

Milestone Academy
PSPD framework
River & Waterfall Pathway
Phase 3 & 4

PSPD will be embedded across the day to master self help, independence and social skills generalising these skills in a variety of activities. Targets will be transferred into a range of activities experienced in PSPD weekly sessions to consolidate skills across environments with a focus on PSHE and RSE. There are six key areas covered within the Framework and Curriculum map in line with Government guidance. These include: Self awareness, Managing feelings, Healthy lifestyles, Changing and growing, Selfcare-support and safety and The world I live in. Differentiated levels of staff support are available to promote independence as appropriate.

PSPD objectives are accessed through daily, discrete and direct teaching sessions. In addition to discrete sessions PSPD objectives are achieved through daily routines and functional activities/ lessons. Alongside structured curriculum objectives PSPD is embedded into continuous learning opportunities including:

- Teeth cleaning
- Hair brushing
- Handwashing
- Toileting
- Dressing and undressing skills
- Eating and drinking skills

Individualised Provision Plan targets may also include a range of PSPD skills to be accessed within learning opportunities.

Level	Self Awareness
M4	<ul style="list-style-type: none"> ● Respond to stimuli about what we are good at and/or enjoy. ● Respond to stimuli about what we enjoy learning about in school. ● Respond to stimuli about people who are different to us in different ways. ● Respond to stimuli which depict kindness and unkindness.
M5	<ul style="list-style-type: none"> ● Describe what we are good at and/or enjoy. ● Identify some things that make us special and unique as learners. ● Describe what we like and dislike doing as learners.

	<ul style="list-style-type: none"> ● Describe our own learning targets or goals. ● Describe what it means to treat others in a kind and fair way. ● Recognise that everyone is unique and special and no one should be treated unfairly. ● Describe and give examples of what it means to be kind and unkind. ● Identify some of the ways of telling a trusted adult if someone is being unkind to us.
M6	<ul style="list-style-type: none"> ● Identify some of our own personal strengths and skills (things we are really good at or can do really well). ● Describe the particular ways we like to learn. ● Identify the difference between a short term target and an aspirational, long term goal. ● Recognise what prejudice means. ● Explain what it means to discriminate against someone. ● Recognise that prejudice and discrimination in any forms are unacceptable. ● Explain what is meant by teasing, hurtful and bullying behaviour. ● Explain how we do not need to put up with someone being unkind, hurtful, abusive to, or bullying, us. ● Recognise what is meant by peer pressure and peer influence.
M7	<ul style="list-style-type: none"> ● Demonstrate how to recognise and appreciate personal strengths in other people. ● Describe simple strategies we can use to help us be organised in our learning. ● Explain how we might achieve our targets and goals (e.g. breaking longer-term goals down into several short term targets). ● Identify some examples of different forms of prejudice and discrimination we may have seen/heard about (e.g. based on religion, gender, age, race, disability, sexual orientation). ● Describe how and where to seek help if we think someone is behaving in a discriminatory way towards us or others. ● Identify some of the ways in which pressure might be put on us by other people, including online. ● Describe ways we might challenge peer pressure. ● Identify different types of bullying (including online) and what the impact of bullying might be. ● Identify strategies to help us if we are being bullied, including online. ● Describe how to recognise the difference between friendship groups and gangs; describe some of the risks of becoming part of a gang.
M8	<ul style="list-style-type: none"> ● Explain how what others say and think about us can positively and negatively affect the way we feel about ourselves. ● Identify some simple strategies to help manage negative opinions/comments. ● Describe how it feels to achieve a target. ● Demonstrate ways we can develop our strengths and skills through practice. ● Identify some ways in which our current learning will help us in the future. ● Explain what stereotyping means. ● Demonstrate simple constructive strategies for responding to prejudice and discrimination.

	<ul style="list-style-type: none"> ● Give reasons why we should expect to be treated with respect by others. ● Describe strategies that can be used if someone is using pressure to persuade us to do something, including online. ● Recognise the responsibilities of bystanders to report bullying and hurtful behaviour. ● Identify trusted adults/ services that can help us if we or someone we know has been the target of unkind, hurtful, abusive or bullying behaviour, including online.
M9	<ul style="list-style-type: none"> ● Describe what other people might perceive our personal strengths, talents and skills to be. ● Explain that how we feel about ourselves (self-esteem) can be affected by what is happening in our lives. ● Give reasons why media, including social media can affect how people feel about themselves. ● Give examples of how our personal strengths, interests and skills may help us in our future lives, choices or employment. ● Identify ways of managing emotions in relation to future employment aspirations. ● Recognise that stereotypes based on religion, gender, age, race, disability or sexual orientation, can cause harm (e.g. how they might normalise non-consensual behaviour or encourage prejudice). ● Explain how we should show respect to others and others' beliefs, including people in the wider community. ● Describe how we can sometimes put ourselves under pressure to do what others are doing, or what we think others want us to do. ● Explain ways of safely responding if we experience or witness unacceptable behaviours. ● Identify reasons why we might put ourselves under pressure, and how others may apply pressure or encourage us to join a group or a gang; exit strategies and how to access appropriate support. ● Describe the risks and law relating to carrying a weapon.
L1	<ul style="list-style-type: none"> ● Identify people/services that can help us if we or someone we know is in an unhealthy relationship (online/offline). ● Identify some of the roles within families and who you might do different activities with. ● Explain why it is important to listen to other people's point of view, demonstrate active listening, and demonstrate simple ways of resolving differences.
L2	<ul style="list-style-type: none"> ● Describe how we can sometimes put ourselves under pressure to do what we think others want us to do. ● Describe what adopted, fostered or looked after mean in terms of family. ● Identify what might make someone feel that they are in an unhappy or unhealthy relationship.
L3	<ul style="list-style-type: none"> ● Identify language and behaviours that are completely unacceptable (e.g. sexist, homophobic, transphobic, bi-phobic, racist or disablist). ● Identify what we can say or do or whom we can tell if we experience or witness unacceptable behaviours. ● Explain that our feelings about others may change and this is ok. ● Identify kind ways of communicating this to people we know. ● Identifying types of family including single parent families.

Level	Self care, support and safety
M4	<ul style="list-style-type: none"> ● Respond to stimuli about what it means to feel unwell; show awareness of how to indicate to someone that we are feeling unwell. ● Respond to stimuli about feeling frightened or worried. ● Respond to stimuli about how to keep our bodies safe (appropriate and inappropriate contact). ● Respond to adult modelling about ways to indicate to others that we need help. ● Respond with curiosity to stimuli about what is meant by keeping safe. ● Respond with curiosity to stimuli about different ways of keeping safe online. ● Respond with curiosity to stimuli about people who keep us safe at school and at home. ● Respond to stimuli about things that are public and things that are private. ● Respond with curiosity to stimuli about risk and chance.
M5	<ul style="list-style-type: none"> ● Describe the difference between feeling well and feeling unwell; demonstrate how to let someone know that we are feeling unwell. ● Explain what being frightened or worried means. ● Demonstrate simple ways to communicate that we are frightened or worried. ● Describe in simple terms what it means to take care of our bodies and keep them safe. ● Describe what is meant by personal safety. ● Explain what is meant by something being an accident. ● Describe what keeping safe online means. ● Identify rules and procedures in school that help keep us safe. ● Explain what is meant by private and what is meant by public. ● Identify some things that should be kept private, and some things that are okay to share with our special people, friends, or with everyone. ● Recognise simple examples of 'taking a chance'.
M6	<ul style="list-style-type: none"> ● Identify how we can tell if we are unwell (including possible symptoms). ● Describe in simple terms how germs can be spread to others. ● Identify whom to tell if we feel unwell. ● Identify useful phrases or vocabulary to use in order to let someone know that we feel unwell. ● Explain why it is a good idea to ask for help quickly if we feel unwell. ● Demonstrate some simple strategies we can use if we are feeling frightened or worried. ● Identify who is responsible for keeping us safe and explain the importance of helping to keep ourselves safe. ● Explain what unwanted physical contact means. ● Explain that we should always tell someone if anyone makes us feel worried or uncomfortable, whoever they are.

	<ul style="list-style-type: none"> ● Demonstrate simple ways of communicating to others that we need help. ● Explain what is meant by the terms risky (something that could go wrong/have harmful consequences) and dangerous (something that will always hurt us, e.g. fire). ● Identify some behaviours that might be risky. ● Explain what is meant by social media and how people use social media. ● Recognise that not all information seen online is true. ● Explain how other people's identity online can be different from what it actually is in real life. ● Identify some examples of school procedures that help us keep safe (e.g. fire or emergency evacuation drills, corridor rules, playground rules). ● Explain how to report an accident in school. ● Identify examples of what is meant by an emergency. ● Identify sources of immediate help in an emergency (e.g. adults in school, and demonstrate how we would attract their attention). ● Explain that no one has the right to make us share a photo of ourselves, or give information about ourselves or others, online. ● Identify reasons why being asked to share a photo of ourselves might not be a safe thing to do. ● Explain why it is important to talk with a trusted adult before deciding whether to share a photo or personal information. ● Explain what is meant by the term 'gambling' and identify places and ways this might take place. ● Identify what it means to 'win' or 'lose' in relation to gambling.
M7	<ul style="list-style-type: none"> ● Identify some things we can do to take care of our physical well being and our mental wellbeing. ● Describe simple things we can do if we are not feeling well. ● Demonstrate simple hygiene routines that can prevent the spread of germs (bacteria and viruses). ● Recognise some situations where we might need to ask someone for help with our mental wellbeing (e.g. feeling unhappy or depressed, disrupted sleep pattern, not wanting to eat/overeating). ● Identify some of the terms that are used to describe when someone is emotionally/mentally unwell. ● Explain why no one has a right to make us feel frightened or uncomfortable and how to recognise harassment, including online. ● Explain what is meant by 'personal space'. ● Describe ways we can safely challenge unwanted physical contact and ask for help. ● Explain or demonstrate strategies for communicating that we need help in different situations. ● Give reasons why it might be necessary to keep telling trusted adults until we or someone in trouble gets the help needed. ● Describe some situations and behaviours in and out of school, including online, which may not be safe or may entail risk. ● Identify trusted adults who can help us in risky situations and strategies we can use to help ourselves. ● Describe some ways in which social media can be used in a safe and positive way. ● Identify what we should do before we 'like', 'forward' or 'share' on social media and how this helps to keep us

	<p>safe online.</p> <ul style="list-style-type: none"> ● Identify some possible risks of using social media. ● Describe how we can respond, including getting help, if we see or are sent upsetting or inappropriate online content. ● Explain actions that we all have to undertake in school to keep safe (e.g. lining up, keeping quiet, and why these are essential). ● Identify examples of what would and would not be an emergency situation and suggest some ways to respond. ● Identify emergency services that could help us. ● Identify aspects of our lives that we may wish to keep private, even if others choose to share these things about themselves. ● Identify what is appropriate and inappropriate to share online. ● Identify trusted adults who can help us if someone tries to pressurise us online. ● Explain how to manage requests to share a photo, or information about ourselves or others online, including how to report. ● Give some reasons why people might choose to gamble. ● Identify the risks associated with chance- based transactions (including in-game purchases) and gambling, including online.
M8	<ul style="list-style-type: none"> ● Explain how what others say and think about us can positively and negatively affect the way we feel about ourselves. ● Identify some simple strategies to help manage negative opinions/ comments. ● Describe how it feels to achieve a target. ● Demonstrate ways we can develop our strengths and skills through practice. ● Identify some ways in which our current learning will help us in the future. ● Explain what stereotyping means. ● Demonstrate simple constructive strategies for responding to prejudice and discrimination. ● Give reasons why we should expect to be treated with respect by others. ● Describe strategies that can be used if someone is using pressure to persuade us to do something, including online. ● Recognise the responsibilities of bystanders to report bullying and hurtful behaviour. ● Identify trusted adults/ services that can help us if we or someone we know has been the target of unkind, hurtful, abusive or bullying behaviour, including online.
M9	<ul style="list-style-type: none"> ● Describe what other people might perceive our personal strengths, talents and skills to be. ● Explain that how we feel about ourselves (self- esteem) can be affected by what is happening in our lives. ● Give reasons why media, including social media can affect how people feel about themselves. ● Give examples of how our personal strengths, interests and skills may help us in our future lives, choices or employment.

	<ul style="list-style-type: none"> ● Identify ways of managing emotions in relation to future employment aspirations. ● Recognise that stereotypes based on religion, gender, age, race, disability or sexual orientation, can cause harm (e.g. how they might normalise non- consensual behaviour or encourage prejudice). ● Explain how we should show respect to others and others' beliefs, including people in the wider community. ● Describe how we can sometimes put ourselves under pressure to do what others are doing, or what we think others want us to do. ● Explain ways of safely responding if we experience or witness unacceptable behaviours. ● Identify reasons why we might put ourselves under pressure, and how others may apply pressure or encourage us to join a group or a gang; exit strategies and how to access appropriate support. ● Describe the risks and law relating to carrying a weapon.
L1	<ul style="list-style-type: none"> ● Identify some situations or behaviours in different situations which may not be safe or may be considered risky. ● Identify some things we can do to take care of our physical and mental well-being. ● Describe some ways in which social media can be used in a safe and positive way. ● Give examples of how we communicate online and some risks. ● Explain how we might achieve our targets and goals i.e. breaking them down in to more manageable bites. ● Describe how to call 999 in the case of an emergency.
L2	<ul style="list-style-type: none"> ● Identify people who can help us in risky situations and strategies we can use to help ourselves. ● Demonstrate simple hygiene routines that can prevent the spread of germs - (bacteria and viruses). ● Describe what we can say and do if someone is putting pressure on us to do things on social media that we are not comfortable with/feel or know are wrong. ● Describe some reasons for keeping personal information private. ● Identify some ways in which our current learning will help us in the future. ● Describe how adults might communicate to us that something is an emergency (vocabulary that adults might use).
L3	<ul style="list-style-type: none"> ● Identify ways to reduce risk and keep yourself safe in public settings. ● Recognise some situations where we might need to ask for someone to help with our mental well-being. ● Explain why we should be careful about whom we trust online and what information we can share. ● Describe how it feels to achieve or not achieve a target and how we can work on these emotions. ● Describe how adults might communicate to us that something is an emergency (vocabulary that adults might use).

Level	Managing feelings
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M4	<ul style="list-style-type: none"> ● Respond with curiosity to stimuli about all the different ways in which we are special. ● Respond to stimuli about different feelings we might experience. ● Respond to stimuli about how different feelings may be expressed. ● Respond with interest to stimuli about people we like or know.
M5	<ul style="list-style-type: none"> ● Identify feelings associated with feeling good about ourselves. ● Describe how we might feel, look and sound when we are happy or unhappy. ● Identify a range of feelings, where we might feel them in our body, and how they might make us behave. ● Identify what it means to like someone.
M6	<ul style="list-style-type: none"> ● Identify things we can do which help us to feel good about ourselves. ● Recognise when others may be feeling happy or unhappy from their facial expression and body language. ● Describe strong emotions (e.g. anger, fear, frustration, excitement, anxiety, jealousy). ● Describe the difference between 'liking' someone and 'fancying' someone.
M7	<ul style="list-style-type: none"> ● Identify things that we may say or do that could affect how we or others feel about us. ● Identify things that others may say or do that could affect how we feel about ourselves. ● Give examples of when we might feel strong emotions. ● Describe some simple strategies we can use to feel and stay happy. ● Identify how we can help others who may be feeling unhappy. ● Identify whom to ask or tell if we are feeling unhappy and/or need help. ● Explain how part of growing up might be to experience strong feelings about people we like or fancy.
M8	<ul style="list-style-type: none"> ● Explain the difference between helpful/kind and unhelpful/unkind comments. ● Demonstrate simple strategies to help manage our feelings about unhelpful/unkind comments. ● Identify some responses to feeling unhappy that might be unhelpful and give reasons why they are unhelpful. ● Describe how when we feel strong emotions we might feel like doing something we wouldn't usually do; how this could affect ourselves or other people. ● Describe how to manage strong emotions by using simple strategies to help ourselves and others. ● Explain that people can 'like' or 'fancy' someone of the same or different gender, race, ability or religion. ● Demonstrate appropriate use of the vocabulary associated with sex, sexual reproduction, gender identity and sexual orientation.
M9	<ul style="list-style-type: none"> ● Demonstrate polite and assertive ways of challenging unkind comments directed at us or others. ● Explain or demonstrate things we can do to help and support others when they are experiencing strong emotions. ● Recognise signs that we or someone we know might need help to cope with strong emotions and whom to speak to. ● Identify reliable and trustworthy sources of support for a range of relevant issues, including online.

	<ul style="list-style-type: none"> ● Recognise that everyone of all genders and sexual orientation is unique, special and worthy of respect. ● Identify reliable sources of advice and explain how to seek advice and help regarding gender, sexuality and intimate relationships, including managing feelings about these.
L1	<ul style="list-style-type: none"> ● Describe how we manage strong emotions by using simple strategies to help ourselves. ● Identify some behaviours which may be identified as risky or dangerous. ● Demonstrate ways of asking for help from a range of trustworthy sources. ● Identify strategies that might not help us to keep happy and why this might be the case. Identify our expectations of friendships/relationships. ● Identify how we can help others who may be feeling different emotions. ● Identify positive strategies to manage inappropriate behaviour towards us.
L2	<ul style="list-style-type: none"> ● Identify things we can do to help and support others when they are experiencing strong emotions, frustration, anxiety, jealousy, anger, etc. ● Identify trusted adults who can help us in risky situations and simple strategies we can use to help ourselves. ● Demonstrate ways we could seek support for friends who may be feeling unhappy, worried, or scared. ● Identify positive strategies to manage inappropriate behaviour towards us. Identify how we expect people to behave towards us in friendships and relationships. ● Describe how when we feel strong emotions we may feel like doing something we wouldn't usually do: how could this affect ourselves or other people?
L3	<ul style="list-style-type: none"> ● Demonstrate how we can seek support for ourselves or others by identifying whom to ask or tell if we are feeling unhappy and/or need help. ● Describe some situations and behaviours in and out of school, including online, which may not be safe or may entail risk. ● Identify whom to ask or tell if we are feeling unhappy and/or need help. Identify sources of support for us or someone we know who is experiencing abusive behaviour. ● Describe how to manage strong emotions by using simple strategies to help ourselves and others. ● Identify sources of support for us or someone we know who is experiencing abusive behaviour.

Level	Changing and Growing
M4	<ul style="list-style-type: none"> ● Respond with curiosity to stimuli about the ways in which we change as we get older. ● Respond to stimuli about different kinds of friendship. ● Respond with curiosity to stimuli about different positive relationships we have in our lives. ● Respond to stimuli about romantic relationships.

	<ul style="list-style-type: none"> ● Respond to stimuli about different kinds of families and different kinds of relationships in families. ● Respond to stimuli about parenthood.
M5	<ul style="list-style-type: none"> ● Identify some of the different ways we have changed as we have grown older. ● Describe what having or being a friend means. ● Identify different kinds of friendship and ways in which friendship is important. ● Identify some key features of positive friendships/ relationships, and how they can make us feel. ● Identify times when we might feel angry or sad because of someone's behaviour towards us. ● Identify instances in or out of school when we might need to seek permission or receive consent. ● Demonstrate how to ask for permission (get consent) before we borrow or take something from someone. ● Demonstrate ways to indicate to others that we are happy/willing or not happy/unwilling to do something (giving and not giving permission/ consent). ● Identify the similarities and differences between friendships and romantic/ intimate relationships. ● Identify whom we can talk to about relationships. ● Give examples of different types and features of committed, long-term relationships. ● Identify adults we know who are in a long term relationship (e.g. married, in a civil partnership, living together, engaged). ● Identify what being in a family means.
M6	<ul style="list-style-type: none"> ● Describe some of the new opportunities and responsibilities we have experienced as we have grown older. ● Identify some of the different stages of change as people progress from birth to adulthood (physical, emotional, social). ● Explain why puberty happens. ● Identify occasions when we might need the support of friends. ● Give examples of how we can show support to our friends. ● Describe how we can let friends know that we need their help and support. ● Identify our expectations of friendships/ relationships (e.g. spending time together, sharing interests). ● Describe the positive qualities people bring to relationships (e.g. kindness, support, being able compromise, listening, sharing feelings or worries). ● Identify different types of intimate relationships including same-sex relationships. ● Describe how strong emotions (including sexual attraction) might make people feel. ● Explain what seeking and giving/not giving consent means in relationships, that we have the right to say 'no' or 'please stop' to anything we feel uncomfortable about, and demonstrate how we might do this. ● Recognise what sex means, what happens during sexual activity and that consequences of sex might include pregnancy and sexually transmitted infections (STIs). ● Recognise that contraception, including condoms, can help prevent pregnancy and some STIs. ● Explain the difference between appropriate and inappropriate relationship behaviours in public places. ● Explain that marriage, (including same-sex marriage) civil partnerships and living together are choices that couples might make as part of their commitment to each other.

	<ul style="list-style-type: none"> ● Recognise what ‘adopted’, ‘fostered’, or ‘looked after’ mean in terms of families. ● Recognise that some relationships will end— meaning that a couple don’t go out together, or live together any more. ● Identify whom we can talk to if we’re worried about relationships changing/ ending.
M7	<ul style="list-style-type: none"> ● Describe the specific physical and emotional changes that happen during puberty, including menstruation, wet dreams, skin and voice changes, body hair, mood swings. ● Explain aspects of personal hygiene that we can take responsibility for, and why this is important during puberty. ● Identify occasions when our friends might need our support. ● Explain that we might disagree with someone and still be friends. ● Demonstrate ways to manage friendship disagreements restoratively. ● Recognise that friends do not always know what is best for each other. ● Explain how we expect people to behave towards us in friendships and relationships. ● Identify the differences between positive/healthy and negative/unhealthy relationships. ● Identify people we can talk to about relationships. ● Define what intimacy means. ● Identify readiness (emotional, physical and social) for a relationship that may include sex. ● Identify expectations we may have of being in a romantic/intimate/physical relationship, which may include sex. ● Describe simple ways to check if consent is being given and ways of assertively giving, not giving and withdrawing consent. ● Explain that there are laws about the legal age of consent for sexual activity. ● Identify how others may manipulate/persuade us to do things we do not want to do or do not like. ● Describe ways we can take care of our own sexual health and that of others (e.g. using condoms to help prevent STIs). ● Identify where and how to obtain condoms and describe how to use them safely. ● Identify sources of support with relationships and sex. ● Recognise that although it may seem (in the media etc.) that everyone is having a sexual relationship, in reality this is not the case. ● Identify what the differences might be between feeling ready for a relationship, feeling ready for a sexual relationship and being ready to be a parent. ● Identify some of the responsibilities of being a parent. ● Recognise different ways a person can become pregnant, including assisted conception, donor conception. ● Identify possible reasons why people might choose to adopt or foster children or young people. ● Explain that no-one can be forced to marry someone; that this is always wrong; that the person trying to force someone to marry is committing a very serious crime no matter who they are or what they say. ● Identify what we can do and whom we could tell if we think someone is being forced to marry someone.

M8	<ul style="list-style-type: none"> ● Identify the functions of the reproductive organs, including how conception occurs. ● Describe the different stages of reproduction, pregnancy and birth. ● Describe ways in which friendships might change over time. ● Explain that sometimes friendships may end, through choice or circumstances. ● Demonstrate strategies for managing feelings about friendships as they change and develop. ● Identify the aspects of relationships that we are responsible for (e.g. being respectful, honest and kind). ● Identify positive strategies to manage inappropriate behaviour towards us. ● Recognise that some types of behaviour within relationships are against the law (e.g. hitting/ hurting someone, telling someone what to do all the time, not allowing someone to make choices). ● Identify what we can do if we are worried or concerned about an unhealthy relationship. ● Identify different levels of intimacy (physical/sexual) within relationships and their associated risks. ● Describe ways to manage others' expectations in relationships and our right not to be pressurised to do anything we do not want to do. ● Explain that if someone fails to respect another person's right to not give their consent, then they are committing a serious crime. ● Demonstrate different strategies to deal with manipulation/persuasion in relationships. ● Recognise that the portrayal of sex in the media and social media (including pornography) is an unrealistic representation of sexual behaviour and can affect people's expectations of relationships and sex. ● Describe some forms of contraception, their correct use and where and how they can be accessed. ● Explain what STIs are (including HIV), how they can be tested for and why it is important that they are treated. ● Explain how and when to access sexual health services. ● Identify possible reasons for assisted conception, donor conception and surrogacy. ● Describe choices people have in the event of an unintended pregnancy. ● Explain what abortion or termination of a pregnancy means. ● Identify reliable, unbiased sources of support and explain how to access them. ● Describe different ways relationships might be ended (e.g. divorce, separation, or bereavement). ● Describe the feelings people might have if they or someone they are close to is experiencing the ending of a relationship. ● Explain that the breakdown of a relationship between parents is not the fault of their children. ● Explain the importance of talking to someone if worried about the ending of a relationship.
M9	<ul style="list-style-type: none"> ● Evaluate how emotions may change as we get older and are no longer children. ● Recognise that fertility changes over time and in response to some lifestyle factors. ● Demonstrate how we ● might end a friendship ● positively. ● Identify reliable and appropriate sources of support for ourselves and our friends.

	<ul style="list-style-type: none"> ● Demonstrate strategies to help us negotiate and assert our rights in a relationship. ● Explain what is meant by compromise and demonstrate some ways to compromise. ● Explain how the media portrayal of relationships may not reflect real life but may affect our expectations. ● Identify sources of support for us or someone we know who is experiencing abusive behaviour. ● Explain that consent must be sought and freely given before any sexual activity and how to tell if someone is giving or not giving their consent. ● Identify how saying 'yes' under pressure is not consent, and is not the same as freely given. ● Describe how alcohol/ drugs may influence choices we or others make in relationships, including sexual activity. ● Evaluate the advantages and disadvantages of different forms of contraception for different individuals. ● Recognise that viewing pornography can have ongoing harms and where and how to access help if concerned. ● Describe different reliable sources of support regarding relationships, sex and sexual health and how to access them. ● Identify some of the range of beliefs and opinions about pregnancy, adoption and termination. ● Recognise that long-term relationships experience challenges but that these can often be overcome. ● Identify some of the changes in family circumstances that might occur following separation, divorce, illness or bereavement. ● Explain strategies that people who are experiencing the end of a relationship might use to manage their feelings. ● Explain how and where people who are experiencing relationship difficulties or the end of a relationship might get help and support.
L1	<ul style="list-style-type: none"> ● Identify what the expectations of being a girlfriend or boyfriend might be. ● Describe the specific physical and emotional changes that happen during puberty, including menstruation, wet dreams, skin and voice changes, body hair, mood swings. ● Describe the specific physical changes that happen during puberty. Identify sources of help for ourselves and others. ● Demonstrate how we might disagree with someone and still be friends. Recognise that friends do not always know what is best for us. ● Identify positive strategies to manage inappropriate behaviour towards us.
L2	<ul style="list-style-type: none"> ● Explain the difference between appropriate behaviour in private and public places. ● Explain aspects of personal hygiene that we can take responsibility for, and why this is important during puberty. ● Describe the ways in which friends may show that they care about us. Explain that sometimes friendships may end. ● Identify that saying yes under pressure (not just to intimate activities) is not consent, and is not the same as freely given, enthusiastic consent.

L3	<ul style="list-style-type: none"> ● Evaluate how emotions may change as we get older and are no longer children. ● Recognise that some types of behaviour within relationships are against the law (e.g. hitting/hurting someone, telling someone what to do all the time, not allowing someone to make choices). ● Explain that if someone doesn't respect someone else's right to not give their consent, then they are committing a serious crime.
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Level	Healthy Lifestyles
M4	<ul style="list-style-type: none"> ● Respond to stimuli showing different aspects of a healthy lifestyle. ● Respond to stimuli about things we like to do which make us feel calm and relaxed. ● Respond to stimuli about different kinds of physical activity and exercise. ● Respond to stimuli about different kinds of food and drinks. ● Respond to stimuli showing different images of young people. ● Respond to stimuli about different health professionals (doctors, dentists, nurses) and how they take care of us. ● Respond to stimuli about taking care of our body.
M5	<ul style="list-style-type: none"> ● Recognise what is meant by a healthy lifestyle. ● Identify things we can do to help ourselves when we feel worried or stressed. ● Identify different kinds of physical activity and exercise. ● Identify our favourite foods and drinks. ● Identify and describe some different images of young people in pictures, magazines, TV programmes and social media. ● Recognise what is meant by a 'medicine'. ● Identify some substances people might swallow, drink or inhale that could be harmful to their health. ● Describe what alcohol is and how alcoholic drinks are different to non- alcoholic drinks.
M6	<ul style="list-style-type: none"> ● Identify different ways that people can live a healthy lifestyle. ● Describe how to take care of dental health (e.g. how to brush teeth correctly/ use floss, food and drink that support dental health and why regular check- ups at the dentist are important). ● Recognise what mental health and emotional wellbeing are. ● Suggest some simple ways to maintain our emotional wellbeing (e.g. relaxing, being with friends/family, listening to music). ● Identify our favourite forms of physical activity and exercise. ● Identify some of the benefits of being physically active, and possible consequences of inactivity. ● Describe our favourite foods and drinks, and give reasons for our choices.

	<ul style="list-style-type: none"> ● Identify foods we can eat all the time which are good for us. ● Identify foods that should only be eaten occasionally. ● Describe our thoughts and feelings about how different bodies are portrayed in the media. ● Identify the difference between over the counter medicines and those prescribed by a doctor. ● Identify some common legal drugs (e.g. nicotine and alcohol). ● Recognise that there are special rules (laws) around the selling and consumption of nicotine and alcohol, and why they exist. ● Identify some benefits of not smoking/vaping or drinking alcohol, or of delaying use. ● Recognise that most young people choose not to smoke/vape, drink alcohol or use drugs.
M7	<ul style="list-style-type: none"> ● Explain what a healthy lifestyle means, including the importance of healthy eating, sleep, personal hygiene, dental health, physical exercise and emotional wellbeing. ● Describe how we may feel if we don't get enough sleep, and strategies for maintaining good sleep patterns. ● Identify some simple strategies to help make positive choices about our health and wellbeing. ● Explain the link between physical health and mental wellbeing. ● Recognise when we need help with mental health or emotional wellbeing and whom we can speak to. ● Explain why it is important to seek help for ourselves or others if we are worried about unhealthy coping behaviours (e.g. self-harm or disordered eating). ● Describe some of the physical and mental health benefits of regular exercise. ● Explain what we mean by a healthy, balanced diet. ● Explain what makes some foods better for our health than others. ● Identify some ways in which images of people may be manipulated in the media/social media and therefore not reflect reality. ● Explain why some people might want to change the way they look. ● Recognise what is meant by body image. ● Identify some examples of over the counter medicines. ● Describe how medicines, when used responsibly can help us to take care of our health (e.g. painkillers when we have a headache). ● Explain that there are special rules (laws) around supplying or possessing illegal substances, and why they exist. ● Describe some of the risks and possible consequences of drinking alcohol, smoking and other drugs on the body. ● Identify how misusing substances/alcohol might impact on relationships. ● Identify when, why and how to ask for help in relation to drugs and alcohol.
M8	<ul style="list-style-type: none"> ● Describe strategies for maintaining a healthy lifestyle, including balancing time spent on work, leisure, physical activity, online activities and sleep. ● Explain why it is important to have enough sleep. ● Describe some healthy coping strategies that can help if we are struggling to maintain our emotional

	<p>wellbeing.</p> <ul style="list-style-type: none"> ● Describe how we can help friends or family who might be feeling stressed or unhappy. ● Identify things that can prevent people from seeking help with mental health issues (e.g. stigma). ● Explain some of the long term benefits of regular physical activity and exercise. ● Identify and challenge common stereotypes relating to physical activity. ● Describe some of the long term benefits of a healthy diet. ● Explain some of the risks of consuming food and drinks with high sugar or caffeine content. ● Identify some influences on young people to look a particular way, and the impact of these on emotional wellbeing. ● Explain what is meant by self-esteem. ● Describe some ways we can maintain self-esteem in relation to body image. ● Recognise the importance of taking over the counter and prescribed medicines correctly. ● Explain how drugs/alcohol can affect how people feel, influence their ability to make decisions and can contribute to causing accidents. ● Describe how pressure to use substances can come from a variety of sources, including people we know. ● Explain why we might put ourselves under pressure to try substances such as smoking and drinking (e.g. to fit in or not to feel left out). ● Describe or demonstrate strategies to resist pressure to smoke, drink alcohol or use illegal drugs.
M9	<ul style="list-style-type: none"> ● Describe what might affect choices we make about our health, e.g. healthy eating (advertising), physical activity (playing on the computer, restrictions due to health conditions) sleep (worries, stress, social media). ● Describe strategies for managing pressures and influences on healthy lifestyle choices. ● Identify reliable sources of advice and support for mental health and emotional wellbeing. ● Identify some strategies for challenging stereotypes and stigma relating to mental health. ● Describe the challenges that can prevent us from exercising, and suggest ways to overcome them. ● Identify ways of motivating ourselves to take exercise. ● Explain some of the influences on our food choices and strategies for managing these influences. ● Identify some of the risks associated with cosmetic/ aesthetic procedures (e.g. piercings, tattoos, tanning). ● Explain why advertisers might use manipulated images and how recognising this might influence our responses. ● Explain that all drugs can have risks to health, even if they are legal or have been prescribed. ● Explain long term personal and social risks of substance misuse. ● Describe what is meant by someone having a 'habit', or 'addiction' in terms of substance misuse. ● Identify reliable sources of support or advice if we are worried about ourselves or someone else in relation to substance misuse.
L1	<ul style="list-style-type: none"> ● Explain what we mean by a healthy balanced diet and the benefits of this. ● Explain what we mean by a healthy, balanced diet. ● Explain that just because a drug is legal, or has been prescribed—this does not mean it can be taken without

	<p>risks to health.</p> <ul style="list-style-type: none"> ● Follow some simple steps to keep safe online. ● Describe simple steps we can use to check if information found online is true or safe. ● Identify some of the techniques that advertisers might use to get our attention or persuade us to believe something is true, and what their motives might be.
L2	<ul style="list-style-type: none"> ● Identify some of the different influences on our food choices e.g. advertising. ● Describe some of the long term benefits of a healthy diet. ● Explain why we might put ourselves under pressure to try a substance (e.g. to feel popular, to 'fit in' or not to feel the 'odd one out'). ● Describe steps to take to check if something online is trustworthy. ● Identify some of the techniques that advertisers might use to get our attention or persuade us to believe something is true, and what their motives might be. ● Explain that information from our internet use is gathered, stored and used by external organisations. Identify organisations/ websites that can help us or other people with concerns about something seen or experienced online.
L3	<ul style="list-style-type: none"> ● Explain some of the risks of consuming food and drinks with high sugar or caffeine content. ● Identify reliable sources of support or advice if we are worried about ourselves or someone else in relation to drugs, smoking or drinking alcohol. ● Identify some ways advertisers may try to get our attention. ● Explain the influence that fake news can have on people's opinions, attitudes to others and understanding of the world.

Level	The world I live in
M4	<ul style="list-style-type: none"> ● Respond with interest to stimuli about the ways in which people can be the same and also be different. ● Respond with interest to stimuli about rules and routines there are in school. ● Respond with curiosity to stimuli about online advertising. ● Respond with curiosity to stimuli about the natural environment. ● Respond to stimuli about adult life. ● Respond to stimuli about the different jobs adults do in school. ● Respond with curiosity to adult modelling of the uses of money.
M5	<ul style="list-style-type: none"> ● Identify some of the similarities and differences between young people of our age. ● Identify what is meant by having rules in school, at home and in the wider world. ● Recognise that not everything we see online is 'real' or 'true'.

	<ul style="list-style-type: none"> ● Identify living things that people can care for (e.g. house plants, pets, gardens). ● Recognise different types of living arrangement, including adult care, residential care and living independently. ● Explain what is meant by having a 'job'. ● Describe in simple terms what money is and how it is used. ● Recognise that money we get from cash machines or through 'cashback' in the supermarket etc. is our money.
M6	<ul style="list-style-type: none"> ● Describe some of the similarities, differences and diversity among people of different race, faith and culture. ● Describe what is meant by rights and responsibilities. ● Recognise that advertising online is targeted at individuals. ● Recognise that not everything we see or read online is trustworthy; that some things that are written about are not real and are 'fake'. ● Recognise different ways of showing compassion to other living things (e.g. wildlife, pets). ● Recognise that there are different ways of financing adult life and independent living (e.g. paid work, personal independence payments). ● Recognise that there are different types of employment e.g. paid/ unpaid (voluntary), full time/part time, work placements. ● Describe different jobs that family members, friends and people in the community may do. ● Describe different ways in which people might acquire money. ● Identify some ways that money can be kept safe. ● Explain how other people make things for us that we can't make ourselves or provide us with services that we can't do for ourselves.
M7	<ul style="list-style-type: none"> ● Recognise what we all have in common, despite differences (e.g. in age, ability, sex, sexual orientation and gender identity). ● Identify some of the different kinds of rights and responsibilities we have in and outside school. ● Describe simple steps to take to check if something we see online is trustworthy. ● Identify some of the techniques that advertisers might use to get our attention or persuade us to believe something is true, and what their motives might be. ● Describe shared responsibilities we all have for taking care of other people, living things and the environment we live in. ● Identify our aspirations for adult life (which may or may not include employment and independent

	<p>living).</p> <ul style="list-style-type: none"> ● Describe the kind of job we might like to do when we are older and what we expect it to be like. ● Recognise that some jobs are paid more than others and money is one factor which may influence a person's job or career choice. ● Explain what is meant by earning, spending, and saving money. ● Identify some ways in which we are encouraged to spend money, including online. ● Describe the consequences of losing money or spending more than we have.
M8	<ul style="list-style-type: none"> ● Explain the benefits of diversity for our friendships and our community. ● Identify why stereotyping is unfair. ● Recognise that everyone has 'human rights' and that the law protects these rights. ● Identify some of our rights to different opportunities in both education and work. ● Explain that information from our internet use is gathered, stored and used by external organisations. ● Identify organisations/ websites that can help us or other people with concerns about something seen or experienced online. ● Explain how everyday choices can affect the environment positively (reducing, reusing, recycling) and negatively (single-use plastic, waste, pollution). ● Demonstrate skills for independent living (e.g. safe travel, shopping and meal preparation). ● Explain what strengths, skills and qualifications someone might need to do the jobs that interest us. ● Describe some of the things that help to keep people healthy and safe at work (that there are laws to protect people). ● Describe the steps to getting a job (e.g. looking for a job, writing a CV, going for an interview). ● Explain what is meant by the terms 'afford', 'borrow' and 'lend' (in the context of money). ● Explain the difference between essential and luxury purchases. ● Demonstrate skills for budgeting and managing potential income (salary, personal independence payments) as we become more independent.
M9	<ul style="list-style-type: none"> ● Explain that different cultures and faith groups have the right to practise their customs and beliefs within British law. ● Explain how stereotypes (e.g. based on sex, gender, race, religion, age, sexual orientation or disability) can lead to discrimination. ● Describe how to safely challenge stereotyping or discrimination when we witness or experience it. ● Identify whom we can talk to if we are worried about our rights or those of other people.

	<ul style="list-style-type: none"> ● Explain the influence that fake news can have on people's opinions, attitudes to others and understanding of the world. ● Identify our feelings and values in relation to climate change and the environment. ● Describe some of the choices available at the end of Key Stage 4, including employment, further study, apprenticeships, work placements. ● Demonstrate some of the skills that can help someone to get a job (e.g. interview techniques, communication and team working skills). ● Describe how to manage our feelings in relation to living independently, and whom we can talk to if we are worried. ● Identify people and organisations that can provide advice and support for our future employment. ● Explain what is meant by 'debt' and 'credit'. ● Describe some simple examples of what is meant by 'value for money'. ● Explain the benefits and identify different methods of saving for the future. ● Identify what we can do if something we buy is faulty or we want to return it (our legal rights). ● Demonstrate enterprise skills (e.g. participation in a mini enterprise project).
L1	<ul style="list-style-type: none"> ● Follow some simple steps to keep safe online. ● Describe simple steps we can use to check if information found online is true or safe. ● Identify some of the techniques that advertisers might use to get our attention or persuade us to believe something is true, and what their motives might be. ● Explain that information from our internet use is gathered, stored and used by external organisations. ● Identify organisations/ websites that can help us or other people with concerns about something seen or experienced online. ● Identify the consequences of losing money or spending more than we have. ● Identify some ways in which we are encouraged to spend money e.g. advertising and online. ● Recognise that some jobs are paid more than others and money is one factor which may influence a person's job or career choice.
L2	<ul style="list-style-type: none"> ● Describe steps to take to check if something online is trustworthy. ● Identify some of the techniques that advertisers might use to get our attention or persuade us to believe something is true, and what their motives might be. ● Describe ways people get us to spend more money either on or offline. ● Describe the consequences of losing money, spending more than we have or through gambling. ● Describe the kind of job we might like to do when we are older and what we expect it to be like. ● Describe the steps to getting a job (e.g. looking for a job, writing a CV, going for an interview). ● Explain what strengths, skills and qualifications someone might need to do the jobs that interest us.

L3

- Identify some ways advertisers may try to get our attention.
- Explain the influence that fake news can have on people's opinions, attitudes to others and understanding of the world.
- Explain what is meant by 'debt' and 'credit'.
- Identify people and organisations that can provide advice and support for our future employment.