active in a day and how this helps to keep their bodies and minds healthy.<br>Know about the range of fruits and vegetables and how they contribute to a healthy diet.<br>Show awareness of a variety of healthy snack choices.<br>Know the importance of teeth cleaning and a simple cleaning routine.<br>Understand the importance of hand washing and how to wash their hands well.<br>Know that some germs can be spread through sneezing and coughing and that we can prevent that by using tissues and washing hands.<br>Recognise when it is appropriate to get help from an adult if someone is hurt.<br>Know a range of appropriate adults who they can approach for support.<br>Understand the rules for making a call to emergency services and how to make one. | Know the names for the main body parts (including ‘private’ parts – eg. penis, testicles, vulva, vagina, nipples, anus – <b>school to decide on terms and when introduced</b> ).<br>Understand why some parts of their body are ‘private’ and should not be touched by others unless there is a medical reason or a trusted adult is helping them with hygiene.<br>Know about rules around touch.<br>Name an adult they can go to if they are worried about anything.<br>How to respond appropriately and safely to people they don’t know (strangers) both on and offline.<br>Know the importance of safety rules and recognise that these vary in different settings<br>Know some substances around the home are dangerous and can harm the body including household substances like dishwasher tablets.<br>Know that medicines are drugs that help us to get better and basic safety rules. | Online relationships - basic rules for keeping safe online.<br>E-safety - know some ways that the internet can be used to support learning in and out of school.<br>How keep themselves safe online and to demonstrate some ways of reducing risk when playing games.                                                                                                                                                                           | Know vocabulary to describe a range of feelings.<br>Know how to recognise their own feelings and those of others.<br>Recognise the things that make them feel happy and positive (eg. physical activity, sleep, friends, hobbies, pets).<br>Know when and how to seek support about their feelings.                   | Know how to express a simple opinion, agreement and disagreement.<br>Ask questions and listen to the answers.<br>Know how they can play a full part in the life of their classroom.<br>Know how to agree and follow rules for their group and classroom.<br>Know about the role of the school council and that they are able to vote for the members.                                                                                                                                                     | Identify the different coins and notes we use<br>that we have to pay for what we buy.<br>Know how to keep money safe<br>that they don’t have to spend their money but can save it to use later.<br><br>Moving on<br><br>Identify and celebrate positive achievements during their time in Year 1.<br>Identify their strengths, areas for improvement and set themselves some goals for Year 2.<br>Explain their feelings about moving to year 2, what they are worried about and what they are looking forward to.<br>What to expect when they start Year 2.                                                                                                                            |
| Year 2<br>Secure | Show respect for other people’s families.<br>Know the different ways that people in families show love, and how they make each other feel safe and secure.<br>Know who to speak to if something is happening in their family that makes them feel unhappy or unsafe.<br>Know the qualities of a good friend.<br>Know the skills that make friendships work well, for example sharing, co-operative play, taking turns, permission-seeking/giving and listening.<br>Know what bullying is and why it is wrong.<br>Know how to identify and respect differences and similarities between people of different ethnic, cultural and faith backgrounds.<br>Show respect for others.                                             | Be aware of the wide range of ways that we can keep physically active and the reasons why this is needed.<br>Choose and prepare a healthy.<br>Know the types of food that make up a healthy diet.<br>Identify foods that should only be eaten occasionally and in moderation.<br>Know that they have a responsibility for their own and others health. Know about the special people (e.g. emergency services) who work in the community and who are responsible for looking after them and protecting them, how to contact these people when they or someone else needs their help including dialling 999 in an emergency.                                                                                                                                                                                             | Identify the names for the main body parts (including ‘private’ parts – eg. penis, testicles, vulva, vagina, nipples, anus – <b>school to decide on which terms and when introduced</b> .<br>Know who they can go to if they are worried about anything and how to ask for help.<br>Know they have rights over their own bodies, and that they are in charge of who and how someone touches them.<br>Be aware that there are parts of the body that should not be touched by others unless there are particular reasons why .<br>Know what is meant by ‘privacy’; their right to keep things ‘private’; the importance of respecting others privacy; and when it is not ok to keep secrets.<br>Know how to recognise if they feel unsafe.<br>Know the role of medicines in promoting health, the reasons why people use them and the school rules on medicines.                                | Online relationships - Understand some risks of using the internet and basic rules for keeping safe.<br>E-safety – know that when people ask them for private information they don’t share it online or in person without permission from a parent, carer or member of school staff.<br>Know that some websites, games and social media sites may not be age-appropriate and they know what to do if they find something inappropriate online . | Know some safe and appropriate strategies for dealing with strong emotions, eg. Anger.<br>Be aware of ways that people can take care of themselves to support mental wellbeing.<br>Know some safe and positive ways to express feelings.<br>Recognise how others feel by observing face, body language and behaviour. | Know how to take part in discussions/simple debates with others about topical issues.<br>Know that people and other living things have needs and recognise their own responsibility to meet those needs.<br>Know how to contribute to the life of the class and the school.<br>Know that they belong to different groups and communities ie school, family, what improves and harms the environment and about some of the ways people look after them.<br>Know some ways to look after their environment. | Know that we can pay for things in a range of ways and that even when not using cash, money is being used (including buying online and in-app purchase.<br>Know how to explain the difference between needs and wants.<br>Know that it may not be possible to have everything you want, straight away, if at all.<br><br>Moving on<br><br>Know how to identify and celebrate positive achievements during their time in Year 2.<br>Know how to identify their strengths, areas for improvement and set themselves some goals for Year 3.<br>Know how to explain what they are worried about and what they are looking forward to in Year 3.<br>Know what to expect when they start Year |

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                                                                                                                                                                                                                                                                                                                   | <p>Know that medicines can be harmful if not used properly.</p> <p><b>Changing adolescent body</b></p> <p>Know about the changes that have happened to their body since birth.</p> <p>Know about the process of growing from young to old and how people’s needs change.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                        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| Year 3 Secure | <p>Know about a range of family types that may be similar or different to theirs (this includes same sex, adoption, fostering, single parents).</p> <p>Know that marriage is one way that people might show their commitment to one another in a family.</p> <p>Know how to solve friendship problems.</p> <p>Know how to welcome others into friendships and not leave people out.</p> <p>Recognise what bullying is and know some consequences of it.</p> <p>Know ways to respond to bullying and other negative behaviours.</p> <p>Know how to listen to and show respect for the views of others.</p> <p>Know the importance of valuing and respecting themselves and how this contributes to happiness.</p> <p>Know how to recognise and challenge stereotypes, particularly in relation to gender.</p> <p>Understand about different genders and that all genders are equal.</p> | <p>Be aware of a range of practical ways to increase daily exercise levels, for example walking or cycling to school.</p> <p><b>Understand</b> the importance of drinking water regularly and how much to drink.</p> <p>Be aware of which foods may contribute towards tooth decay.</p> <p>Know the importance of keeping their skin protected from the sun and how to do this.</p> <p>Know how to brush teeth effectively.</p>                  | <p>Understand rules for basic road and rail safety.</p> <p>Know the difference between secrets and surprises and understand that some secrets should be told to a trusted adult.</p> <p>Know how to judge what kind of physical contact is acceptable or unacceptable and if they are worried about something that has or may happen to any part of their body they know how to respond -including who they should tell and how to tell them.</p> <p>Understand that there are other substances that affect the body that are not medicines and are legal, eg. caffeine, tobacco, alcohol</p>                                                                                                                                                                                                                                                            | <p>Online relationships - Demonstrate skills for keeping safe online.</p> <p>Know how to show respect when communicating online, eg. Email.</p> <p>E –safety - understand the risks of communicating online and can demonstrate ways of reducing risk to ensure themselves and their friends are safe online when using websites, playing games, using email/text/video chat.</p> <p>Know how to ration time spent online and the benefits of this.</p> <p>Know how to get help if they are worried about something online.</p> <p>Know that some information in the media and online is not true.</p>                                                  | <p>Know what mental wellbeing and mental ill health mean and understand that many people experience mental ill health.</p> <p>Know that there are lots of emotions and that people’s emotions change in different situations.</p> <p>Know that change may cause me to have a range of feelings and can describe some ways to deal with change positively.</p>                                                     | <p>Know how to participate in making and changing rules.</p> <p>Understand why different rules are needed in different situations.</p> <p>Understand that choices we make impact on the local, national and global communities.</p> <p>Know where to find impartial advice to inform their decision making.</p> <p>Know how to empathise with other people and situations through topical issues, problems and local and global events.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p>Know how to look after and handle money in everyday situations.</p> <p>Know how to make simple financial decisions and consider how to spend money, including pocket money and contributions to charity.</p> <p>Know there are different ways to gain money, including earning it through work.</p> <p>Know reasons why we have charities.</p> <p>Moving on</p> <p>Know how to identify and celebrate positive achievements during their time in Year 3.</p> <p>Identify their strengths, areas for improvement and set themselves some goals for Year 4.</p> <p>Explain what they are worried about and what they are looking forward to in Year 4.</p> <p>Know what to expect when they start in Year 4.</p>                                                                                                                                    |
| Year 4 Secure | <p>Know that there are different kinds of families and partnerships.</p> <p>Know about the things that people in families can do to make a healthy family life.</p> <p>Know the qualities of healthy friendships.</p> <p>Recognise who to trust and who not to trust.</p> <p>Acknowledge that others have different points of view.</p> <p>Express their views confidently and listen to and show respect for the views of others.</p> <p>Be respectful to everyone.</p> <p>Recognise and care about other people’s feelings.</p>                                                                                                                                                                                                                                                                                                                                                      | <p>Know the different types of physical activity and how these benefit the body and mind.</p> <p>Know of who can help them if they are worried about their physical health.</p> <p><b>Understand</b> how to make a range of healthy food choices.</p> <p>Know the importance of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p> <p>Know when to make a call to emergency services and how to do this.</p> | <p>Know about personal boundaries; they know what they are willing to share with special people, friends, classmates and others; and that we all have rights to privacy.</p> <p>Understand some of the effects and risks of commonly used legal substances, eg. caffeine, tobacco, and alcohol.</p> <p><b>Changing adolescent body</b></p> <p>Know some of the ways that their body and emotions will change through the process of puberty and how this is linked to reproduction.</p> <p>Know the importance of keeping clean and hygienic when you begin the changes of puberty.</p> <p>Know the scientific names for reproductive body parts including the special place inside a female body called a uterus/womb.</p> <p>Know basic information about periods and how to manage them.</p> <p>Know what to do if they begin periods in school .</p> | <p>Online relationships - Know how information and data is shared and used online.</p> <p>Identify when they may need to seek help with an online issue.</p> <p>Know that not everything on the internet is true and know what to do if they access something inappropriate.</p> <p>Keep some information private in order to protect themselves when communicating online and implement strategies to do this.</p> <p>Recognise that online communications may be used for manipulation or persuasion and they have ways of managing this including where to get help if they think some of their private information is on the internet.</p>          | <p>Know about strong emotions they may have in certain situations and how to manage these safely.</p> <p>Know how to respond appropriately to other people’s feelings.</p> <p>How change can provoke strong emotions.</p> <p>Recognise their worth as an individual and the worth of other people.</p> <p>Identify positive things about themselves and recognise some of their mistakes and learn from them.</p> | <p>Know what democracy means.</p> <p>Know why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules in school.</p> <p>Recognise aggressive and anti-social behaviours such as bullying and discrimination and their effects on individuals and communities, such as travellers, migrants and asylum seekers.</p> <p>Know how to begin to respond to, or challenge, negative behaviours such as stereotyping, homophobia, transphobia and biphobia and racism.</p> <p>To resolve differences they need to respect other people’s point of view and respect their decisions but be able to explain their choices and viewpoints.</p> <p>Know how their choices may impact on the environment.</p> <p>Describe the values of the school and know why they are important.</p> <p>Describe the ‘British Values’ and give examples of what they mean in school and in society</p> <p>how to demonstrate respect and tolerance towards people different from their themselves.</p> | <p>Demonstrate how to look after and save money.</p> <p>Develop an understanding that people have different financial circumstances.</p> <p>Begin to understand the different values and attitudes that people have with regard to money and that they may be different from theirs.</p> <p>Find out about the range of jobs carried out by people they know to explain how they will develop skills for work in the future</p> <p>Moving on</p> <p>Identify positive achievements during their time in Year 4.</p> <p>Identify their strengths, areas for improvement and set themselves some goals for Year 5.</p> <p>Explain what they are worried about and what they are looking forward to in Year 5.</p> <p>Know what to expect when they start Year 5.</p> <p>Know that the learning choices they make will affect their future options.</p> |
| Year 5 Secure | <p>Recognise behaviours that are not healthy or safe in family relationships.</p> <p>Identify people who can help if family relationships are making them feel unhappy.</p> <p>Identify the qualities they have that make them a good friend.</p> <p>Identify the qualities that they value in a friend.</p> <p>Know how to resolve differences, looking at alternatives, making decisions and explaining choices.</p> <p>Know what makes a healthy, respectful relationship.</p> <p>Know about the different ways that people bully others and how bullying impacts on mental health and wellbeing.</p> <p>Know the importance of not being a bystander to bullying and how to seek help.</p>                                                                                                                                                                                         | <p>Understand the risks of an inactive lifestyle (illness, obesity).</p> <p>Make small changes to increase the amount of activity in their daily routine.</p> <p>Know about the main components of a healthy diet.</p> <p>Understand possible consequences of poor diet.</p> <p>Understand the importance of good quality sleep and how this contributes to good physical and emotional health.</p>                                              | <p>Know that the pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources including people they know and the media (RE23, RE25, HE16)</p> <p>Understand the difference between appropriate and inappropriate physical contact and know when, where and how to seek help if they experience inappropriate touching.</p> <p>Know which commonly available substances (alcohol, tobacco, medicines) and drugs are legal and illegal, and their effects and risks.</p> <p><b>Changing adolescent body</b></p> <p>Know of the parts of the reproductive system in male and female bodies.</p>                                                                                                                                                                                                                         | <p>Online relationships –</p> <p>Know the importance of showing people the same respect online as we show in face to face relationships.</p> <p>Know how to recognise risks online.</p> <p>Know how to report a concern online.</p> <p>E-safety -</p> <p>Recognise that not all information on the internet is accurate or unbiased (advertising) and develop strategies for identifying the origin of a website.</p> <p>Know how to use online tools safely to exchange information and collaborate with others within and beyond school e.g. sharing a picture or video online e.g. social media, YouTube.</p> <p>Know how some people use online</p> | <p>Deal positively with their feelings and recognise a range of emotions in others and can explain the intensity of their feelings to others.</p> <p>Know what resilience is and have strategies they can use to build their own resilience.</p> <p>Be able to recognise when to seek support for their own or someone else’s mental wellbeing.</p>                                                               | <p>Know what democracy is and how a democratic government works.</p> <p>Know how to take part in democratic events in school (eg: voting for school council, mock election).</p> <p>Know the consequences of breaking the law and how the criminal justice system works in the UK.</p> <p>Know how to access local and national support groups.</p> <p>Talk and write about their opinions.</p> <p>Know that differences and similarities between people arise from a number of factors including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation and disability (The Equality Act 2010)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>Make considered decisions about saving, spending and giving.</p> <p>Know how to differentiate between essentials and desires – needs and wants</p> <p>Know what ‘value for money’ means and how to make informed choices to get ‘value for money’.</p> <p>Assess ‘best buys’ in a range of circumstances.</p> <p>Understand and manage feelings about money, their own and others.</p> <p>Know about the range of jobs carried out by people and some of the stereotypes surrounding some career choices and they are aware of some of the rights and responsibilities when it comes to treating people fairly.</p>                                                                                                                                                                                          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|               | <p>Recognise the difference between aggressive, assertive and passive behaviour.</p> <p>Explore the ways that one person may abuse another in a relationship.</p> <p>Identify where people can go to get support if they are experiencing relationship difficulties.</p> <p>Value themselves and show self-respect.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p>The importance of good hygiene and regular washing during puberty and beyond.</p> <p>Know how make a call to emergency services.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <p>Know the ways in which people grow and develop during puberty both physically and emotionally.</p> <p>Understand the stages of the menstrual cycle.</p> <p>Know how to manage menstruation.</p> <p>Know how to recognise, as they approach puberty, how people’s emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way.</p> <p>Know what to do if they begin periods in school.</p> <p>Understand terms relating to gender and gender identity, including transgender and non-binary.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>technology to bully other people and they know how to seek help if this happens to them or a friend.</p> <p>Know the potential risks of providing personal information online both within and outside school.</p> <p>How to use a range of strategies to protect their personal information, including passwords, addresses and images of themselves and others.</p> <p>Know how to present themselves safely online eg social media sites, online gaming.</p> <p>Know the risks of online streaming and sending images of themselves online and how to respond if someone asks them to send an image of their naked body.</p> <p>Know how computer games are classified and why.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                              | <p>Know that circumstances in other countries and cultures may be different from our own.</p> <p>Know why some people have chosen to leave their country and migrate to the UK.</p> <p>Know the difference between economic migrant, asylum seeker and refugee.</p> <p>Know about Fair Trade and what it means.</p> <p>Know that individual and community rights and responsibilities need to be taken into account when making decisions (eg: public enquiries, planning decisions for new roads/housing, etc)</p> <p>Know that choices we make as individuals, a community and a nation impact internationally</p> <p>Understand that ‘poverty’ might have different meanings to different people in different circumstances.</p> <p>Recognise and challenge stereotypes.</p> <p>Know where to find impartial advice to inform their decision making and understand about media bias.</p> <p>Knowhow to talk and write about their opinions confidently and listen to and show respect for the opinions of others how to resolve differences, looking at alternatives, making decisions and explaining choices</p>                                                                                                                                                                                      | <p>Develop skills to make a contribution in the future.</p> <p>Consider what they like, what they are good at and what they enjoy doing and can talk positively about their strengths.</p> <p>Know the importance of making a good impression when going through a selection process and they can demonstrate some of the skills required to do this.</p> <p>Know that there are a range of earnings for different jobs</p> <p>that there are a range of benefits from employment, not just financial (making a difference, caring for others, etc).</p> <p>Identify positive achievements during their time in Year 5.</p> <p>Identify their strengths, areas for improvement and set themselves some goals for Year 6.</p> <p>Explain what they are worried about and what they are looking forward to in Year 6.</p> <p>Know what to expect when they start Year 6.</p> <p>Know some of the ways of dealing with the feelings that sometimes arise from change.</p>                                                                                           |
| Year 6 Secure | <p>Know that civil partnerships and marriages are examples of lifelong legal commitments that people in stable, loving relationships may choose to make.</p> <p>Know that marriage and civil partnerships must be freely entered into by both people and they know the legal age when someone can make these commitments.</p> <p>Understand that forcing anyone to marry is a crime; that support is available to protect and prevent people being forced into marriage and they know people may get support for themselves or others.</p> <p>understand the responsibilities of being a parent and the skills needed to parent effectively.</p> <p>Know that relationships may change over time and that new relationships and friendships can develop.</p> <p>Have the skills needed to make new friends and manage changing friendships as they transition into secondary.</p> <p>Know how to ensure that others feel included in their friendships.</p> <p>Identify some strategies for resolving friendship and relationship disputes and conflict.</p> <p>Explore the consequences of discrimination, homophobia, transphobia, biphobia and racism on individuals and communities and how to respond to them and ask for help.</p> <p>Recognise and challenge discrimination, teasing, anti-social and aggressive behaviours, such as bullying, cyber-bullying, ‘trolling’ and stereotyping (including cultural, ethnic, religious diversity, sexuality, gender and disability).</p> <p>Understand the nature, causes and consequences of hate crime.</p> <p>Identify where people can go to get support if they are experiencing relationship difficulties.</p> | <p>Know how to assess their level of physical activity and manage their time to include regular exercise.</p> <p>Understand the links between physical activity and mental wellbeing.</p> <p>Know who can help if they are worried about their health.</p> <p>Plan a healthy meal using the main food groups.</p> <p>Understand how healthy nutrition supports their growth and development as they move into adolescence.</p> <p>Be aware of early signs of physical illness.</p> <p>Understand about the types of immunisation and vaccination and why they are important.</p> <p>Know how to deal with common injuries, including head injuries.</p> | <p>Know that the letters FGM stand for ‘Female Genital Mutilation’ and that changing or removing female private parts causes harm and is against the law if it happens to someone who lives in this country.</p> <p>Respond to challenges including recognising, managing and assessing risks in different situations and how to manage them responsibly, including judging what kind of physical contact is acceptable or unacceptable.</p> <p>Ask for help and have a range of strategies to resist pressure to do something dangerous, unhealthy, that makes them feel uncomfortable, anxious or that they believe is wrong including when to share a confidential secret.</p> <p>Know some consequences of misusing medicines, alcohol, tobacco, drugs and other substances.</p> <p>Understand what is meant by the term ‘habit’ and why habits can be hard to change.</p> <p><b>Changing adolescent body</b></p> <p>Know how to maintain hygiene during puberty.</p> <p>Know how to manage their periods (menstruation) and how to show understanding and respect to others who are menstruating.</p> <p>Understand the impact that puberty has on feelings and emotions.</p> <p>information on what to do if they begin periods in school.</p> <p><b>Sex education</b></p> <p>Know some facts about human reproduction including conception, pregnancy and birth.</p> <p>Know that there are lots of things to consider before people choose to have a baby.</p> <p>Be aware that pregnancy can be prevented through use of contraception.</p> <p>Know the age at which a person in the UK is able to consent to sexual activity and</p> | <p>Online relationships – Know what grooming is and how to get help if they, or someone they know, is being groomed.</p> <p>Know that the person they think they are communicating with on-line may not be who they say they are and may ask them to do inappropriate activities.</p> <p>Know how to critically consider their online friendships.</p> <p>Understand how information and data is shared and used online.</p> <p>E-safety -</p> <p>Know that a mobile phone and/or tablet should be used responsibly; e.g. safe keeping (looking after it) and safe user habits (time limits, use of passcode, turning off at night etc).</p> <p>Use respectful language and know the legal consequences for sending offensive online communications.</p> <p>Know how to critically examine what is presented to them in social media and why it is important to do so.</p> <p>Know the importance of being careful in what they forward to others.</p> <p>Know the consequences of sending naked images of themselves online and they are able to resist any pressure to do this.</p> <p>Know how to get help with issues online and how to report concerns.</p> | <p>Recognise the signs of mental ill health.</p> <p>Know a range of strategies to maintain and improve mental wellbeing.</p> <p>Understand where and how to seek help if they are worried about their own or someone else’s mental health and wellbeing.</p> | <p>Know how democracy works in the UK at a local, regional and national scale.</p> <p>Know that there are other forms of government that are not democratic and can give some examples of these.</p> <p>Understand what being part of a community means and they can take part more fully in school and community activities.</p> <p>Demonstrate a sense of social justice and moral responsibility at school, in the community and towards the environment.</p> <p>Know that everyone has human rights and that children have their own special rights set out in the United Nations Declarations of the Rights of the Child</p> <p>Know that resources can be allocated in different ways and that economic choices affect individuals, communities and the environment.</p> <p>Research, discuss and debate topical issues, problems and events.</p> <p>Appreciate the range of national, regional, religious and ethnic identities in the United Kingdom and the benefits of being a multi-cultural nation.</p> <p>Understand how the media present information and that the media can be both a positive and negative influence.</p> <p>Know how to critique how the media present information.</p> <p>Discuss controversial issues in a mature manner, such as terrorism, migration and racism.</p> | <p>Know how people’s careers may vary and how they develop in different ways</p> <p>Describe a range of local businesses and how they are run and the products and/or services they provide.</p> <p>Know that they have the same rights and opportunities in learning and work as other people.</p> <p>Know that employers must treat all employees equally and there are certain protected characteristics under the Equalities Act.</p> <p>Recognise and start to demonstrate some of the key qualities and skills that employers are looking for.</p> <p>Know what it means to be enterprising.</p> <p>Understand that money we earn also supports the community and how this happens.</p> <p>Identify positive achievements during their time in Primary School.</p> <p>Explain what they are worried about and what they are looking forward to in Year 7.</p> <p>Identify their strengths, areas for improvement and set themselves some goals for Year 7</p> <p>Know what to expect when they start Year 7.</p> <p>Take part and reflect on a planned</p> |

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|  |  |  | <div>understand what consent is.</div> <div>Understand terms relating to sexual orientation (for example heterosexual, gay, lesbian, bisexual, pansexual)</div> <div>the characteristics of healthy romantic and intimate relationships</div> |  |  |  | <div>programme of transition to KS3.</div> <div>Understand how change can interfere with our feelings of belonging.</div> |
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