

	Key Stage 1 & 2 Topic Areas	Key stage 3 & 4 Topic Areas
Self-Awareness	<ol style="list-style-type: none"> 1. Things that we are good at 2. Kind and unkind behaviours 3. Playing and working together 4. People who are special to us 5. Getting on with others 	<ol style="list-style-type: none"> 1. Personal Strengths 2. Skills for learning 3. Prejudice and discrimination 4. Managing pressure
Self-care, Support and Safety	<ol style="list-style-type: none"> 1. Taking care of ourselves 2. Keeping safe 3. Trust 4. Keeping safe on-line 5. Public and Private 	<ol style="list-style-type: none"> 1. Feeling unwell 2. Feeling frightened / worried 3. Accidents and risk 4. Keeping safe online 5. Emergency situations 6. Public and private 7. Gambling
Managing Feelings	<ol style="list-style-type: none"> 1. Identifying and expressing feelings 2. Managing strong feelings 	<ol style="list-style-type: none"> 1. Self-esteem and unkind comments 2. Strong feelings 3. Romantic feelings and sexual attraction 4. Expectations of relationships / abuse
Changing and Growing	<ol style="list-style-type: none"> 1. Baby to adult 2. Changes at puberty 3. Dealing with touch 4. Different types of relationship 	<ol style="list-style-type: none"> 1. Puberty 2. Positive / unhealthy relationships 3. Friendships 4. Intimate relationships, consent and conception 5. Long-term relationships / parenthood
Healthy Lifestyles	<ol style="list-style-type: none"> 1. Healthy Eating 2. Taking care of physical health 3. Keeping well 	<ol style="list-style-type: none"> 1. Elements of a Healthy Lifestyles 2. Mental wellbeing 3. Physical activity 4. Healthy Eating 5. Body Image 6. Medical drugs 7. Drugs, alcohol and tobacco
The World I Live In	<ol style="list-style-type: none"> 1. Respecting differences between people 2. Jobs people do 3. Rules and laws 4. Taking care of the environment 5. Belonging to a community 6. Money 	<ol style="list-style-type: none"> 1. Human diversity 2. Rights and responsibilities 3. Managing online information 4. Taking care of the environment 5. Preparing for adulthood 6. Managing finances