

	My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Y ₃	Identify personal strengths and set aspirational goals, understanding how this builds high self-esteem.	How their body may change as they grow and develop.	The attributes of positive, healthy relationships.	Challenging gender stereotypes.	The right to protect their body from unwanted touch.	The differences between secrets and surprises, knowing when it is right to break confidence and share a secret.
Y ₄	Recognising a wide range of emotions. Responding to their own, and other people's emotions.	Anticipate body changes, understanding that some are related to puberty.	Acceptable and unacceptable physical behaviours and how to respond.	That differences and similarities between people arise from a number of factors including family types and personal identity.	That marriage is a commitment freely entered into.	Knowing when to ask for help to manage a situation, and how skills to ask for help.
Y ₅	How emotions may change as they approach, and move through puberty.	Anticipate how their body may change as they approach, and move through puberty.	Healthy relationships, including the skills to manage and maintain healthy relationships.	Correct terms to describe gender and sexual orientation, including the unacceptability of homophobic and transphobic bullying.	Strategies for keeping safe online; knowing personal information can be shared easily.	How to manage accidental exposure to upsetting online material, including who to talk to about this.
Y ₆	That images in the media, including online do not always reflect reality, and can affect how people feel about themselves.	That sexual intercourse leads to reproduction. The scientific terms to describe the male and female sexual organs.	The nature and consequences of discrimination, including the use of prejudice based language.	That some cultural practices are against British law, including Female genital mutilation (FGM).	That some infections can be shared during sexual intercourse, and that a condom can help to prevent this.	Knowing when, who and how to ask for help independently or with support.

