

Appendix A: Coverage of statutory relationships education within the Hadley Wood PSHE Curriculum

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and people who care for me						
Pupils learn:						
that families are important for children growing up because they can give love, security and stability.	Physical health and wellbeing: Fun times	Relationships and health education: Boys and girls, Families Mental health and emotional wellbeing: Friendship				Relationships and health education: Healthy relationships
the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.		Relationships and health education: Boys and girls, families		Relationships and health education: Growing up and changing		Relationships and health education: Healthy relationships
that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care for them.		Relationships and health education: Boys and girls, families	Identity, society and equality: Celebrating difference			Relationships and health education: Healthy relationships
that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	Physical health and wellbeing: Fun times	Relationships and health education: Boys and girls, Families Mental health and emotional wellbeing: Friendship				Relationships and health education: Healthy relationships
that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.		Relationships and health education: Boys and girls, families				Relationships and health education: Healthy relationships
how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	Keeping safe and managing risk: Feeling safe				Keeping safe and managing risk: Making safer choices Mental health and emotional wellbeing: Dealing with feelings	Relationships and health education: Healthy relationships

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Caring friendships						
Pupils learn:						
how important friendships are in making us feel happy and secure, and how people choose and make friends.		Mental health and emotional wellbeing: Friendship	Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Relationships and health education: Healthy relationships
the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties.		Mental health and emotional wellbeing: Friendship	Identity, society and equality: Celebrating difference Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Relationships and health education: Healthy relationships
that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Identity, society and equality: Me and others	Mental health and emotional wellbeing: Friendship Relationships and health education: Boys and girls, families	Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Relationships and health education: Healthy relationships Mental health and emotional wellbeing: Healthy minds
that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	Identity, society and equality: Me and others	Mental health and emotional wellbeing: Friendship	Mental health and emotional wellbeing: Strengths and Challenges Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Mental health and emotional wellbeing: Healthy minds
how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help or advice from others, if needed.	Keeping safe and managing risk: Feeling safe	Mental health and emotional wellbeing: Friendship	Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Relationships and health education: Healthy relationships Mental health and emotional wellbeing: Healthy minds

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Respectful relationships						
Pupils learn:						
the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or	Identity, society and equality: Me and others	Relationships and health education: Boys and girls, families	Identity, society and equality: Celebrating difference	Relationships and health education: Growing up and changing		Relationships and health education: Healthy relationships

backgrounds), or make different choices or have different preferences or beliefs		Mental health and emotional wellbeing: Friendship				Mental health and emotional wellbeing: healthy minds
practical steps they can take in a range of different contexts to improve or support respectful relationships.	Identity, society and equality: Me and others	Mental health and emotional wellbeing: Friendship	Mental health and emotional wellbeing: Strengths and challenges		Keeping safe and managing risk: Making safer choices	Mental health and emotional wellbeing: Healthy minds
the conventions of courtesy and manners.	Identity, society and equality: Me and others	Mental health and emotional wellbeing: Friendship	Identity, society and equality: Celebrating difference			Relationships and health education: Healthy relationships
the importance of self-respect and how this links to their own happiness	Identity, society and equality: Me and others	Relationships and health education: Boys and girls, families	Mental health and emotional wellbeing: Strengths and challenges			Mental health and emotional wellbeing: Healthy minds
that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	Keeping safe and managing risk: Feeling safe	Relationships and health education: Boys and girls, families	Identity, society and equality: Celebrating difference Mental health and emotional wellbeing: Strengths and challenges	Identity, society and equality: Democracy	Identity, society and equality: Stereotypes, discrimination and prejudice	Keeping safe and managing risk: Keeping safe – out and about Mental health and emotional wellbeing: Healthy minds Relationships and health education: Healthy relationships
about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.		Keeping safe and managing risk: Bullying – see it, say it, stop it	Keeping safe and managing risk: Bullying – see it, say it, stop it		Keeping safe and managing risk: Making safer choices Identity, society and equality: Stereotypes, discrimination and prejudice	
what a stereotype is, and how stereotypes can be unfair, negative or destructive.		Relationships and health education: Boys and girls, families			Identity, society and equality: Stereotypes, discrimination and prejudice	Relationships and health education: Healthy relationships Mental health and emotional wellbeing: Healthy minds

						Keeping safe and managing risk: Keeping safe out and about
The importance of permission-seeking and giving in relationships with friends, peers and adults	Keeping safe and managing risk: Feeling safe Physical health and wellbeing: Fun times	Keeping safe and managing risk: Indoors and outdoors				Keeping safe and managing risk: Keeping safe out and about Relationships and health education: Healthy relationships

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Online relationships						
Pupils learn:						
that people sometimes behave differently online, including by pretending to be someone they are not.		Mental health and emotional wellbeing: Friendship		Keeping safe and managing risk: Playing safe	Keeping safe and managing risk: Making safer choices Physical health and wellbeing: In the media	
that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.			Keeping safe and managing risk: Bullying – see it, say it, stop it Identity, society and equality: Celebrating difference		Keeping safe and managing risk: Making safer choices Physical health and wellbeing: In the media	Relationships and health education: Healthy relationships
the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.		Keeping safe and managing risk: Indoors and outdoors	Keeping safe and managing risk: Bullying – see it, say it, stop it	Keeping safe and managing risk: Playing safe	Keeping safe and managing risk: Making safer choices	
how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.			Keeping safe and managing risk: Bullying – see it, say it, stop it		Physical health and wellbeing: In the media. Keeping safe and managing risk: Making safer choices	
how information and data is shared and used online.				Keeping safe and managing risk:	Keeping safe and managing risk:	

				Playing safe	Making safer choices Physical health and wellbeing: In the media.	
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Being safe

Pupils learn:

what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	Keeping safe and managing risk: Feeling safe Physical health and wellbeing: Fun times	Mental health and emotional wellbeing: Friendship	Keeping safe and managing risk: Bullying – see it, say it, stop it	Keeping safe and managing risk: Playing safe	Keeping safe and managing risk: Making safer choices	Keeping safe and managing risk: Keeping safe out and about
about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Keeping safe and managing risk: Feeling safe	Keeping safe and managing risk: Indoors and outdoors		Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Keeping safe and managing risk: Keeping safe out and about (FGM)
that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Keeping safe and managing risk: Feeling safe		Keeping safe and managing risk: Bullying – see it, say it, stop it			Keeping safe and managing risk: Keeping safe out and about (FGM)
how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Keeping safe and managing risk: Feeling safe	Keeping safe and managing risk: Indoors and outdoors				Keeping safe and managing risk: Keeping safe out and about (FGM)
how to recognise and report feelings of being unsafe or feeling bad about any adult.	Keeping safe and managing risk: Feeling safe	Keeping safe and managing risk: Indoors and outdoors			Keeping safe and managing risk: Making safer choices*	Keeping safe and managing risk: Keeping safe out and about (FGM)
how to ask for advice or help for self and for others, and to keep trying until they are heard.	Keeping safe and managing risk: Feeling safe	Keeping safe and managing risk: Indoors and outdoors	Keeping safe and managing risk: Bullying – see it, say it, stop it	Keeping safe and managing risk: Playing safe		
how to report concerns or abuse, and the vocabulary and confidence needed to do so.	Keeping safe and managing risk: Feeling safe		Keeping safe and managing risk: Bullying – see it, say it, stop it		Keeping safe and managing risk: Making safer choices*	Keeping safe and managing risk: Keeping safe out and about (FGM)
where to get advice e.g. family, school and/or other sources.	Keeping safe and managing risk: Feeling safe	Mental health and emotional wellbeing: Friendship	Keeping safe and managing risk:	Keeping safe and managing risk:	Keeping safe and managing risk:	Relationships and health education:

<p><i>All lessons include a 'Help, advice and support' section – 'Pupils should be encouraged to talk to someone who helps keep them safe, such as their parent, teacher or other adult they trust' – the strands included here have a specific activity/ outcome relating to help and advice.</i></p>	<p>Physical health and wellbeing: Fun times</p> <p>Physical health and wellbeing: What do we put into our bodies?</p> <p>Mental health and emotional wellbeing: Feelings</p>	<p>Keeping safe and managing risk: Indoors and outdoors</p> <p>Physical health and wellbeing: Medicines and me</p>	<p>Tobacco is a drug</p> <p>Mental health and emotional wellbeing: Strengths and challenges</p> <p>Careers: financial capability and economic wellbeing: Saving, spending and budgeting</p>	<p>Making choices Keeping safe and managing risk: Playing safe</p> <p>Relationships and health education: Growing up and changing</p>	<p>Making safer choices</p> <p>Physical health and wellbeing: In the media</p> <p>Identity, society and equality: Stereotypes, discrimination and prejudice</p> <p>Keeping safe and managing risk: Making safer choices</p> <p>Mental health and emotional wellbeing: Dealing with feelings</p> <p>Careers: financial capability and economic wellbeing: Borrowing and earning money</p>	<p>Healthy relationships</p> <p>Keeping safe and managing risk: Weighing up risk</p> <p>Identity, society and equality: Human rights</p> <p>Mental health and wellbeing: Healthy minds</p> <p>Keeping safe and managing risk: Keeping safe out and about</p>
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