

School Overview of RSHE

RSE Topics				
Topics	Year 3	Year 4	Year 5	Year 6
Families and people who care for me Caring friendships Respectful relationships	How families care for one another. Falling out and making up. Stereotypes.	Love and marriage. Peer pressure. Respecting different identities.	Young carers. Fun friendships. Stereotypes.	Running away is never OK. FGM – the role of a friend. Stereotypes.
Online relationships /internet safety Being safe	Sharing secrets My body, my right	Play, like, share Public or private? Touch.	Sharing information Linked to online safety	Media messages and me When & how to get help.
My body/changing body Mental & Physical wellbeing	Growing up and my amazing body Happy to be me! Physical activity is fun Healthy eating	Puberty Emotional responses Healthy eating	Puberty and menstrual wellbeing Emotions and puberty Exercise Healthy eating	How a baby is conceived and born Managing challenges and change Healthy eating
Drugs, alcohol & tobacco Health &Prevention	Peer pressure Sun safety	Resisting peer pressure Keeping my body clean and healthy	Informed choices Sleep	The law Sexual health
First Aid	What is first aid?	Staying safe	Emergency action	Practical first aid