**Overview of Units of work in RSE and Health Education**

Nb: The red flag demarcates lessons which link directly to safeguarding.

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|  | **Reception** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Autumn 1**  Friends and Families | Ourselves | Our Friends and Family | People who are special to us | Healthy family life 🚩 | Consent, boundaries and being in charge of you | Different families | Out with homophobia |
| **Autumn 2**  Identity, society and equality | Families | Me and others | Boys and girls, families | Celebrating difference | Democracy | Stereotypes, discrimination and prejudice (including tackling homophobia) | Tackling human rights |
| **Spring 1**  Keeping safe | Feeling safe 🚩 | Feeling safe 🚩 | Indoors and outdoors 🚩 | Bullying – see it, say it stop it. 🚩 | Playing safe 🚩 | When things go wrong 🚩 | Keeping safe – out and about  FGM 🚩 |
| **Spring 2**  Mental health and emotional wellbeing | My feelings | Feelings | Friendship | Strengths and challenges | Mindfulness | Dealing with feelings | Healthy Minds |
| **Summer 1**  Drugs Education | Looking after ourselves | What do we put into our bodies? 🚩 | Medicines and me  🚩 | Tobacco is a drug🚩 | Making choices🚩 | Different influences 🚩 | Weighing up risk🚩 |
| **Summer 2**  Healthy Bodies | Keeping healthy | Fun times | What keeps me healthy? | What helps me choose? | What is important to me? | Sex Education 🚩  Puberty & how a baby is made | In the media |