



PSHE SEQUENCE

INTENT



Love for Learning:

Children will develop a love for PSHE through the chance to have meaningful discussions with those around them. They will learn how to listen to others carefully, showing empathy and tackling difficult topics.



Enquiring Minds:

Children will use PSHE to ask questions about new concepts and ideas and solve problems through communication and sharing of ideas.



World Wise:

Children will learn strategies to deal with emotions that they will face in their life. They will know why rules and law are important and why they are following. They will understand and respect the world, and how they play their part in taking care of it. They will learn how to keep themselves and others safe both inside and outside of school life and the importance of healthy relationships.

Guidance from DfE September 2021:

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the introduction to the proposed new national curriculum. PSHE is a non-statutory subject. To allow teachers the flexibility to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription. However, while we believe that it is for schools to tailor their local PSHE programme to reflect the needs of their pupils, we expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

Relationships and sex education

Relationships and sex education (RSE) is an important part of PSHE education. Relationships education is compulsory for all primary school pupils.

Jigsaw

Jigsaw is a mindful approach to PSHE which brings together Personal, Social, Health Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Lessons are tailored to their children's needs and both teachers and children are able to build a relationship together, getting to understand and know each other as unique human beings. Throughout the year, the children learn through the six 'pieces': Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me.

myHappymind

MyHappymind is a science-backed programme grounded in the latest science and research based around what it takes to create positive wellbeing. It is an NHS backed programme as it has such a big impact on reducing CAMHS referrals. The children start off by learning about the different parts of the brain through 'Meet Your Brain' and how emotions can affect how our brain works together. They then move through four further modules: Celebrate, Appreciate, Relate and Engage.

PSHE Association

Alongside DfE guidance, RSE, Jigsaw and myHappymind, we use the PSHE Association to ensure that children receive the best coverage that they can to help them succeed in later life. The PSHE Association helps to build upon other areas important to life such as British Values, looking after the environment and the concept of money.



	Self-Regulation	Managing Self	Building Relationships
EYFS	<p>Start to recognise and manage feelings</p> <p>Explain how we feel about moving to Year 1, discussing what we are looking forward to or worried about</p> <p>Share our favourite bits about Reception</p> <p>Learn strategies such as 'Calm Me Time' to manage feelings</p> <p>Express our feelings and consider the feelings of others</p> <p>Show resilience and perseverance in the face of challenge</p> <p>Identify and moderate our own feelings socially and emotionally</p> <p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</p>	<p>Understand what being responsible means</p> <p>Explain why we think our homes are special</p> <p>Start to understand children's rights, specifically being allowed to learn and play</p> <p>Understand which words to use to stand up for ourselves when someone says or does something unkind</p> <p>Understand that we can persevere to tackle challenges</p> <p>Explain a time we didn't give up until we achieved a goal, thinking about what it means to be proud</p> <p>Set a goal and work towards it</p> <p>Understand the link between our learning and the job we might do when we are older</p> <p>Understand that being different makes us special</p> <p>Understand we are different and sometimes similar</p> <p>Understand that we need exercise to keep our bodies healthy</p> <p>Explain how moving and resting are good for our bodies</p> <p>Name parts of the body</p> <p>Explain some things we can do and food we can eat to be healthy</p> <p>Understand which foods are healthy and not healthy</p> <p>Explain ways to help us sleep and understand why sleep is good for us</p> <p>Wash hands thoroughly and explain why it is important to do so before eating and after going to the toilet</p> <p>See ourselves as valuable individuals</p> <p>Talk about different factors that support our overall health and wellbeing such as regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine and being a safe pedestrian</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>Begin to explain how to stay safe online, including what to do when we see something we don't like</p>	<p>Understand how it feels to belong and that we are similar and different</p> <p>Identify something we are good at and that we are all good at different things</p> <p>Enjoy working with others to make school a good place to be</p> <p>Understand why it is good to be kind and use gentle hands</p> <p>Explain how to be a kind friend</p> <p>Use kind words to encourage people</p> <p>Explain who are safe adults are</p> <p>Identify jobs we do in our family</p> <p>Explain how to make friends and stop ourselves feeling lonely</p> <p>Think of ways to solve problems with our friends and how to be a good friend</p> <p>Start to understand the impact of unkind words</p> <p>Understand that we all grow from babies to adults</p> <p>Build constructive and respectful relationships</p> <p>Begin to understand the perspective of others</p> <p>Form positive attachments to adults and friendships with peers</p> <p>Show sensitivity to their own and to others' needs</p> <p>Begin to develop an understanding of physical contact and acceptable touch, linking to NSPCC PANTS project</p>

	Health and Wellbeing	Relationships	Living in the Wider World	RSE
Year 1	<p>How to keep basic hygiene and the importance of brushing teeth</p> <p>Care about other people's feelings</p> <p>Set simple goals and work out how to achieve it</p> <p>Tackle new challenges, and understand how to stretch our learning</p> <p>Recognise obstacles that can make achieving goals more difficult</p> <p>Understand the difference between healthy and unhealthy, and how to make healthy lifestyle choices</p> <p>How to keep ourselves clean, and how germs cause disease and illness</p> <p>Understand that some household products, including medicines, can be harmful</p> <p>How medicines help us when we are poorly, and how to use them safely</p> <p>Keep safe when crossing the road</p> <p>Identify ways to keep our bodies safe and healthy</p> <p>Why sleep is important and different ways to relax</p> <p>Different ways to learn and play, recognising the importance of knowing when to take a break from time online or TV</p> <p>Recognise and name feelings, and how they can affect people's bodies and their behaviour</p> <p>Recognise that not everyone feels the same at the same time, or feels the same about the same things</p> <p>How to share feelings and manage feelings to help themselves or change their mood, and when they need help with feelings</p> <p>Recognise what makes us special and that we are all unique</p> <p>Identify what we are good at and what we like or dislike</p>	<p>Understand how people should treat one another and when things are right/wrong</p> <p>Develop an understanding of physical contact and acceptable touch, linking to NSPCC PANTS project</p> <p>Recognise groups and communities we belong to and how these are diverse</p> <p>Making our school community a better place</p> <p>Identify similarities and differences between people in the classroom, and explain how we are different</p> <p>Know how to help if someone is being bullied and how to solve problems by talking to others</p> <p>Use kind words to make new friends</p> <p>Identify members of our family and that families are different</p> <p>Identify what being a good friend is</p> <p>Explain appropriate ways of greeting friends, thinking about physical contact</p> <p>Recognise who is in our school community and how they can keep us safe</p> <p>Recognise qualities as a person or friend, and who we appreciate that is special to us</p> <p>Recognise roles different people play in our lives</p> <p>Identify the people who love and care for us and what they do to help</p> <p>Understand the importance of telling someone if something about our families makes us unhappy or worried</p> <p>Understanding bodies and feelings can be hurt by words</p> <p>Explain what kind and unkind behaviour is and how this can affect others</p> <p>Recognise ways we are similar or different to others</p> <p>Identify how to listen to other people and play and work cooperatively</p> <p>Understand how to talk about our opinion and things that matter to us</p>	<p>Understand why rules are important, linking to Democracy and rule of law</p> <p>Explain our local environment and the effects we have on it, specifically litter and the ocean</p> <p>Understand the term money and the role of money for wants and needs</p> <p>Think about everyone's right to learn</p> <p>Helping others to feel welcome, understanding rights and responsibilities</p> <p>Work well with others, recognising that choices have consequences</p> <p>Recognise ways we are the same as, and different to other people</p> <p>Understand that everyone has different strengths</p>	<p>Understand the lifecycles of animals and humans</p> <p>Explain how we have changed or stayed the same over time</p> <p>How our bodies have changed since we were babies</p> <p>Understand that we change a little bit when we learn new things</p> <p>Explaining changes that have happen in our lives</p>

<p>Year 2</p>	<p>Understand feelings, how we feel in different situations and what we would do in these situations</p> <p>Understand the affect exercise has on our body, linking to heart rate</p> <p>Explain the importance of brushing teeth, looking specifically at sugar levels in food and drink</p> <p>Understand the importance of washing hands to eliminate spreading germs</p> <p>How to keep safe in different contexts by spotting dangers (road safety, water safety and objects in the house)</p> <p>Identify hopes and fears for the year</p> <p>Choose realistic goals and think about how to achieve them</p> <p>Understand what I need to keep my body healthy</p> <p>Show or tell what it means to be relaxed and what things can make us stressed</p> <p>Understand how medicines work in our body and why it's important to use them safely</p> <p>Sort food into food groups and explain which foods make us healthy</p> <p>Make healthy snacks, explaining which foods give our bodies energy</p> <p>Explain what we're looking forward to in our next class</p> <p>Why sleep is important and different ways to relax</p> <p>Different ways to learn and play, recognising the importance of knowing when to take a break from time online or TV</p> <p>Recognise and name feelings, and how they can affect people's bodies and their behaviour</p> <p>Recognise that not everyone feels the same at the same time, or feels the same about the same things</p> <p>How to share feelings and manage feelings to help themselves or change their mood, and when they need help with feelings</p> <p>Recognise what makes us special and that we are all unique</p> <p>Identify what we are good at and what we like or</p>	<p>Begin to understand that some friendships might make us feel unhappy and how we can deal with this</p> <p>Understand acceptable touch, linking to NSPCC PANTS project and start to practice consent with hugging</p> <p>Understand that people make assumptions about boys and girls (stereotypes)</p> <p>Recognise that bullying can sometimes be about difference</p> <p>Understand what is right and wrong</p> <p>Understand that we can be different to others and what these differences and similarities are</p> <p>Recognise who we work well with and who makes learning more difficult</p> <p>Work successfully in a group towards an end goal, and then share this success</p> <p>Identify different family members</p> <p>Understand that physical contact can be acceptable and not, even with family members</p> <p>Identify things that can cause conflict with friends</p> <p>Understand that it can be good to keep a secret, but other times it is not good</p> <p>Express appreciation for people we have relationships with</p> <p>Understand different types of touch and explain what we do/don't like</p> <p>Recognise roles different people play in our lives</p> <p>Identify the people who love and care for us and what they do to help</p> <p>Understand the importance of telling someone if something about our families makes us unhappy or worried</p> <p>Understanding bodies and feelings can be hurt by words</p> <p>Explain what kind and unkind behaviour is and how this can affect others</p> <p>Recognise ways we are similar or different to others</p> <p>Identify how to listen to other people and play</p>	<p>Explain the word Democracy and understand the importance of human rights, linking to the UN Rights of the Child</p> <p>Explain why we need money and the difference between needs and wants for different people, thinking about the value of items</p> <p>Explain how our actions affect the local environment and a specific area of the world, linking to plastic waste</p> <p>Understand the rights and responsibilities of being a class member</p> <p>Contribute ideas about rewards and consequences</p> <p>Work well with others, recognising that choices have consequences</p> <p>Recognise ways we are the same as, and different to other people</p> <p>Understand that everyone has different strengths</p>	<p>Recognise cycles of life in nature</p> <p>Explain the natural process of growing from young to old, and that it's out of our control</p> <p>Recognise how our body has changed since we were babies</p> <p>Recognise physical differences between boys and girls, using the correct vocabulary</p>
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	dislike	and work cooperatively Understand how to talk about our opinion and things that matter to us		
Year 3	<p>Explain what the food groups are, and how our choices of food affect our diet (sugar and fat content)</p> <p>Look at the effect exercise has on health</p> <p>How to stay safe when crossing the road and spotting potential hazards</p> <p>Recognise our worth and identify positive things about ourselves</p> <p>Set personal goals and face new challenges</p> <p>Understand that our actions affect others, trying to see things from their point of view</p> <p>Identify dreams and ambitions</p> <p>Enjoy facing new learning challenges by working out the best way to achieve them</p> <p>Be motivated and enthusiastic about achieving new challenges, recognising obstacles and overcoming them</p> <p>Evaluate our learning process and how we can be better next time</p> <p>Understand how exercise affects our body, thinking about why heart and lungs are important</p> <p>Understanding the number of calories, fats and sugar will affect health</p> <p>Explain knowledge and attitude towards drugs</p> <p>Identify things, people and places we need to keep safe from</p> <p>Identify some strategies for keeping ourselves safe, and who can help us, including the emergency services</p> <p>Recognise when something feels safe and unsafe</p> <p>Understand how complex our bodies are, and how we take care of them</p> <p>Explain some strategies for keeping safe online</p> <p>Identify what we are looking forward to in our next class</p> <p>How to make informed decisions about health</p>	<p>Explain and recognise stereotypes in terms of age and gender, linking to toys</p> <p>Recognise risky or negative relationships, linking to bullying, feeling safe, unwanted touch and NSPCC PANTS project</p> <p>Understand differences in families, specifically bereavement</p> <p>Understand how families are different and important to others</p> <p>Explain that differences and conflicts happen among family members</p> <p>Explain what it means to be a witness to bullying, and that witnesses can make it better or worse</p> <p>Recognise that some words are hurtful to others, identifying when we may have done this</p> <p>Identify roles and responsibilities in the family, thinking about expectations for males and females</p> <p>Identify and put into practice skills of friendship</p> <p>Explain how to express my appreciation to friends and family</p> <p>Recognise stereotypical ideas about parenting and family roles</p> <p>Recognise different types of relationships</p> <p>Identify different ways people care for each other</p> <p>Recognise shared characteristics of healthy family life, including commitment, care, time together and being there for each other</p> <p>Recognise the importance of friendships and how positive friendships support wellbeing</p> <p>Identify what contributes to a positive healthy friendship</p> <p>Understand the importance of seeking support if we feel lonely or excluded, and how to help others if they feel this way</p> <p>Understand that friendships have ups and downs</p>	<p>Understand and explain common rights as a British Citizen, linking to rule of law</p> <p>Explain why we have money and where it comes from, thinking about budgeting and debt</p> <p>Explain how our actions affect the local environment and a specific area of the world, linking to plastic waste</p> <p>Recognise our responsibilities and ask for help when we need it</p> <p>Understand how rules relate to rights and responsibilities</p> <p>Explain how some actions from people around the world help and influence us</p> <p>Understand how our needs and rights are shared by other children and think about how our lives may be different</p> <p>Understand the importance of having compassion towards others and the shared responsibilities we have for caring for others and living things</p> <p>Recognise positive things about ourselves and our achievements</p>	<p>Understand animals and humans change from birth to fully grown</p> <p>Recognise that the female usually has the baby</p> <p>Explain what a baby needs to live and grow</p> <p>Identify how boys' and girls' bodies change on the outside</p>

	<p>Identify the elements of a balanced, healthy lifestyle and choices that support this</p> <p>Recognise that habits have positive and negative effects on a healthy lifestyle</p> <p>Explain how regular exercise benefits mental and physical health and the risks associated with an inactive lifestyle</p> <p>Explain how sleep contributes to a healthy lifestyle and the effects lack of sleep has on the body, feelings, behaviour and our ability to learn</p> <p>Understand the benefits of the internet and the importance of balancing time online</p> <p>Recognise that mental health, like physical health, is part of daily life</p> <p>Identify strategies to support mental health</p> <p>Recognise that feelings can change over time and in intensity and the importance of expressing feelings</p> <p>Identify strategies to respond to feelings and how to manage and respond to feeling appropriately</p> <p>Recognise warning signs about mental health and wellbeing and how to seek support</p> <p>Recognise that anyone can experience mental ill health and that is important to discuss feeling with a trusted adult</p> <p>Explain our personal identity, recognising our individuality and personal qualities</p> <p>Identify personal strengths, skills, achievements and interests and how these contribute to self-worth</p> <p>Recognise how to manage setbacks, including how to re-frame unhelpful thinking</p>	<p>and identify strategies to resolve disputes and reconcile differences</p> <p>Understand that personal behaviour can affect other people</p> <p>Recognise the importance of self-respect and how this can affect our thoughts and feelings, and that we should expect to be treated politely and with respect</p> <p>Explain and respect differences and similarities between people</p>		
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<p>Year 4</p>	<p>Understand our different emotions and how to cope with these Compare sugars and fats in foods and make a well-balanced meal Identify risks and hazards in different contexts, and explain how they would seek help Road safety linked to walking to middle school Begin to recognise fake news Identify hopes and dreams Understand that hopes and dreams do not always come true Understand that reflecting on positive experiences can help to counteract disappointment Identify how to make a new plan to set a goal, even when disappointed Explain the steps to achieve a goal independently and as part of a group Understand facts about smoking and alcohol and its effects on health Explain some reasons that people start to smoke or drink alcohol Identify what we believe to be right and wrong Identify changes that may be out of our control and learnt to accept this Identify what we are looking forward to in our new class How to make informed decisions about health Identify the elements of a balanced, healthy lifestyle and choices that support this Recognise that habits have positive and negative effects on a healthy lifestyle Explain how regular exercise benefits mental and physical health and the risks associated with an inactive lifestyle Explain how sleep contributes to a healthy lifestyle and the effects lack of sleep has on the body, feelings, behaviour and our ability to learn Understand the benefits of the internet and the importance of balancing time online Recognise that mental health, like physical health, is</p>	<p>Recognise and understand risky relationships, linking to NSPCC PANTS project and secrets and dares Explain and recognise stereotypes in terms of age and gender, linking to jobs and discrimination Understanding our attitudes and actions makes a difference to the class Identify who is in the school community, and the roles they play Understand that our actions affect others, thinking about their feelings and empathising with them Understand that sometimes we make assumptions based on what people look like Explain what influences us to make these assumptions Understand that bullying can be hard to spot, but know what to do if we think it is happening Explain why witnesses can join in with bullying and sometimes don't tell others Identify what makes us special and unique Explain when our impressions of people have changed after getting to know them Explain how different friendship groups are formed and which friends we value the most Understand the different roles in groups such as leaders or followers, and how this can change in different situations Explain when others are putting us under pressure, and how we can resist this Recognise situations that can cause jealousy in relationships Identify someone we love and express why they are special to us Talk about someone we no longer see Recognise how friendships can change and how to manage falling out with friends Understand what having a boyfriend/girlfriend might mean and that this is a special relationship for when we are older</p>	<p>Understand what rights and responsibilities are, linking to importance of human rights Research the effects of single use plastic in the environment Explain why we need money and how to keep it safe (banks and savings) Understand how democracy works through the School Council Explain how groups come together to make decisions Understand how democracy and having a voice benefits the school community Explain how the circle of change works and apply this to changes we want in our own lives Understand the importance of having compassion towards others and the shared responsibilities we have for caring for others and living things Recognise positive things about ourselves and our achievements</p>	<p>Understand that personal characteristics come from birth parents</p>
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	<p>part of daily life</p> <p>Identify strategies to support mental health</p> <p>Recognise that feelings can change over time and in intensity and the importance of expressing feelings</p> <p>Identify strategies to respond to feelings and how to manage and respond to feeling appropriately</p> <p>Recognise warning signs about mental health and wellbeing and how to seek support</p> <p>Recognise that anyone can experience mental ill health and that is important to discuss feeling with a trusted adult</p> <p>Explain our personal identity, recognising our individuality and personal qualities</p> <p>Identify personal strengths, skills, achievements and interests and how these contribute to self-worth</p> <p>Recognise how to manage setbacks, including how to re-frame unhelpful thinking</p>	<p>Identify how to show love and appreciation to people and animals special to us</p> <p>Consider what influences our lives and the lives of others</p> <p>Recognise different types of relationships</p> <p>Identify different ways people care for each other</p> <p>Recognise shared characteristics of healthy family life, including commitment, care, time together and being there for each other</p> <p>Recognise the importance of friendships and how positive friendships support wellbeing</p> <p>Identify what contributes to a positive healthy friendship</p> <p>Understand the importance of seeking support if we feel lonely or excluded, and how to help others if they feel this way</p> <p>Understand that friendships have ups and downs and identify strategies to resolve disputes and reconcile differences</p> <p>Understand that personal behaviour can affect other people</p> <p>Recognise the importance of self-respect and how this can affect our thoughts and feelings, and that we should expect to be treated politely and with respect</p> <p>Explain and respect differences and similarities between people</p>		
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PSHE/RSE Vocabulary

	EYFS	Year 1	Year 2	Year 3	Year 4
Relationships and Sex Education & Science		Private parts, Body parts. Changes, Life cycle, Baby, Adulthood/Adult, Grown up/Growing up/Grow, Change, Male, Female	Change, Grow/Growing up, Life cycle, Control, Baby, Adult, Fully grown, Old, Young, Toddler, Teenager, Independent, Male, Female, Penis, Testicles, Vagina, Anus, Public, Private	Male, Female, Changes, Birth, Animals, Babies/Baby, Mother, Growing up/Grow, Change, Puberty, Control, Breasts	Personal, Parents, Gene
Health & Wellbeing	Feelings Nervous Kind	Safe, Special, Calm, Proud, Upset, Disappointed, Success, Achievement, Goal, Treasure,	Emotions, Happy, Sad, Scared, Worried, Frustrated, Angry, Feelings, Manage, Control,	Healthy eating, Eat well plate, Food groups – sugar, fat, protein, carbohydrates, dairy,	Emotions, Happy, Sad, Scared, Worried, Frustrated, Manage, Control, Healthy eating, Eat

	<p>Excited Angry Happy</p>	<p>Dreams, Feelings, Challenge, Obstacle, Healthy, Unhealthy, Balanced, Exercise, Sleep, Clean, Toiletry, Hygienic, Safe, Medicines, Green Cross Code – eyes, ears, look, listen, wait Praise, Self-belief, Incredible, Change, Anxious, Worried, Coping, E-Safety, Online safety, Personal hygiene, Teeth</p>	<p>Healthy eating, Healthy mind, Exercise, Healthy, Unhealthy, Tooth decay, Personal hygiene, Road safety, Green Cross Code – stop, look, listen, Left/Right, Safe/Safety, Harmful, Dangerous, Emergencies, Risks, E-safety, Online safety, Worries, Hopes, Fears, Praise, Positive, Special, Kind, Unkind, Feelings, Lonely, Realistic, Proud, Success, Achievement, Goal, Strength, Persevere, Challenge, Difficult, Easy, Healthy choices, Lifestyle, Motivation, Relax/Relaxation, Tense, Calm, Dangerous, Medicines, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious, Surprised, Frightened, Nervous, Anxious</p>	<p>vitamins, Healthy mind, Exercise, Healthy, Unhealthy, Tooth decay, Personal hygiene, Road safety, Green Cross Code, Hazards, Safety, Left/Right, E-safety, Online safety, Achievement, Proud, Pleased, Personal goal, Praise, Emotions, Feelings, Nightmare, Fears, Worries, Solutions, Support, Dream, Hurtful, Perseverance, Challenges, Success, Obstacles, Goals, Ambitions, Future, Aspirations, Strengths, Motivated, Enthusiastic, Excited, Efficient, Frustration, Oxygen, Energy, Calories/Kilojoules, Heartbeat, Lungs, Heart, Fitness, Saturated fat, Drugs, Attitude, Safe, Anxious, Sacred, Strategy, Advice, Dangerous, Emergency, Emergency services, Ambulance, Fire engine, Police care, Coastguard, Helicopter, Harmful, Risk, Body, Nervous, Happy</p>	<p>well plate, Food groups – sugar, fat, protein, carbohydrates, dairy, vitamins, Healthy mind, Exercise, Healthy, Unhealthy, Wellbeing, Risk, Danger, Hazard, Emergency, Road safety, Internet safety, Surprised, Appearance, Attitude, Dream, Hope, Goal, Determination, Perseverance, Resilience, Positive, Disappointment, Fears, Hurt, Plans, Cope, Help, Self-belief, Motivation, Commitment, Co-operation, Enterprise, Healthy, Smoking, Vaping, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety/Anxious, Shock, Disbelief, Numb, Denial, Anger, Guilt, Pain, Despair, Hopelessness, Relief, Acceptance, Depression, Excited, Nervous</p>
<p>Relationships</p>	<p>Different Taking Turns Sharing Similarity Friend Gentle</p>	<p>Belong/Belonging Similarity/Similar/Same Difference/Different Bullying/Bully/Bullied Deliberate, On Purpose, Unfair, Included, Celebration/Celebrate, Unique, Working together, Teamwork, Trust, Family, Friends/Friendship, Qualities, Caring, Sharing, Kind, Greetings, Touch, Feel, Texture, Like, Dislike, Help/Helpful, Relationships, Appreciate,</p>	<p>Risky, Negative, Respect, Right, Wrong, PANTS (NSPCC), Private parts, Belonging, Co-operate, Problem Solving, Similarities, Assumptions, Stereotypes, Boys, Girls, Difference/Different, Bully, Purpose, Help, On Purpose, Stand up, Male, Female, Diversity, Fairness, Kindness, Friends, Unique, Value, Celebrate, Partner, Team work, Group, Problem solving, Family, Relationship,</p>	<p>Risky, Negative, Bullying, Right, Wrong, PANTS (NSPCC) Private parts, Privates are private, Stereotypes, Gender, Toys, Families/Family, Unique, Bereavement, Special, Welcome, Valued, Acknowledge, Affirm, Co-operate, Challenge, Team work, Belong, Loving, Caring, Safe, Connected, Difference, Similarity, Special, Conflict, Solutions, Resolve, Witness, Bystander, Bullying, Gay,</p>	<p>Risky, Negative, Bullying/Bully, Abuse, PANTS (NSPCC, Private parts, Privates are private, Secrets, Confidentiality, Dares, Stereotyping, Gender, Jobs, Unfairly treated, Included, Excluded, Welcome, Valued, Team, Community, Character/Characteristics, Assumption, Judgement, Different, Accept, Influence, Opinion, Friend, Deliberate, On purpose, Bystander, Witness, Problem solve, Cyber bullying,</p>

		Respect, PANTS (NSPCC), Private parts, Community, Clubs	Important, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, Not acceptable, Conflict, Point of view, Positive, Secret, Surprise, Good secret, Worry secret, Telling, Trust/Trustworthy, Honesty, Reliability, Compliments, Appreciate, Touch, Texture, Cuddle, Squeeze, Comfortable, Uncomfortable	Unkind, Tell, Compliment, Unique, Men, Women, Male, Female, Unisex, Role, Job, Respect, Win-win, Unsafe, Internet, Social media, Private Messaging (PM), Gaming,	Text message, Website, Troll, Special, Unique, Physical features, Impression, Changed, Friendships, Roles, Leader, Follower, Assertive, Agree, Disagree, Relationship, Close, Jealousy, Loss, Strategy, Souvenir, Memento, Memorial, Memories, Special, Remember, Negotiate, Compromise, Trust, Loyalty, Betrayal, Empathy, Boyfriend, Girlfriend, Attraction, Personal, Comfortable, Love, Symbol
Living in the Wider World	Responsibilities Rights	Rewards, Consequences, Rights, Responsibilities, Rules, Fair/Unfair, Democracy, Fairness, Making choices, Environment, Litter, Plastic waste, One use plastic, Harmful, Recycle, Right, Wrong, Want, Need, Money, Savings, Banks, Pounds, Pence	Rules, Democracy, Human rights, Children's rights, Care, Respect, Education, Safe, Want, Need, Money, Savings, Banks, Pounds, Pence, Budget, Special, Worth, Environment, Litter, Plastic waste, One use plastic, Harmful, Recycle, Rights, Responsibilities, Actions, Rewards, Consequences, Choices, Freedom, Independent	British citizen, Rules, Laws, Common rights, Similarities and Differences, Money, Wants (luxuries), Needs (necessities), Income, Earnings, Job, Budget, Debt, Saving, Borrowing, Tracking, Single use plastic, Environment, Recycle, Reuse, Reduce, Harming, Pollution, Behaviour, Rewards, Consequences, Actions, Rights, Responsibilities, Fairness, Choice, Global, Communications, Transport, Interconnected, Food journeys, Climate, Trade, Inequality, Deprivation, United Nations, Equality, Justice	Rights, Responsibilities/Responsibility, Respect, Fairly, Equality, Human rights, Important, Environment, Single use plastic, Harming, Plastic waste, Reduce, Reuse, Recycle, Go Green, Money, Wants (luxuries), Needs (necessities), Income, Earnings, Job, Budget, Debt, Saving, Borrowing, Tracking, Role, Job description, Democracy/Democratic, Reward, Consequence, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of the Child