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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** |