Component 1: Health and Wellbeing

Know strategies to deal with changing Year 6 emotions Know how to spot early Year 5 ental Health signs of poor mental health Know feelings can change Year 4 over time Know strategies to support Year 3 good mental health Know that our feelings are Year 2 cared for in different ways by different people Year 1 Know how to respond appropriately to others Reception Know how to recognise and name my own feelings

Component 2: Relationships

Know about Positive arranged and Year 6 forced marriage Relationships Know different types of Year 5 relationships Families and Close Know the difference between Year 4 healthy and unhealthy relationships Know if relationships make you Year 3 feel happy or unhappy Know features of positive Year 2 family life Year 1 Know about different families Reception Know who special people are in your life

Component 3: Living in the Wider World

Know strategies to challenge Year 6 stereotypes Know what is meant by Year 5 stereotypes Communities Know about the positives of Year 4 diversity within a community Know that people can be similar Year 3 and different within a community Know how to contribute within Year 2 a community Know that there can be groups Year 1 within a community

Know that we can be part of a

community (school, family, local area)

Reception