

The PSHE Matters scheme is split into 12 modules that are covered over a 2 year cycle.

1. **Drug Education**- including how to manage risk and peer influence.
2. **Exploring Emotions**- including how to recognise and manage feelings and emotions.
3. **Being Healthy**- including the importance of looking after our mental health.
4. **Growing Up**- including the Sex Education element.
5. **Changes**- including loss.
6. **Bullying Matters**- including how to ask for help.
7. **Being Me**- including identity and community.
8. **Difference and Diversity**- including challenging stereotypes.
9. **Being Responsible**- including looking after the environment.
10. **Being Safe**- including online and offline.
11. **Relationships**- including what is a healthy relationship.
- 12.- **Money Matters**- including enterprise.

Drug Education

KS1	LKS2	UKS2
Knowledge	Knowledge	Knowledge
Explore the role of medicines (use when we are ill/ prevent illness/ manage a condition).	Describe the different purposes that medicines have.	Understand that there are rules and laws surrounding the use of medicines and drugs and household products.
Understand that household products, including medicines, can be harmful if not used properly.	Explain the importance of taking medicines correctly and using household products safely.	Reflect on the risks/effects that legal drugs common to everyday life can have on health.
Managing Risk	Managing Risk	Managing Risk
Explore that medicines come in different forms and are used in different ways.	Describe risk in relation to the use of medicines/household products and suggest what action to take to help prevent or minimise harm.	Describe some ways in which alcohol, tobacco and other substances can affect the body/ decision making.
Understand that things that people put into their body or on their skin can affect how people feel.	Explore the possible risks and consequences of using/misusing legal drugs/ household products in everyday situations.	- Explain why some substances are harmful for growing bodies. - Analyse mixed messages in the media relating and recognise how they might influence opinions/behaviour.
Talk about some simple rules for staying safe around medicines and other household substances/ products.	Recognise a circle of support and how to ask for help.	Identify a range of strategies to better manage situations involving peer influence/peer approval.
Identify people that they can go to if they are ill, worried or to help them/others to stay healthy.	Demonstrate what to do in an emergency.	Research reliable sources of information/support for children/adults affected by their own or someone else's drug use.

Exploring Emotions

KS1	LKS2	UKS2
Exploring Emotions	Exploring Emotions	Exploring Emotions
Name a range of words to describe feelings.	Use a wider vocabulary to describe how they feel.	Use a varied vocabulary when talking about feelings.
Understand that all feelings are ok.	Describe feelings that can be comfortable/uncomfortable.	Understand that sometimes we can have conflicting feelings.
Understand that feelings can affect how our bodies feel and behave.	Recognise that feelings can differ in intensity.	Explain that feelings can change over time and range in intensity.
Recognising Emotions	Recognising Emotions	Recognising Emotions
Explore how to recognise different feelings.	Explore how everyday things can affect how we think, feel, and behave.	Understand that feelings can impact our mental and physical health.
Talk about how we recognise what others might be feeling.	Describe what supports good mental/physical health.	Recognise the importance of taking care of mental health and wellbeing.
Understand that not everyone feels the same about the same things.	Identify that not everyone feels the same about the same things.	Discuss the signs that someone may be struggling with their mental health.
Managing Emotions	Managing Emotions	Managing Emotions
Talk about ways to manage big and uncomfortable feelings	Identify strategies that they could use to respond to feelings, including intense or uncomfortable feelings.	Identify strategies that they could use to respond to feelings, including conflicting feelings.
Identify who they can ask for help and can demonstrate how to ask for help	- Understand the importance of not bottling up how you are feeling. - Understand the importance of asking for help if feelings become too uncomfortable. - Explain how they can access help.	- Record strategies and behaviours that support mental health and wellbeing. - Explain how to seek support for themselves and others.

Being Healthy

KS1	LKS2	UKS2
Factors of a Healthy Lifestyle	Factors of a Healthy Lifestyle	Factors of a Healthy Lifestyle
Explore what 'being healthy' means and why it is important.	Explain what a 'healthy lifestyle' is and why it is important.	Identify things that can affect someone's physical/mental health.
Understand that food is necessary to keep our bodies healthy.	Understand what a healthy, balanced diet may include.	Explain what constitutes a healthy diet; risks associated with not having one.
Identify that food choices can vary for families/cultures.	Understand what an informed choice is.	Reflect on what may influence our choices to have a balanced lifestyle.
Name/describe different physical activities and identify ones they enjoy.	Identify opportunities for physical activity within their everyday lives.	Identify what good physical health means and how to seek help if they are worried about their health.
Explain how physical activity can help us to stay healthy.	Describe some consequences of being physically inactive on mind and body.	Recognise habits that can have both positive/negative effects on a healthy lifestyle.
Understand that sleep & relaxation are important for growing and keeping healthy.	Identify routines that support good quality sleep.	Understand routines/strategies that support good quality sleep, the effects of lack of sleep.
Talk about healthy ways to feel good, calm down or change their mood.	Explore strategies and behaviours that support mental health.	Identify strategies and behaviours that support mental health.
Hygiene, Health and Prevention	Hygiene, Health and Prevention	Hygiene, Health and Prevention
Demonstrate how to brush teeth.	Explain what good dental health means, including how to brush and floss.	Identify the everyday routines that improve dental health.
Explain what good dental care is - understanding the foods/drinks that support it.	Identify the effects of different foods/drinks on the teeth.	Identify the everyday routines/ habits that can limit the spread of infection.
Demonstrate simple hygiene routines that stop germs from spreading.	Identify the everyday hygiene routines that can limit the spread of infection.	Understand the wider importance of personal hygiene and how to maintain it.
Begin to recognise different ways of staying healthy in the sun.	Identify the benefits/risks of sun exposure.	Explain how to keep safe from sun damage and reduce the risk of skin cancer.
Understand what it means to take a break and how this is important for our health.	Describe how the 5 ways to wellbeing can be used as a tool to help keep a healthy balance.	Identify the benefits of the internet; strategies for managing/balancing time online/ offline.

Growing Up

KS1	LKS2	UKS2
Growing and Changing	Growing and Changing	Growing and Changing
Name the main parts of the body including vagina and penis.	Name external genitalia and some reproductive organs including penis, vagina, testicles, womb, umbilical cord, ovaries.	Identify the external genitalia and internal reproductive organs and how the process of puberty relates to human reproduction.
Recognising the difference between male and female body parts.	Understand the processes of reproduction and birth as part of the human life cycle – that babies start from an egg and sperm.	Explain how babies are conceived, born and cared for.
- Understand the human life cycle and that people grow from young to old. - Describe ways that people's needs, and bodies change as we grow.	Explore physical and emotional changes that happen during puberty.	- Identify the physical and emotional changes that happen when approaching/ during puberty. - Know some key facts about the menstruation.
Talk about some ways to keep clean.	Explain how daily hygiene helps to reduce the spread of infection.	Identify the importance of keeping clean and how to maintain personal hygiene whilst growing and changing.
Understand that babies grow in the mothers' body and have needs when they are born.	Explain how adults care for a baby during and after pregnancy.	Reflect on the responsibilities of being a parent or carer and how having a baby changes someone's life.
Recognise what makes them special and unique.	Recognising that individuality and personal qualities contributes to who we are.	Identify and value personal strengths, skills, achievements and interests.
Privacy, Boundaries, and Consent	Privacy, Boundaries, and Consent	Privacy, Boundaries, and Consent
Understand that some parts of the body are private.	Explain what privacy and personal boundaries are.	Understand what consent means and how to seek and give/ not give permission in different situations.
To identify different types of touch and how they make people feel.	Recognise uncomfortable/ comfortable behaviour online/ offline.	Analyse when behaviour including physical touch is acceptable, unacceptable, wanted, or unwanted in different situations.
Understand the difference between happy surprises and secrets that make them feel uncomfortable or worried and how to get help.	Know when it is right to break or keep a confidence or share a secret. Know how to ask for help.	Respond appropriately if someone asks you to keep a secret that makes you feel uncomfortable, identify who to ask for help.

Changes

KS1	LKS2	UKS2
About Loss and Change	About Loss and Change	About Loss and Change
Identify examples of loss and change.	Recognise that loss/change are a normal part of life.	Explore that loss, bereavement and change are part of the human life cycle.
Begin to recognise that loss and change can affect the way we think, feel, and behave.	Describe how change and loss, can affect feelings, thoughts, and behaviours.	Understand that change and loss, including death can create feelings and behaviours that are not the same for everyone.
Understand that changes can produce big feelings.	Recognise that feelings associated with loss/ change can change over time and range in intensity.	Recognise that internal conflicting emotions can be normal when dealing with loss and change.
Managing Loss and Change	Managing Loss and Change	Managing Loss and Change
Identify feelings associated with loss and change.	Use a varied vocabulary when talking about feelings associated with loss and change.	Describe a range of emotions and intensities associated with loss and change.
Recognise some simple ways to prepare for change/ transition.	Identify self-help strategies and the importance of support when preparing for change/ transitions.	Identify problem solving strategies to manage transitions between classes and key stages.
Identifying different things that may help to manage big feelings.	Describe everyday things that affect feelings and understand the importance of expressing feelings.	Identify strategies to respond to feelings, including intense or conflicting feelings.
Talk about some ways to help others when they are affected by change.	Develop some ways of responding to others and showing support if they are affected by loss/change.	Recognising the signs when someone may be struggling and understand how to seek support.
Know that it is important to talk to someone if you are worried.	Know why it is important to talk about our feelings and not bottle them up.	Explore some barriers to asking for help and some ways to address them.
Identify people who can help us if we feel worried/unhappy.	Know who to talk to if you are worried or have strong feelings.	Know who to talk to and where to go for help.

Bullying Matters

KS1	LKS2	UKS2
About Bullying	About Bullying	About Bullying
Explore what is bullying and what is not.	Describe different types of bullying including the role of a bystander.	Explain what direct, indirect, and cyberbullying means.
Recognise kind and unkind behaviour in themselves and others.	Recognise that our behaviour can affect others.	Identify when banter or other behaviour becomes unkind.
Identify that bodies and feelings can be hurt by words and actions.	Identify how the body may react to unhappy or uncomfortable feelings.	Analyse ways to identify and manage uncomfortable feelings online/ offline.
Understand that hurtful behaviour is not acceptable.	Explain the consequences of hurtful/bullying behaviour and understand neither are acceptable.	Explore the impact and consequences of bullying and discrimination, identifying positive ways to challenge it.
Strategies and Support	Strategies and Support	Strategies and Support
Explore simple strategies to resolve arguments between friends.	Explain positive strategies they can use if subject to bullying or hurtful behaviour on or offline.	Identify positive strategies that may help to resolve disputes in friendships.
Understand how to report bullying and who they can talk to.	Recognise the importance of seeking support and identify how they might do this.	- Describe some barriers to accessing support. - Recognise the importance of seeking support if feeling lonely, excluded, or unsafe.

Being Me

KS1	LKS2	UKS2
Being Unique and Special	Being Unique and Special	Being Unique and Special
- Recognise and share facts about themselves. - Identify their likes and dislikes and what they are good at. - Talk about some ways that they are special.	- Explore what contributes to who we are. - Identify and talk about their own strengths and interests. - Recognise what makes them unique and understands that being different is something to celebrate.	- Identify a range of factors that what contributes to our identity. - Express their talents and strengths with confidence. Set goals for how they would like to develop them. - Explain ways in which they respect and value other people's differences.
Understanding Similarities and Differences	Understanding Similarities and Differences	Understanding Similarities and Differences
- Recognise how friends can have both similarities and differences. - Show some simple ways to respect and celebrate other's differences.	- Identify visible/ invisible differences between people. - Explain why it is important to respect and celebrate the differences and similarities between people.	- Respect the differences and similarities between people. - Reflect on how discrimination and our own behaviour can affect others.
Being Part of a Community	Being Part of a Community	Being Part of a Community
Name some groups that they belong to.	- Identify the different groups that make up their community. - Recognise that they belong to different communities as well as the school community.	- Explain some of the benefits of communities. - Reflect on diversity, and what it means. Understand the benefits of living in a diverse community and how we value diversity within our communities.
Talk about how being part of a group makes them feel.	Can describe what is positive about their community and how it supports them.	Explore how shared events and experiences can create a stronger community.

Difference and Diversity

KS1	LKS2	UKS2
Similarities and Differences	Similarities and Differences	Similarities and Differences
- Recognise ways they are the same as and different to others. - Talk about some ways that they are special. - Express their thought and opinions and recognise that others can be different.	- Discuss a range of the similarities/ differences between people. - Explore what contributes to who we are. - Listen actively to others' views and explore how they are the similar or different to their own.	- Reflect on diversity and what it means and the benefits of living in a diverse community. - Recognise their individuality and identify their personal qualities. - Understand that their views and opinions come from our different backgrounds and experiences. - Model how to discuss or debate respectfully.
Respecting Others	Respecting Others	Respecting Others
- Talk about some ways to treat themselves and others with kindness. - Know what it means if something is fair or unfair.	- Recognise the importance of self-respect and demonstrate ways to respect others. - Recognise and challenge stereotypes. - Explain the concept of being equal.	- Explain the importance of having respect and compassion for self and others. - Recognise how stereotypes are perpetuated and have some strategies to challenge positively. - Identify different types of discrimination and recognise the impact they can have. - Understand that there are laws about discrimination so that we can live in a fair society.

Being Responsible

KS1	LKS2	UKS2
Rules and Responsibilities	Rules and Responsibilities	Rules and Responsibilities
- Understand what a rule is and that we follow rules to help each other. - Understand that rules need be fair. - Give examples of rules from different situations. - Identify simple responsibilities they have. - Describe some simple ways to manage waste.	- Explain why rules and laws are important. Explore the consequences of not having rules and laws or of breaking them. - Describe about some basic human rights. - Understand that rights come with responsibilities. - Describe what climate change is and some ways we can all help to reduce the effects.	- Explore how law protects our rights and how to respond respectfully if something is not within the law. - Recognise that human rights are there to protect everyone. - Understand the relationship between rights and responsibilities, providing examples. - Explain the importance of protecting the environment and set personal everyday actions.
Community and Care	Community and Care	Community and Care
- Recognise that people have different needs. - Describe some ways to care for people, animals, and other living things.	- Explore what is meant by a community and the differences between needs and wants within a community. - Explore and identify the welfare needs of animals and humans.	- Recognise how we can support others within a community. - Identify diversity within a community and explore how we can celebrate this. - Recognise the importance of having compassion towards others and explain how to show care and concern.

Being Safe

KS1	LKS2	UKS2
Keeping safe	Keeping safe	Keeping safe
Explore basic rules for keeping safe online e.g. not to share information, whom to tell if they see something online that is upsetting, the importance of passwords and the importance of adult supervision.	Explain basic strategies to help keep themselves safe online e.g. passwords, using trusted sites, identifying misinformation, sharing information, who to trust, how to report.	Identify strategies for keeping safe online including how to report the misuse of personal information or sharing of upsetting content/images, the importance of personal responsibility/ balancing time online/offline.
Talk about examples of rules and age restrictions that are there to keep them safe.	Identifying situations where age restrictions apply.	Explain reasons for age restrictions/ regulations.
Identifying possible risks/ hazards in the home and outside.	Identify and assess risk online/ offline. (Including in the home and when playing out).	Predict, assess, and manage risks online and offline. (Including road and water safety).
Explore how to keep safe and reduce risks at home and in their local environment.	Discuss ways to reduce risks at home and in the local environment in order to stay safe.	Explore how the pressure/ excitement in the moment can affect how we manage risk.
First Aid	First Aid	First Aid
Recognises what to do if there is an accident and someone gets hurt. Including keeping themselves safe first.	Explain what first aid is and demonstrate basic techniques for dealing with common injuries such as asthma attacks and bites/ stings.	Identify hazards that may cause injury. Demonstrate basic first aid techniques for dealing with common injuries such as bleeding and choking.
Demonstrates how to ask for help including calling 999.	Identify why first aid is important and demonstrate how to ask for help including calling 999 in an emergency.	Explain how to respond in an emergency, including when and how to contact different emergency services.

Relationships

KS1	LKS2	UKS2
Friendships	Friendships	Friendships
Explain what makes a good/ friend friendship.	Identify what makes a positive healthy or unhealthy friendship.	Reflect on what the qualities of a good friendship/ relationship are and are not.
Talk about some ways to make friends.	Identifying strategies to build friendships.	Identify and apply strategies that support healthy friendships.
Explain basic techniques for resisting pressure.	Understand the difference between persuasion, influence and pressure.	Use strategies to manage peer influence and the need for peer approval.
Recognise kind and unkind behaviour.	Explain how kindness can support wellbeing.	Explore what a loving caring relationship means.
Name the special people in their lives.	Recognise there are different types of relationships.	- Understand what marriage and civil partnership means. - Understand that forced marriage is a crime.
Resolve conflict in simple ways e.g. choosing to share, take turns, etc.	Explain what can cause arguments with friends and describe some ways to resolve them.	Use strategies to positively resolve disputes and reconcile differences in friendships.
Tell someone if you are worried about something in a relationship/family.	Recognise the importance of asking for help if we feel worried lonely or excluded.	Explain when and how to seek advice if family, friendship, or relationships make them unhappy through a range of options.
Families	Families	Families
Talk about some ways that their family is the same or different to others.	Recognise that there are different types of family structures.	Explore and respect that there are different family structures in society.
Describe some things they enjoy doing with their family and how it makes them feel.	Explain what it means to them to be part of a family.	Reflect on how being part of a family should provide stability and love.

Money Matters

KS1	LKS2	UKS2
Economic Wellbeing	Economic Wellbeing	Economic Wellbeing
Understand what money is and its different forms.	Explain some different ways to pay for things.	Understand what a bank account is and how this is linked to payment.
Describe some ways money can be looked after.	Explain some different ways to keep track of money.	Understand the risks associated with money and ways of keeping money safe.
Recognise that people make different choices about how to spend/ save money.	Identify that people have different attitudes towards saving/spending.	Identify the risks involved in gambling activities.
Talk about some things we all need and some things we want but don't need.	Recognise that people make spending decisions based on needs, wants and priorities.	Explain some ways to get help if they are concerned about gambling or other financial risks.
	Identifying the ways that money can impact on people's feelings.	Reflect on the role that money plays in people lives, attitudes towards it and what influences decisions about spending and saving.
	Recognise that people's spending decisions can affect others and the environment.	Identify the impact that having or not having money can have on a person's wellbeing.
Work, Aspirations, and Careers	Work, Aspirations, and Careers	Work, Aspirations, and Careers
Know that everyone has different strengths and talents, in and out of school.	Recognise positive things about themselves and their achievements.	Identify how skills can help them with their future career.
Name some different jobs that people do.	Identify some of the skills that may help them in their future careers.	Identify jobs that they might like to do in the future.
		- Discuss their views on how or why someone may or may not choose a certain career. - Recognise a variety of routes into careers. - Explore some strategies to challenge stereotypes and to understand the impact this can have on aspirations.