

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Theme 1</b>	Health and Wellbeing	Health and Wellbeing	Relationships	Relationships	Living in the wider world	Living in the wider world
<b>Topic</b>	Managing Emotions	Mental health	Sexual relationship education	Bullying, abuse and discrimination	Democracy, laws and British values	Media literacy and digital resilience
<b>Knowledge</b>	To be able to recognise and acknowledge different emotions. To develop self-awareness and strategies to help oneself deal with negative emotions.	To know the importance of good mental health and strategies to support it. To develop awareness of poor mental health and ways to support dealing with it.	To understand about puberty, reproduction, safe sex, STIs and FGM	To understand how all of these topics can look like in real life and online and know strategies to deal with these and where to get support.	To understand how democracy works and learn about YJS, human rights, stereotypes, propaganda and extremism – where/how we can come across these and appropriate responses.	To understand how information is generated, collated and used online. Learn about benefits of social media and develop awareness of how to safely manage personal information.