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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Year 1 | **Rights and responsibilities*** Looking after things
 | **SCIB Substance abuse****Keeping myself safe*** How our feelings can keep us safe
* Keeping healthy
* Medicine safety
 | **Online safety****Me and my relationships** * Feelings
* Getting help
* Classroom rules
 | **Being my best****Growth Mindset*** Keeping healthy
 | **Growing and changing*** Getting help
* Becoming
* independent
* Body parts
 | **Valuing difference*** Developing tolerance
* Recognising, valuing and celebrating difference
 |
| Year 2 | **Growing and changing*** Life cycles
* Being supportive
 | **SCIB Substance abuse****Valuing difference*** Being kind and helping others
* Listening Skills
 | **Keeping myself safe*** How our feelings can keep us safe
* Keeping healthy
* Medicine safety
 | **Zones of Regulation** * Exploring expected and unexpected behaviours
 | **SCIB protective behaviours*** Consent
 | **Me and my relationships** * Safe and unsafe secrets
* Appropriate touch
* Trusted adults
 |
| Year 3 | **Emotional Regulation**  | **SCIB Substance abuse** * Protective behaviours focus and medicines
 | **Valuing difference** * Recognising and respecting diversity
* Being respectful and tolerant
 | **Me and my relationships*** Cooperation and friendships
 | **Growing and changing** * Relationships
* Keeping safe
 | **Being my best/ Safer Together*** Keeping myself healthy
* Celebrating and developing my skills
 |
| Year 4 | **Emotional Regulation**  | **SCIB Substance abuse** * Protective behaviours focus and alcohol
 | **Valuing difference** * Recognising and celebrating difference (including religions and cultural difference)
* Understanding and challenging stereotypes
 | **Me and my relationships*** Recognising feelings
* Bullying
* Assertive skills
 | **Zones of Regulation** * Exploring expected and unexpected behaviours
 | **Being my best/ Safer Together*** Having choices and making decisions about my health
* Taking care of my environment
 |
| Year 5 | **Relationships*** Feelings
* Friendship skills, including compromise
* Assertive skills
 | **SCIB Substance abuse*** Protective behaviours focus and energy drink

**Keeping myself safe** | **Valuing difference (Choices programme)*** Recognising and celebrating difference, including religions and cultural
* Influence and pressure of social media
 | **Being my best*** Growing independence and taking responsibility
* Media awareness and safety
 | **Growing and changing** * Managing difficult feelings
* Managing change
* Getting help
 | **SCIB relationships** |
| Year 6  | **Relationships*** Assertiveness
* Cooperation
* Safe/unsafe touches
 | **SCIB Substance abuse*** Protective behaviours focus and cannabis and nitrous oxide.

**Keeping myself safe** | **Valuing difference (Choices programme)*** Recognising and reflecting on prejudice-based bullying
* Understanding Bystander behaviour
 | **Being my best*** Aspirations and goal setting
* Managing risk
 | **Growing and changing** * Body image
* Self esteem
* Keeping safe
 | **SCIB relationships** |