



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Keeping safe and looking after myself</b>	<ul style="list-style-type: none"> <li>Why do I have to be clear about knowing 'yes', 'no', 'I'll ask' and 'I'll tell'?</li> <li>I understand the rules of the school.</li> </ul>	<ul style="list-style-type: none"> <li>See 'people who help me'</li> <li>What are the rules of food hygiene? How can I keep my food safe for my friends?</li> </ul>	<ul style="list-style-type: none"> <li>Which parts of my body are private?</li> <li>When is it OK to let someone touch me?</li> <li>How can I say 'no' if I don't want someone to touch me?</li> <li>Who should I tell if someone wants to touch my private parts?</li> </ul>	<ul style="list-style-type: none"> <li>What are good habits for looking after my growing body?</li> <li>What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable?</li> <li>What new things do we have to think about to keep us safe now we are in the juniors (road safety, online, personal responsibility)?</li> </ul>	<ul style="list-style-type: none"> <li>When is it good or bad to keep secrets?</li> <li>What is the difference between a secret and surprise?</li> <li>Should we never take risks? And if we do, how can we do this safely? How can we assess a risk?</li> </ul>	<ul style="list-style-type: none"> <li>How can I look after my body during puberty?</li> <li>How do girls manage their periods?</li> <li>What is a risk, hazard and danger?</li> <li>What is peer pressure and how can I be strong against it?</li> <li>How do I report abuse?</li> </ul>	<ul style="list-style-type: none"> <li>What do we mean that choices can have positive, neutral and negative consequences)? (begin to understand the concept of a 'balanced lifestyle.)</li> <li>Does drinking alcohol and using drugs affect my decisions about behaviour?</li> <li>What is the difference between a risk, hazard and danger?</li> </ul>

This programme of study has been created in relation to the 2019 Relationships Education, Relationships and Sex Education (RSE) and Health Education Draft statutory guidance, February 2019. It meets all requirements, when read in conjunction with the 'Online Safety Overview' planning materials.

- RSE Teacher to cover during RSE sessions