

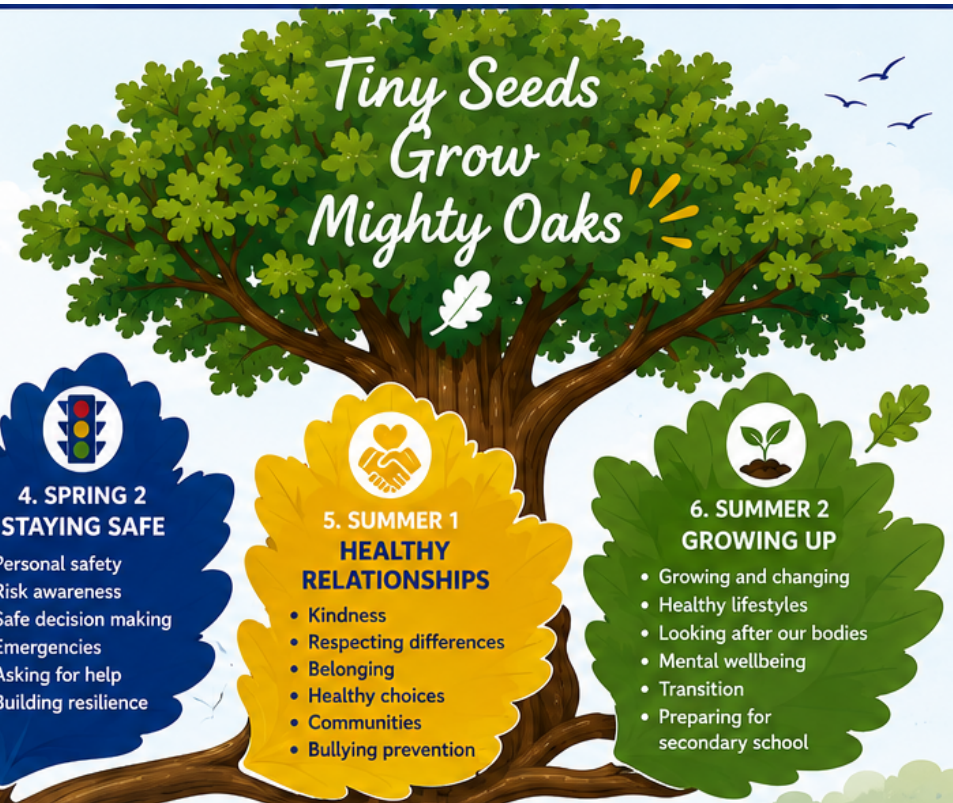


OUR LIVES

Relationships, Health & Sex Education (RHSE)
and Personal Development

Together We Learn, Grow and Achieve

At Dunn Street Primary School, Our Lives develops the knowledge, skills and character every child needs to lead healthy, safe, respectful and successful lives. Through our carefully sequenced curriculum, pupils become confident, resilient and responsible citizens who are prepared to flourish in modern Britain.



**1. AUTUMN 1
RELATIONSHIPS & BELONGING**

- Feelings and emotions
- Families
- Friendships
- Respect
- Inclusion
- Positive relationships

**2. AUTUMN 2
THE ONLINE WORLD**

- Online relationships
- Digital communication
- Online safety
- Healthy screen habits
- Trusted information
- Digital responsibility

**3. SPRING 1
HEALTH PROTECTION
& CITIZENSHIP**

- Physical health
- Mental wellbeing
- Preventing illness
- Communities
- Rights and responsibilities
- Money and careers

**4. SPRING 2
STAYING SAFE**

- Personal safety
- Risk awareness
- Safe decision making
- Emergencies
- Asking for help
- Building resilience

**5. SUMMER 1
HEALTHY
RELATIONSHIPS**

- Kindness
- Respecting differences
- Belonging
- Healthy choices
- Communities
- Bullying prevention

**6. SUMMER 2
GROWING UP**

- Growing and changing
- Healthy lifestyles
- Looking after our bodies
- Mental wellbeing
- Transition
- Preparing for secondary school

**PROGRESSION
THROUGH
SCHOOL**

**EYFS
I can...**

- recognise and talk about my feelings
- build positive relationships
- begin to manage my behaviour
- understand how to stay healthy

**KEY STAGE 1
I can...**

- make healthy choices
- keep myself safe
- build kind friendships
- understand right from wrong

**LOWER KEY STAGE 2
I can...**

- respect others
- understand rights and responsibilities
- make informed decisions
- contribute positively to my community

**UPPER KEY STAGE 2
I can...**

- manage changing relationships
- make responsible decisions
- understand physical and emotional changes
- prepare confidently for secondary school

**KNOWLEDGE &
VOCABULARY**

Throughout Our Lives, pupils develop an understanding of:



Respect



Kindness



Diversity



Equality



Age-appropriate consent



Wellbeing



Safety



Citizenship



Resilience



Responsibility

**BY THE END OF
YEAR 6 OUR PUPILS
ARE...**



RESILIENT
We keep going and never give up.



RESPECTFUL
We value others and treat everyone with kindness.



SAFE
We keep ourselves and others safe in person and online.



HEALTHY
We look after our minds and bodies and make healthy choices.



RESPONSIBLE
We make good choices and take responsibility for our actions.



READY FOR LIFE
We are prepared for our future and ready to make a positive difference.

Through Together We Learn, Grow and Achieve, every child develops the knowledge, skills and character to flourish in modern Britain.

