

Curriculum Overview

Years 1-6

Subject: PSHE - JIGSAW

	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Year 1						
Knowledge	<p>I understand my rights and responsibilities as a member of my class</p> <p>I know my views are valued</p> <p>I recognise choice and understand consequences</p>	<p>I know what is similar and different about my peers</p> <p>I know who I could talk to if I was feeling unhappy or being bullied</p> <p>I know how to make new friends</p> <p>I know that what makes us different makes us all special and unique</p> <p>I understand how being bullied might feel</p>	<p>I know how to tackle new challenges</p> <p>I can understand how it might feel to succeed</p> <p>I know how I learn best</p>	<p>I understand the difference of being healthy and unhealthy</p> <p>I know how to keep healthy and clean and understand germs cause disease and illness</p> <p>I know house hold chemicals and medicines can be harmful</p> <p>I know how to keep safe when crossing the road</p> <p>I know who can keep me safe</p>	<p>I know there are lots of different types of families</p> <p>I know what it means to be a good friend</p> <p>I know appropriate forms of physical contact</p> <p>I know who can help me in a school community</p>	<p>I am starting to understand the life cycle of animals and humans</p> <p>I understand changes as we grow and that they are natural</p> <p>I know that every time I learn something new I change a little bit</p> <p>I understand which parts of my body are private</p>
Skills	<p>I feel special and safe in my class</p> <p>I can recognise how it feels to be proud of an achievement</p> <p>I can recognise choices and understand consequences</p> <p>I can recognise a range of feelings when facing consequences</p>	<p>I can tell you how I am the same or different from my friends</p> <p>I can be kind to other children</p> <p>I can work well with a partner</p>	<p>I can identify obstacles and challenges</p> <p>I can identify my own successes and achievements</p> <p>I can express how I feel when faced with a new challenge</p> <p>I can work out how to overcome challenges and how that feels</p>	<p>I can make healthy lifestyle choices</p> <p>I can find some ways to help myself if I feel poorly</p> <p>I can recognise when I feel frightened and ask for help</p> <p>I can recognise how being healthy makes me feel happy</p>	<p>I can care for people that are important to me</p> <p>I know how to make a friend</p> <p>I can recognise forms of physical contact</p> <p>I know how to praise myself</p> <p>I can ask for help when needed</p>	<p>I can accept changes will happen to me as I grow</p> <p>I can respect my body and understand which parts are private</p> <p>I can cope with changes</p> <p>I can identify the parts of the body that make girls and boys different and use the correct language: vagina, penis, testicles</p>

					I can express to others how I feel about them	
Key Vocabulary	Safe, proud, consequences, responsibilities, achievement, value, belonging, choices	Kind, responsible, unique, difference, bullying, feelings	Achieve, goal, succeed, obstacles, challenge, persevere	Healthy, unhealthy, diet, exercise, safe, harmful	Family, friends, relationships, appropriate touch, feelings, comfort	Changes, natural, scientific body parts, privacy
Year 2						
Knowledge	<p>I understand the rights and responsibilities of being part of my school and class</p> <p>I understand how class rules will help me and others learn</p> <p>I know how to ask for help</p>	<p>I understand assumptions and stereotypes people make about boys and girls</p> <p>I understand that bullying is sometimes about difference</p> <p>I know ways to make new friends</p>	<p>I know who to talk to if I'm being bullied</p> <p>I know how to work in a group</p> <p>I know how to set a goal</p>	<p>I know what I need to keep my body healthy</p> <p>I understand how medicines work and how important it is to use them safely</p> <p>I know which groups to sort foods into</p>	<p>I understand that everyone's family is different and most people value their family</p> <p>I can understand that there are lots of forms of physical contact within families and understand which is acceptable and which is not</p> <p>I understand that sometimes it's good to keep a secret and sometimes it's not</p>	<p>I understand there are changes out of my control</p> <p>I understand natural process of changing from young to old</p> <p>I understand there are different types of touch</p>
Skills	<p>I can recognise feelings of worry and ask for help</p> <p>I can help make my class a safe and fair space</p> <p>I can work co-operatively</p> <p>I can choose to follow the rules of my class and school</p>	<p>I can accept the similarities and differences between boys and girls</p> <p>I can tell you how somebody being bullied would feel and be kind to anyone being bullied</p> <p>I can identify when I should stand up for myself and others</p> <p>I will ask for help if I'm being bullied</p>	<p>I can choose a realistic goal</p> <p>I can persevere when tasks are difficult</p> <p>I can choose partners I can work well with</p> <p>I can share successes</p> <p>I can express how it feels to work as part of a group and explain how to work cooperatively</p>	<p>I can identify when I'm feeling stressed or weak</p> <p>I can motivate myself to make healthy life style choices</p> <p>I have healthy relationships with food and take care of my body</p> <p>I can identify when feelings are strong or weak</p>	<p>I can accept all families are different</p> <p>I can identify which types of physical contact I like and dislike and can express this</p> <p>I can demonstrate problem solving skills to resolve conflicts with my friends</p> <p>I can speak to someone I trust if I'm asked to keep a secret I shouldn't</p>	<p>I can recognise cycles of life in nature</p> <p>I can recognise how I feel about changes that are out of my control</p> <p>I can identify people who I respect who are older than me</p> <p>I can recognise physical differences between girls and boys and use correct names for parts of the body</p>

		I know how it feels to have a friend and be a friend			<p>I know how it feels to trust someone</p> <p>I can accept and express my appreciation for others</p> <p>I can identify conflict between friends</p>	<p>I feel proud about becoming more independent</p> <p>I can tell you what I like/dislike about being a boy/girl</p> <p>I can confidently say what I like/don't like and can ask for help</p> <p>I can think about changes I will make when moving to year 3</p>
Key Vocabulary	Rules, safe, rights, responsibilities, co-operate, problem solving	Kind, responsible, unique, difference, bullying, share	Achieve, goal, succeed, obstacles, challenge	Active, healthy, lifestyle, carbohydrates, proteins, fats, minerals, dairy, fruit, vegetables	Trust, appreciation, difference, physical touch, acceptance	Like, dislike, changes, body parts, control

Year 3

Knowledge	<p>I know how to set personal goals</p> <p>I know strategies to face new challenges positively</p> <p>I understand why rules are needed and how they relate to rights and responsibilities</p> <p>I understand that my actions affect myself and others</p> <p>I know what is considered a responsible choice</p> <p>I understand my behaviour brings rewards/consequences</p>	<p>I understand that everybody's family is different and important to them</p> <p>I understand that differences and conflicts sometimes happen among family members</p> <p>I know what it means to be a witness to bullying</p> <p>I know that witnesses can make the situation better or worse by what they do</p> <p>I recognise that some words are used in hurtful ways</p>	<p>I can tell you about a person who has faced difficult challenges and achieved success</p> <p>I know what is meant by a dream/ambition</p> <p>I understand that obstacles can hinder my achievement</p> <p>I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge</p>	<p>I understand how exercise affects my body and know why my heart and lungs are important organs</p> <p>I know strategies and who to go to for help</p> <p>I understand that some household substances, including medicine, can be harmful if not used correctly</p> <p>I understand how complex my body is and how important it is to take care of it</p>	<p>I can identify the roles and responsibilities of each member in my family and reflect of the expectations for males and females</p> <p>I know some strategies to keep myself safe</p> <p>I understand how my needs and rights are shared by children around the world and can identify how our lives might be different</p> <p>I know how to show appreciation to friends and family</p>	<p>I understand lots of changes happen for humans and animals from conception and growing up</p> <p>I know it is usually the female who has a baby</p> <p>I understand how babies grow and develop in the mother's uterus</p> <p>I understand what a baby needs to live and grow</p> <p>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p>
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		I know some ways of helping to make someone who is bullied feel better				<p>I can understand how boys' and girls' bodies change on the inside</p> <p>I can start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>I understand that there will be a change when moving to Year 4</p>
Skills	<p>I value myself and can make someone else feel welcome and valued</p> <p>I recognise how it feels to be happy, sad or scared and identify if other people are feeling these emotions</p> <p>I can work cooperatively in a group</p> <p>I choose to follow the rules</p>	<p>I appreciate my family/the people who care for me</p> <p>I know how to calm myself down and can use the 'Solve it together' technique</p> <p>I can problem-solve a bullying situation with others</p> <p>I try hard not to use hurtful words (e.g. gay, fat)</p> <p>I can give and receive compliments and know how this feels</p>	<p>I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)</p> <p>I can imagine how I will feel when I achieve my dream/ambition</p> <p>can break down a goal into a number of steps and know how others could help me to achieve it</p> <p>I can manage the feelings of frustration that may arise when obstacles occur</p> <p>I am confident in sharing my success with others</p>	<p>I can set myself a fitness challenge</p> <p>I can identify how I feel towards drugs</p> <p>I can express how being anxious or scared feels</p> <p>I can identify things, people and places that I need to keep safe from</p> <p>I can take responsibility for keeping myself and others safe at home</p> <p>I respect my body and appreciate what it does for me</p>	<p>I can describe how taking some responsibility in my family makes me feel</p> <p>I know how to negotiate in conflict situation to try and find a win-win solution</p> <p>I know who to ask for help if I'm worried or concerned</p> <p>I can show awareness of how others influences can affect my choices</p> <p>I can empathise with children whose lives are different to mine and appreciate what I might learn from them</p> <p>I enjoy being part of a family and friendship groups</p> <p>I can explain how some of the actions and work of people around the world help and influence my life</p>	<p>I can express how I feel when I see babies or baby animals</p> <p>I can express how I might feel if I had a new baby in the family</p> <p>I can recognise how I feel about the changes happening to me and how to cope with those changes</p> <p>I can identify the changes made to girls' and boys' bodies on the outside</p> <p>I can express how I feel when my ideas are challenged and might be willing to change my idea sometimes</p> <p>I can start to think about changes I will make when I go to Year 4 and how to go about it</p>

						I can identify what I am looking forward to in Year 4
Key Vocabulary	Responsibility, choice, achievement, value, feelings, acknowledge, fairness, solutions	Bullying, isolation, problem-solve, hurtful, compliments	Frustration, steps, strengths, confidence, success	Exercise, healthy, substances, emotions	Friendship, family, influence, expectation, roles, responsibilities	Changes, conception, uterus, womb, growth, family roles

Year 4

Knowledge	<p>I know my attitudes and actions make a difference to the class</p> <p>I understand the roles of the people in my school community and how I fit</p> <p>I understand how democracy works through the school council</p> <p>I understand my actions affect myself and others</p> <p>I understand how democracy and having a voice benefits the school community</p>	<p>I understand that sometimes we make assumptions based on what people look like</p> <p>I understand what influences me to make assumptions based on how people look</p> <p>I know that sometimes bullying is hard to spot and know what to do if I think it's going on but I'm not sure</p> <p>I can understand why witnesses sometimes join in with bullying and sometimes don't tell</p> <p>I know how it might feel to witness or be a target of bullying</p>	<p>I understand that sometimes hopes and dreams do not come true and this can hurt</p> <p>I know that reflecting on positive and happy experiences can help</p>	<p>I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</p> <p>I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</p> <p>I can recognise when people are putting me under pressure</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong</p>	<p>I can identify the web of relationships that I am part of, starting from those closest to me and including those more distant</p> <p>I can identify someone I love and can express why they are special to me</p> <p>I can tell you about someone I know that I no longer see</p> <p>I can explain different points of view on an animal rights issue</p> <p>I understand how people feel when they love a special pet</p> <p>I know how to show love and appreciation to the people and animals who are special to me</p>	<p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</p> <p>I understand that having a baby is a personal choice and that I can express how I feel about having children when I am an adult</p> <p>I know the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>I know how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>I know how the circle of change works and can</p>
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						apply it to changes I want to make in my life
Skills	<p>I know how good it feels to be part of a group and how it feels to be excluded</p> <p>I try to make people feel welcome and valued I can take on a role in a group and contribute to the overall outcome</p> <p>I can help develop school rules and help others follow them</p>	<p>I try to accept people for who they are</p> <p>I can question why I think what I do about other people</p> <p>I can problem solve bullying situations with others</p> <p>I like and respect the unique features of my physical appearance</p> <p>I can tell you a time when my first impression of someone changed when I got to know them</p> <p>I can explain why it is good to accept people for who they are</p>	<p>I can identify when I have felt disappointed and now how to cope with it</p> <p>I can help others cope with disappointment</p> <p>I can be resilient and have a positive attitude</p> <p>I can enjoy being a part of a group challenge</p> <p>I can identify steps and make a plan to achieve a goal</p> <p>I can share in the success of a group</p>	<p>I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most</p> <p>I can recognise the changing dynamics between people in different groups, see who takes on which role, e.g. leader, follower, and understand the roles I take on in different situations</p> <p>I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions</p> <p>I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with</p> <p>I can relate to feelings of shame and guilt and know how to act assertively to resist pressure from myself and others</p> <p>I can identify feelings of anxiety and fear</p>	<p>I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them</p> <p>I know how most people feel when they lose someone or something they love</p> <p>I understand that we can remember people even if we no longer see them</p> <p>I can understand that losing a special pet brings feelings that can be hard to cope with, but that it can be helpful to mark loss by celebrating special things about the pet</p> <p>I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean</p> <p>I understand how to stay safe when using technology to communicate with my friends</p>	<p>I appreciate that I am a truly unique human being</p> <p>I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p> <p>I am confident enough to try to make changes when I think they will benefit me</p> <p>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p> <p>I can identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p>I can identify what I am looking forward to when I am in Year 5</p> <p>I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this</p>

				associated with peer pressure I can tap into my inner strength and know how to be assertive		
Key Vocabulary	Community, rules, contribution, value, democracy, pupil voice	Bullying, respect, unique, appearance	Achievement, success, disappointment, perseverance, plan	Assertiveness, pressure, alcohol, drugs	Relationship, friendship, family, love, belonging	Sperm, egg, puberty, periods, change

Year 5

Knowledge	<p>I know how to face new challenges positively</p> <p>I know how to set personal goals</p> <p>I understand my rights and responsibilities as a British citizen</p> <p>I understand my rights and responsibilities as a member of my school</p> <p>I understand how rewards and consequences feel</p> <p>I understand how an individual's behaviour can impact on a group</p> <p>I understand how democracy and having a voice benefits the school community and know how to participate in this</p>	<p>I understand that communicating with someone in a different culture means we can learn from each other</p> <p>I am aware of my own culture</p> <p>I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</p>	<p>I understand that I will need money to help me achieve some of my dreams</p> <p>I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs</p> <p>I can describe the dreams and goals of young people in a culture different to mine</p> <p>I know the type of job I would like to do when I grow up and can understand what would motivate me and what I need to do to achieve it</p>	<p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart</p> <p>I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p> <p>I understand how the media and celebrity culture promotes certain body types</p> <p>I can describe the different roles food can play in people's lives and can explain how people can</p>	<p>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p> <p>I know how to stay safe when using technology to communicate with my friends and can explain this</p> <p>I understand that relationships are personal and there is no need to feel pressured into having a boyfriend/girlfriend</p> <p>I know I can love and be loved</p>	<p>I am aware of my own self-image and how my body image fits into that</p> <p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>I can describe how boys' and girls' bodies change during puberty</p> <p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p> <p>I understand that puberty is a natural process that</p>
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	I understand why our school community benefits from rules			<p>develop eating problems (disorders) relating to body image pressures</p> <p>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p>		happens to everybody and that it will be ok for me
Skills	<p>I know what I value most about my school and can identify my hopes for this school year</p> <p>I can empathise with people in this country whose lives are different to my own</p> <p>I can empathise with people in this country whose lives are different to my own I understand that my actions affect me and others</p> <p>I can contribute to the group and understand how we can function best as a whole</p> <p>I can help others to follow the school rules</p> <p>I can make choices about my own behaviour</p>	<p>I am aware of my attitude towards people from different races</p> <p>I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship</p> <p>I can tell you a range of strategies in managing my feelings in bullying situations and for problem-solving when I'm part of one</p> <p>I can appreciate the value of happiness regardless of material wealth</p> <p>I respect my own and other people's cultures</p> <p>When talking to someone from a different culture I can identify a range of ways that we could support each other</p>	<p>I can identify what I would like my life to be like when I am grown up</p> <p>I appreciate the contributions made by people in different jobs</p> <p>I appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future</p> <p>I can reflect on how these relate to my own</p> <p>I appreciate the similarities and differences in aspirations between myself and young people in a different culture</p> <p>I understand why I am motivated to make a positive contribution to supporting others</p>	<p>I can make an informed decision about whether or not I choose to smoke and know how to resist pressure</p> <p>I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure</p> <p>I know how to keep myself calm in emergencies</p> <p>I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am</p> <p>I respect and value my body</p> <p>I am motivated to keep myself healthy and happy</p>	<p>I know how to keep building my own self-esteem</p> <p>I know how to stand up for myself and how to negotiate and compromise</p> <p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p>I can recognise the feeling of jealousy, where it comes from and how to manage it</p> <p>I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to others</p> <p>I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others</p>	<p>I know how to develop my own self esteem</p> <p>I can express how I feel about the changes that will happen to me during puberty</p> <p>I appreciate how amazing it is that human bodies can reproduce in these ways</p> <p>I am confident that I can cope with the changes that growing up will bring</p> <p>I can start to think about changes I will make when I am in Year 6 and know how to go about this</p> <p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> <p>I can identify what I am looking forward to when I am in Year 6</p>

					I can express my own opinion and feelings on remembering people	
Key Vocabulary	British citizen, choice, roles, responsibility, community, laws	Respect, culture, race, bullying, choice	Support, appreciation, opportunity	Motivation, safety, happy, healthy, pressure	Resist, negotiate, self-esteem, communication	Body image, conception, sexual intercourse, puberty, consent
Year 6						
Knowledge	<p>I know that there are universal rights for all children but for many children these rights are not met</p> <p>I understand that my actions affect other people locally and globally</p> <p>I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities</p> <p>I understand how an individual's behaviour can impact on a group</p> <p>I understand how democracy and having a voice benefits the school community</p>	<p>I understand there are different perceptions about what normal means</p> <p>I understand how having a disability could affect someone's life</p> <p>I can explain some of the ways in which one person or a group can have power over another</p> <p>I know some of the reasons why people use bullying behaviours</p> <p>I can give examples of people with disabilities who lead amazing lives</p> <p>I can explain ways in which difference can be a source of conflict and a cause for celebration</p> <p>I can describe some ways in which I can work with other people to help make the world a better place</p>	<p>I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal)</p> <p>I know what some people in my class like or admire about me and can accept their praise</p> <p>I understand why it is important to stretch the boundaries of my current learning</p>	<p>I know the impact of food on the body, e.g. creating energy, giving comfort and altering mood</p> <p>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>I know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in emergency situations</p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p>I know how to keep myself safe to avoid emergencies and also how to deal with</p>	<p>I understand how it feels to have people in my life that are special to me</p> <p>I know some of the feelings we can have when someone dies or leaves</p> <p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p>I understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening</p>	<p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>I can ask the questions I need answered about changes during puberty</p> <p>I know how to develop my own self esteem</p> <p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p>I understand how being physically attracted to someone changes the nature of the relationship</p> <p>I know how to prepare myself emotionally for starting secondary</p>

				<p>emergencies if they happen</p> <p>I understand how stress can cause alcohol misuse</p>		
Skills	<p>I can identify my goals for this year, understand my fears and worries about the future and know how to express them</p> <p>I feel welcome and valued and know how to make others feel the same</p> <p>I understand my own wants and needs and can compare these with children in different communities</p> <p>I can make choices about my own behaviour</p> <p>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them</p> <p>I can contribute to the group and understand how we can function best as a whole</p> <p>I understand why our school community benefits from rules and how I can help others to follow it by modelling it myself</p>	<p>I can work with other people to help make the world a better place</p> <p>I can empathise with people who are living with disabilities</p> <p>I am aware of my attitude towards people with disabilities</p> <p>I know how it can feel to be excluded or treated badly by being different in some way</p> <p>I can tell you a range of strategies in managing my feelings in bullying situations and for problem solving when I'm part of one</p> <p>I appreciate people for who they are</p> <p>I can show empathy with people in either situation</p>	<p>I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these</p> <p>I can identify problems in the world that concern me and talk to other people about them</p> <p>I can set success criteria so that I will know whether I have reached my goal</p> <p>I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations</p> <p>I can empathise with people who are suffering or who are living in difficult situations</p> <p>I can identify why I am motivated to do this</p> <p>I can give praise and compliments to other people when I recognise their contributions and achievements</p>	<p>I am motivated to give my body the best combination of food for my physical and emotional health</p> <p>I am motivated to find ways to be happy and cope with life's situations without using drugs</p> <p>I can tell you how I feel about using alcohol when I am older and my reasons for this</p> <p>I can evaluate when alcohol is being used responsibly, anti-socially or being misused</p> <p>I know how to help myself feel emotionally healthy and can recognise when I need help with this</p> <p>I can recognise when I feel stressed and the triggers that cause this</p> <p>I can use different strategies to manage stress and pressure</p>	<p>I can identify the most significant people to be in my life so far</p> <p>I can use some strategies to manage feelings associated with loss and can help other people to do so</p> <p>I can recognise when I am feeling those emotions and have strategies to manage them</p> <p>I can recognise when people are trying to gain power or control</p> <p>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p> <p>I can take responsibility for my own safety and well-being</p> <p>I can use technology positively and safely to</p>	<p>I am aware of my own self-image and how my body image fits into that</p> <p>I can express how I feel about the changes that will happen to me during puberty</p> <p>I can reflect on how I feel about asking the questions and about the answers I receive</p> <p>I recognise how I feel when I reflect on the development and birth of a baby</p> <p>I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this</p> <p>I can identify what I am looking forward to and what worries me about the transition to secondary school</p>

					communicate with my friends and family	
Key Vocabulary	Democracy, locally, globally, community, opinion, actions	Empathy, disability, attitude	Motivation, boundaries, attitude, contribution, achievements	Misuse, emergency, stress, pressure, strategies	Responsibility, control, loss, grief	Puberty, conception, pregnancy, transition, changes, independence