

As a minimum expectation, Wellbeing and Mental Health is taught as part of our PSHE Curriculum. Coverage is as follows throughout our school terms:

| Year group | Autumn term | Spring term | Summer term |
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| 1 | How do we keep safe? Keeping safe in familiar and unfamiliar situations; | What helps keep us healthy? How do we feel? Different kinds of feelings; strategies to manage feelings; change and loss | How do I feel? Different emotions, how to recognise different emotions |
| 2 | How do we change? belonging to different groups | How can we be healthy? Things that keep bodies and minds healthy | Who cares for me? <i>recognising features of positive relationships, how to recognise if relationships make us feel unsafe</i> |
| 3 | What can we do about bullying? <i>Recognising bullying; how to respond and ask for help; people who help them stay healthy and safe</i> | How can we eat well? What makes a balanced lifestyle; balanced diet; making choices; what influences choices | How do we feel? Describing feelings; conflicting feelings and how to manage feelings |
| 4 | How can we be a good friend? Recognise wider range of feelings in others; responding to feelings; | What are good choices for our health? What makes a balanced lifestyle and making choices; | Why is it bad for us? the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking |
| 5 | What does discrimination mean? Actions can affect self and others; discrimination, teasing and bullying; | How do we grow and change? <i>different types of relationships; what makes a healthy relationship (friendship); maintaining positive relationships; who is responsible for their health and wellbeing; to ask for advice</i> | How can we be safe online and using social media? <i>Keeping safe and well using a mobile phone; strategies for managing personal safety online;</i> |
| 6 | Am I ready? Know what affects positive mental health | What makes a healthy and happy relationship? Different relationships; what makes positive; healthy relationships; recognise when relationships are unhealthy; committed; loving relationships | How can I look after myself? The characteristics of mental and emotional health and strategies for managing it; to manage growth and change as normal parts of growing up |

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| 7 | <p>Are they my friends? Bullying including cyber bullying Managing on- and off-line friendships</p> | <p>How can I make healthy choices? Diet, exercise and how to make healthy choices, the importance of sleep What influences me? Values and how these influence their choices. What is peer pressure, when might you come across it? Strategies to stop it</p> | <p>How can we manage risk? Risk taking, ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations</p> |
| 8 | <p>Am I cyber safe? Online safety and digital literacy How are relationships different? Different types of relationships, the features of positive and stable relationships (including trust, mutual respect, honesty) and those of unhealthy relationships</p> | <p>What is body image? Mental health and emotional wellbeing, including body image, Eating disorders</p> | <p>What happens when things change? Managing change and loss including divorce, bereavement</p> |
| 9 | <p>What's the balance? Dieting, lifestyle balance (include internet use and balance here & revise e-safety) and unhealthy coping strategies, the characteristics of mental and emotional health including stress, and strategies for managing it; a range of healthy coping strategies;</p> | <p>Who do I listen to? Managing peer pressure in relation to illicit substances Assessing the risks of drug and alcohol abuse and addiction</p> | <p>Help or hindrance? to make effective use of constructive feedback and differentiating between helpful feedback and unhelpful criticism, to evaluate the extent to which their self-confidence and self-esteem are affected by the judgments of others and ways of managing this,</p> |
| 10 | <p>Mental health and ill health Tackling stigma Making Healthy Choices Relationships and sex education including healthy relationships and consent The risks of STIs, sexting and pornography</p> | <p>What is pressure? Pressures faced, strategies for managing mental health including stress, anxiety and depression; a broader range of strategies for promoting their own emotional wellbeing Are breakups always bad? Tackling relationship myths and expectations Managing romantic relationship challenges including break ups</p> | <p>Who is there to help? the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders; how to recognise when they or others need help, sources of help and strategies for accessing it</p> |

