



# PSHE Long Term Map



	AUT 1 <b>Keeping safe</b>		AUT 2 <b>Mental health</b>		SPR 1 Relationships		SPR 2 Health		SUM 1 <b>Online safety</b>		SUM 2	
Y1	Keeping safe at school	Inappropriate touch – HHKids	Recognising our feelings	Antibullying week	Friendship	Children’s Mental Health Week Safer internet day	Who helps to keep me healthy	International Women’s Day	Online safety	My Money week	Growing and changing	Healthy eating week Pride
Y2	Keeping safe at home (dangers in the home, medicines)		Dealing with good and not so good feelings		Healthy relationships (friends, family, school, home)		Health and hygiene		Online safety – sharing information with strangers.		Our rights and responsibilities as we grow up	
Y3	Keeping safe when out with friends (stranger danger)		Not so good feelings - who to tell and what to do		<b>Diversity</b> within families (mums & dads, single parents, same sex, grandparents)		Keeping ourselves healthy		Online safety - sharing information, social media.		Managing money as we grow up.	
Y4	Keeping safe in the local area (road safety)		Keeping mentally healthy (including mindfulness)		<b>Diversity</b> within families (living with parents, same sex, carers, family members)		Keeping ourselves healthy		Online safety – sharing information, social media.		Managing money and financial wellness.	
Y5	Identifying and dealing with risks and hazards in the local area.		Keeping mentally healthy when dealing with change and loss		Different types of relationships, marriage, partnerships, same sex.		<b>Drug and Alcohol</b> education (HHKids)		Online safety - social media, sharing images,		Aspirations for the future.	
Y6	Identifying and dealing with peer pressure.		<b>Mental wellbeing</b> body image, sex and relationships education, consent (HHKids)		Healthy and unhealthy relationships, <b>Domestic abuse.</b>		What to do if we are not looked after and kept healthy, <b>Neglect.</b>		Online safety – social media, sharing images, grooming.		Managing changes and preparing for the future.	