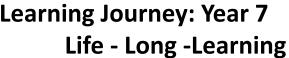


Name: Teacher:



Childline 0800 - 1111







Careers Education -Autumn term 1

- Transition to secondary school
- The importance of school
- Opportunities inside school
- The importance of having goals
- LMI data



- Importance of first Aid
- Basic first aid
- **CPR**
- **Defibrillators**
- Road/train safety
- Managing risk taking





Health Education - Spring term 1

- Hygiene: How can infection be prevented?
- Dental health
- The importance of good quality sleep
- How to access health and wellbeing advice online

Relationships Education – Spring 2

- Diversity in families
- The strengths of stable family life (marriage and cohabitation
- To understand why family/carers are important for children in terms of happiness
- To identify if family relationships are making them feel unhappy or unsafe, and how to seek help if needed.

Relationships and sexual health -Summer 1

- Questions about sex and relationships
- Puberty and sexual development what to expect
- Differences between various relationships and the boundaries between these.
- The characteristics of a healthy one to one relationship
- Forming intimate relationships, resisting pressure and negotiating intimacy

Mental health - Summer 2

- What do we mean by mental health?
- To know that a range of emotions are healthy
- Identifying common types of mental illhealth and where to go for help
- How can you help your mental health
- Understand how isolation and loneliness can have an impact
- Self-care techniques







