2026 Curriculum PSHE Objective Mapping



Introduction

This document is designed to support planning and evidence-gathering for each PSHE objective.

It includes a breakdown of the PSHE Association Objectives for both KS1 and KS2, specifying which lessons cover each objective.

Section 1 of the Programme of Study for PSHE education is primarily covered in the **myHappyBody** and **myHappyRelationships** modules, while Section 2 is largely explored in **myHappyWorld.**

For full coverage, some objectives may appear in different modules, and many are reinforced across multiple lessons.



How to use this document

This document has been designed to help you identify where each PSHE Association objective is taught across the myHappymind curriculum.

The title indicates the PSHE Association section that the objectives belong to.

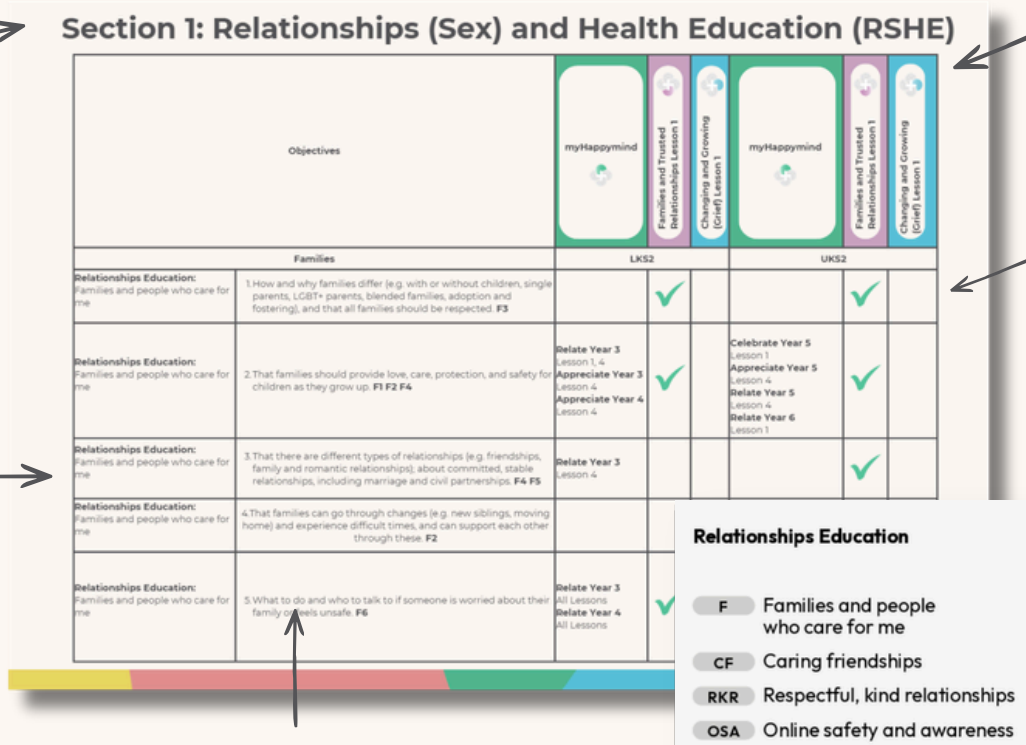
This column shows how the objectives and lessons links to the statutory RSHE guidance.

This column lists the PSHE Association learning objective. The codes in bold directly link to the statutory RSHE guidance sections as follows:

The colours correspond to the different myHappymind modules:

- Green – myHappymind
- Blue – myHappybody
- Purple – myHappyrelationships
- Yellow – myHappyworld

The tick symbols show where each objective is covered within the myHappymind lessons and myHappymindPlus lessons.



Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Families and Trusted Relationships Lesson 1	Changing and Growing (Grief) Lesson 1	myHappymind	Families and Trusted Relationships Lesson 1	Changing and Growing (Grief) Lesson 1
Families		LKS2			UKS2		
Relationships Education: Families and people who care for me	1. How and why families differ (e.g. with or without children, single parents, LGBT+ parents, blended families, adoption and fostering), and that all families should be respected. **F3**		✓			✓	
Relationships Education: Families and people who care for me	2. That families should provide love, care, protection, and safety for children as they grow up. **F1 F2 F4**	**Relate Year 3** Lesson 1, 4 **Appreciate Year 3** Lesson 4 **Appreciate Year 4** Lesson 4	✓		**Celebrate Year 5** Lesson 1 **Appreciate Year 5** Lesson 4 **Relate Year 5** Lesson 4 **Relate Year 6** Lesson 1	✓	
Relationships Education: Families and people who care for me	3. That there are different types of relationships (e.g. friendships, family and romantic relationships), about committed, stable relationships, including marriage and civil partnerships. **F4 F5**	**Relate Year 3** Lesson 4				✓	
Relationships Education: Families and people who care for me	4. That families can go through changes (e.g. new siblings, moving home) and experience difficult times, and can support each other through these. **F2**						
Relationships Education: Families and people who care for me	5. What to do and who to talk to if someone is worried about their family or feels unsafe. **F6**	**Relate Year 3** All Lessons **Relate Year 4** All Lessons	✓				

Relationships Education

- **F** Families and people who care for me
- **CF** Caring friendships
- **RKR** Respectful, kind relationships
- **OSA** Online safety and awareness
- **BS** Being safe

Health Education (Health and wellbeing)

- **GW** General wellbeing
- **WO** Wellbeing online
- **PHF** Physical health and fitness
- **HE** Healthy eating
- **DATV** Drugs, alcohol, tobacco and vaping
- **HPP** Health protection and prevention
- **PS** Personal safety
- **BFA** Basic first aid
- **DB** Developing bodies

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- Section 2: Economic Wellbeing and Careers Education

Key Stage 2

- Section 1: Relationships (Sex) and Health Education (RSHE)
- Section 2: Economic Wellbeing and Careers Education

myHappymind Plus

myHappymind Plus

KS1 - Section 1: Relationships (Sex) and Health Education (RSHE)



Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Families and Trusted Relationships Lesson 1	Families and Trusted Relationships Lesson 2
Families				
Relationships Education: Families and people who care for me	1. What a family is and who is in our family. **F1 F2**	**Appreciate Year 1** Lesson 2, 3 **Appreciate Year 2** Lesson 1	✓	
Relationships Education: Families and people who care for me	2. That there are different types of family, and that everyone's family is unique and special. **F3**		✓	
Relationships Education: Families and people who care for me	3. How families show love and care, and different ways they can spend time together and share each other's lives. **F2 F4**	**Relate Year 1** Lesson 1 **Realte Year 2** Lesson 1	✓	
Relationships Education: Families and people who care for me	4. What to do if anything about family life is upsetting or concerning. **F6**	**Relate Year 1** Lesson 3		✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Families and Trusted Relationships Lesson 2	Friendships and Showing Respect Lesson 1	Friendships and Showing Respect Lesson 2
Friendships					
Relationships Education: Caring friendships	1. What friendship is and what makes a good friend. **CF1 CF2 CF4**	**Relate Year 1** Lesson 1, 2 **Relate Year 2** Lesson 1, 2, 3		✓	
Relationships Education: Caring friendships	2. How people make friends and how to be kind and caring in friendships. **CF1 CF2**	**Relate Year 1** Lesson 1, 2 **Relate Year 2** Lesson 1, 2, 3		✓	
Relationships Education: Caring friendships Respectful, kind relationships	3. That friends can argue, and they can also make up. **CF5 RKR3**	**Relate Year 1** Lesson 2,3,4			✓
Relationships Education: Caring friendships Respectful, kind relationships	4. Simple ways to resolve arguments between friends positively; that physically hurting someone is never the right way to solve an argument. **CF6 RKR3**	**Relate Year 1** Lesson 2,3,4			✓
Relationships Education: Caring friendships	5. How to ask for help if a friendship is making them feel unhappy. **CF7**	**Relate Year 2** Lesson 4	✓		✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Friendships and Showing Respect Lesson 1	Friendships and Showing Respect Lesson 2	Families and Trusted Relationships Lesson 2	Changing and Growing Lesson 1	Changing and Growing (Grief) Lesson 2	Changing and Growing (Transition) Lesson 4
Respecting self and others								
Relationships Education: Respectful, kind relationships	1. What makes them unique and special; how they are the same as, and different to, others; about the different groups they are part of, and how this can contribute to a sense of belonging **RKR8 RKR10**	**Celebrate Year 1** Lesson 4 **Relate Year 1** Lesson 1 **Celebrate Year 2** Lesson 1, 4 **Relate Year 2** Lesson 1	✓	✓				
Relationships Education: Respectful, kind relationships	2. That they have likes, dislikes and needs; why it is important to understand that not everyone likes, dislikes and needs the same things **RKR1**	**Celebrate Year 1** Lesson 1 **Celebrate Year 2** Lesson 1				✓		✓
Relationships Education: Respectful, kind relationships	3. How to respectfully express their likes, dislikes and needs, and listen to other people **RKR3 RKR5**	All 'Time to chat' sections are desgined to also encourage listening to others.	✓				✓	✓
Relationships Education: Respectful, kind relationships	4. Ways to show politeness and respect **RKR7**	**Relate Year 1** Lesson 2, 3 **Relate Year 2** Lesson 3, 4	✓	✓	✓			
Relationships Education: Respectful, kind relationships	5. How to play cooperatively; what they can do if they feel upset or angry with someone **RKR3 RKR6**	**Relate Year 1** Lesson 2, 3 **Relate Year 2** Lesson 3, 4	✓					
Relationships Education: Caring friendships	6. How to share, take turns and include others **CF2**	**Relate Year 1** Lesson 2, 3 **Relate Year 2** Lesson 3, 4	✓					

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Friendships and Showing Respect Lesson 1	Friendships and Showing Respect Lesson 2	Families and Trusted Relationships Lesson 2	Friendships and Showing Respect (Bullying) Lesson 3
Respecting self and others (continued)						
Relationships Education: Respectful, kind relationships	7. About kind and unkind behaviour; that someone's actions and words can be hurtful **RKR3 RKR9**	**Relate Year 1** Lesson 1 **Relate Year 2** Lesson 3	✓	✓	✓	
Relationships Education: Respectful, kind relationships **Health Education:** General wellbeing	8. How to recognise bullying; how people may feel if they experience hurtful behaviour or bullying; the importance of telling an adult if they experience or witness bullying **RKR9 GW7**	**Meet Your Brain Year 2** Lesson 3	✓			✓
Relationships Education: Respectful, kind relationships	9. How to identify people they can tell, and get help from, if they are worried, upset, uncomfortable or unsure about relationships or someone's behaviour, and why it is important to do so **RKR11**	Throughout myHappymind, children are encouraged to share their worries or concerns with trusted adults.			✓	✓

Section 1: Relationships (Sex) and Health Education (RSHE)

	Objectives	Changing and Growing (My Amazing Body) Lesson 3	Changing and Growing (Transition) Lesson 4	Families and Trusted Relationships Lesson 2	Safe Relationships Lesson 1	Safe Relationships Lesson 2	Online Safety Lesson 1
Safe relationships: consent, boundaries and trust							
Relationships Education: Being safe	1. When to ask for permission and when others should ask for theirs, e.g. during play or when negotiating shared space, toys and resources; how to give or not give permission clearly and respectfully **BS1**				✓		
Relationships Education: Being safe **Health Education:** Developing bodies	2.That everyone's body belongs to them; simple rules to protect privacy, recognise safe and unsafe touch, assert boundaries, and who to tell if concerned e.g. Talk PANTS rule from NSPCC **DB2 BS2 BS3**	✓				✓	
Health Education: Developing bodies	3. That some parts of the body are private; to be able to name these private parts of the body (e.g. penis, testicles, scrotum, nipples, vulva, vagina) **DB2**	✓					
Relationships Education: Being safe	4. Basic strategies for resisting pressure to do something they don't want to do, that makes them uncomfortable, or that might be unsafe **BS4 BS5 BS6**				✓	✓	
Relationships Education: Being safe Respectful, kind relationships	5. What is meant by a 'trusted adult' (i.e., someone they know who makes them feel safe, listened to and cared for); how to ask for help from a trusted adult **BS5 RKR11**		✓	✓			
Relationships Education: Being safe Respectful, kind relationships	6. To distinguish between trusted adults who are familiar to them, adults they recognise in the community, and adults they don't know **RKR11 BS4 BS5**			✓		✓	✓
Relationships Education: Being safe	7.About the importance of not keeping adults' secrets (only happy surprises), and of telling a trusted adult about any secrets that make them feel uncomfortable, worried, embarrassed, or unsafe **BS2 BS6**				✓		
Relationships Education: Being safe Respectful, kind relationships	8. What to do if they feel unsafe or worried for themselves or others; who and how to ask for help; the importance of keeping trying until they are heard **RKR11 BS6 BS7**		✓	✓			

Section 1: Relationships (Sex) and Health Education (RSHE)

	Objectives	myHappymind	myHappymind Places	Healthy Choices Lesson 1	Changing and growing (Grief) Lesson 2
Mental health and wellbeing					
Health Education: General wellbeing	1. How to notice and name a range of feelings in themselves and others, such as happiness, excitement, anger and sadness; that feelings can be felt more, or less, strongly **GW3 GW4 GW5**	**Meet Your Brain Year 1** Lesson 3, 4, 5 **Meet Your Brain Year 2** Lesson 3	✓		
Health Education: General wellbeing	2. That being aware of their thoughts and feelings can help someone to manage them and is an important part of keeping healthy and well **GW2 GW4**	**Meet Your Brain Year 1** Lesson 3, 4, 5 **Meet Your Brain Year 2** Lesson 3	✓		
Relationships Education: Respectful, kind relationships **Health Education:** General wellbeing	3. That someone's feelings can affect how they behave; ways to manage strong feelings, reactions and responses **GW5 RKR3**	**Meet Your Brain Year 1** Lesson 2, 5 **Meet Your Brain Year 2** Lesson 1, 3, 5		✓	
Health Education: General wellbeing	4. About things that can help people feel good (e.g. playing outside, being in nature, physical activity, doing things they enjoy, spending time with family and friends, getting enough sleep) **GW1**	**Appreciate Year 1** Lesson 3 **Appreciate Year 2** Lesson 2	✓		✓
Health Education: General wellbeing	5. Simple strategies to manage distraction, unhelpful thoughts and strong, unpleasant or uncomfortable feelings; that the brain can get better at remembering how to use these strategies **GW1 GW5**		✓		

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	myHappymind Places	Changing and Growing (Grief) Lesson 2	Changing and Growing (Transition) Lesson 4
Mental health and wellbeing (continued)					
Health Education: General wellbeing	6. About different kinds of change and loss (including death); how change and loss can affect people and who can help **GW8**	**Meet Your Brain Year 2** Lesson 2		✓	
Health Education: General wellbeing	7. About preparing to move to a new class or year group and how to manage feelings during times of change **GW3 GW8**		✓		✓
Health Education: General wellbeing	8. Who they can talk to if finding things difficult, or needing help with feelings (including adults in school) and how to ask for help **GW9**	**Meet Your Brain Year 1** Lesson 1, 2 **Meet Your Brain Year 2** Lesson 1 Throughout myHappymind, children are encouraged to share their concerns and worries with a trusted adult.	✓		

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Healthy Choices Lesson 1	Healthy Choices Lesson 2	Safe Choices Lesson 2
Keeping healthy and well					
Health Education: Health protection and prevention Personal health and fitness	1. People who help us stay healthy and who can help if feeling unwell or hurt **HPP4 HPP1 PHF4**	**Meet Your Brain Year 1** Lesson 1, 4 **Meet Your Brain Year 2** Lesson 1, 3		✓	
Health Education: Health protection and prevention	2.How to brush teeth correctly; about visiting the dentist and how food and drink choices affect dental health **HPP4**			✓	
Health Education: Health protection and prevention	3. How to keep safe and well in the sun and protect skin from sun damage **HPP2**				✓
Health Education: Health protection and prevention	4. Why sleep is important; bedtime routines and ways to rest and relax **HPP3**	**Meet Your Brain Year 1** Lesson 1, 3	✓		
Health Education: Health protection and prevention	5. Simple hygiene routines that can stop germs from spreading **HPP5**			✓	
Health Education: Health protection and prevention Personal health and fitness	6. Who to talk to if they are worried about their health **PHF4**			✓	

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Healthy Choices Lesson 1	Healthy Choices Lesson 2	Safe Choices Lesson 1	Safe Choices Lesson 2
Physical activity and nutrition						
Health Education: Personal health and fitness	1. What being healthy means and how physical activity helps people to stay healthy **PHF1**		✓			
Health Education: Personal health and fitness	2. Ways to be physically active every day **PHF2**			✓		
Health Education: Healthy eating	3. That there are different types of food and drink, with different tastes and textures, and people enjoy different foods **HE2**		✓			
Health Education: Healthy eating	4. That people often share food together, e.g. during mealtimes or special occasions **HE2 HE3**		✓			
Health Education: Healthy eating	5. That food and drink come from different sources (e.g. eggs from chickens, fruit from trees/plants) and how some foods can be changed (e.g. grains into bread) before they are eaten or drunk **HE1 HE4**		✓			
Health Education: Healthy eating	6. That what someone eats and drinks can affect their health; about food and drink that support good health, the importance of eating a range of foods, the effects of consuming too much sugar; who to talk to if worried about what they eat and drink **HE1 HE4**			✓		
Health Education: Healthy eating	7. When and how children can make choices about what they eat and drink and who can help them make healthier choices **HE2**		✓			

Section 1: Relationships (Sex) and Health Education (RSHE)

Objective		Changing and Growing Lesson 1
Changing and growing up		
Health Eduction: Developing bodies	1. About growing and changing from young to old and how people's needs change **DB1**	✓

Section 1: Relationships (Sex) and Health Education (RSHE)

	Objectives	Safe Choices Lesson 1	Safe Choices Lesson 2	Protecting Our Communities Lesson 2
	Personal safety and first aid			
Health Education: Personal safety	1. What rules are, some basic safety rules and how different rules can help to keep people safe in different situations. **PS1**	✓		
Health Education: Personal safety	2. How to recognise potentially harmful or hazardous situations in everyday life, including at home. **PS1**	✓	✓	
Health Education: Personal safety	3. Ways to keep safe when out and about, e.g. near railways, on the street and in busy places. **PS2**		✓	
Health Education: Personal safety	4. How to cross the road safely with adult support. **PS2**		✓	
Health Education: Personal safety	5. How to keep safe around water, using the water safety code. **PS2**		✓	
Relationships Education: Being safe	6. About the people whose job it is to help keep children safe and how to get help from an adult if there is an accident or emergency. **BS4 BS7**		✓	✓
Health Education: Basic first aid	7. How to dial 999 in an emergency (including from a locked mobile phone), and what to say. **BFA1**		✓	

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappy mind	Safe Choices Lesson 1	Friendships and Showing Respect (Bullying) Lesson 3	Friendships and Showing Respect Lesson 1	Online Safety Lesson 1
Online life and safety						
	1. Different ways people use the internet in everyday life **WO1**					✓
	2. That not everything on the internet is true or real **WO7**					✓
	3. How the internet and digital devices can be used to safely and respectfully communicate with others **WO2 WO4 OSA1**					✓
	4. That it is important to be kind online; that people's feelings can be hurt by unkindness online **OSA1**				✓	✓
	5. That sometimes people may behave differently online, including by pretending to be someone they're not or saying things that aren't true **OSA2**			✓	✓	
	6. Basic rules to keep safe online, including which personal details should be kept private online; that anything shared online can be used or shared by other people. **WO10 OSA4 OSA5**		✓			✓
	7. How rules and age restrictions help protect children's wellbeing online; why it's important to limit time on, and take breaks from, digital devices. **WO3 WO5 OSA3**	**Engage Year 2** Lesson 3				✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Friendships and Showing Respect (Bullying) Lesson 3	Safe Choices Lesson 1	Online Safety Lesson 1
Online life and safety					
Health Education: Wellbeing online	8. Some benefits and risks of watching videos or playing games online. **WO6 WO7**		✓		
Health Education: Wellbeing online	9. That not everything on the internet is true or real. **WO7**	**Engage Year 2** Lesson 3			✓
Health Education: Wellbeing online	10. How to tell a trusted adult if they have worries about something online. **WO11**				✓

Section 1: Relationships (Sex) and Health Education (RSHE)

	Objectives	Safe Choices Lesson 1	Safe Choices Lesson 2
	Drug education		
Health Education: Health protection and prevention	1. That medicines can help people to stay healthy or feel better if they are unwell. **HPP6**	✓	✓
Health Education: Drugs, alcohol, tabacco and vaping	2. That some things that go into or onto bodies can be harmful and how we might know if something is harmful. **DATV1**	✓	
Health Education: Drugs, alcohol, tabacco and vaping	3.To recognise risk in relation to medicines, cleaning fluids and other potentially harmful products that might be in the home; what to do and who to tell if they think they are at risk. **DATV1**	✓	

myHappymind Plus

KS1 - Section 2: Economic Wellbeing and Careers Education



Section 2: Economic Wellbeing and Careers Education

Objectives	Economic Wellbeing Lesson 1	Economic Wellbeing Lesson 2
Economic wellbeing		
1. What money is, how people get money, and what it is used for.	✓	✓
2. That money needs to be looked after; different ways of doing this, including keeping money in an account.	✓	
3. Different ways of paying for things.	✓	
4. That money can be saved or spent; that people make different choices about saving and spending money.	✓	
5. The difference between needs and wants; that people may not always be able to have the things they want.	✓	

Section 2: Economic Wellbeing and Careers Education

Objectives	Economic Wellbeing Lesson 2	Protveting Our Communities Lesson 2
Careers education: aspirations, learning and work		
1. That everyone has different strengths and interests; to identify what they enjoy, are good at or feel proud of.	✓	
2. That people can earn money to pay for things by having a job.	✓	
3. Different jobs that people do, including roles and responsibilities people have in their community.	✓	✓
4. Some of the strengths and interests someone might need to do different jobs.	✓	

myHappymind Plus

KS2 - Section 1: Relationships (Sex) and Health Education (RSHE)



Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Families and Trusted Relationships Lesson 1	Changing and Growing (Grief) Lesson 2	myHappymind	Families and Trusted Relationships Lesson 1	Changing and Growing (Grief) Lesson 2
Families		**LKS2**			**UKS2**		
Relationships Education: Families and people who care for me	1. How and why families differ (e.g. with or without children, single parents, LGBT+ parents, blended families, adoption and fostering), and that all families should be respected. **F3**		✓			✓	
Relationships Education: Families and people who care for me	2. That families should provide love, care, protection, and safety for children as they grow up. **F1 F2 F4**	**Relate Year 3** Lesson 1, 4 **Appreciate Year 3** Lesson 4 **Appreciate Year 4** Lesson 4	✓		**Celebrate Year 5** Lesson 1 **Appreciate Year 5** Lesson 4 **Relate Year 5** Lesson 4 **Relate Year 6** Lesson 1	✓	
Relationships Education: Families and people who care for me	3. That there are different types of relationships (e.g. friendships, family and romantic relationships); about committed, stable relationships, including marriage and civil partnerships. **F4 F5**	**Relate Year 3** Lesson 4				✓	
Relationships Education: Families and people who care for me	4. That families can go through changes (e.g. new siblings, moving home) and experience difficult times, and can support each other through these. **F2**			✓			✓
Relationships Education: Families and people who care for me	5. What to do and who to talk to if someone is worried about their family or feels unsafe. **F6**	**Relate Year 3** All Lessons **Relate Year 4** All Lessons	✓		**Meet Your Brain Year 5** All Lessons **Meet Your Brain Year 6** All Lessons **Relate Year 5** All Lessons **Relate Year 6** All Lessons	✓	

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Friendships and Showing Respect Lesson 1	myHappymind Places	myHappymind	Friendships and Showing Respect Lesson 1	myHappymind Places
Friendships		**LKS2**			**UKS2**		
Relationships Education: Caring friendships	6. About the importance of friendships; that positive friendships support wellbeing. **CF1**	**Appreciate Year 3** Lesson 4 **All Relate Lessons**	✓		**All Relate Lessons**	✓	
Relationships Education: Caring friendships Respectful, kind relationships	7. What constitutes a positive, healthy friendship (e.g. mutual respect, trust, kindness, generosity, sharing interests, enjoying being together, and support with problems and difficulties); that truthfulness and loyalty are also part of this, but when these might be less appropriate. **CF2 CF4 RKR2**	**Appreciate Year 3** Lesson 4	✓		**Relate Year 5** Lesson 4 **Relate Year 6,** Lesson 1	✓	
Relationships Education: Caring friendships	8. How people choose and make friends; skills for building caring, kind friendships (e.g. mutual support, listening, respecting boundaries, celebrating friends' successes). **CF1 CF2**	**All Relate Lessons**	✓		**Relate Year 5** All lessons RelateYear 6 All lessons	✓	
Relationships Education: Caring friendships Respectful, kind relationships	9. That healthy friendships are not controlling or possessive; that everyone can have more than one friend, and that having different friends can bring different positive experiences. **CF1 RKR4 RKR2**		✓			✓	
Relationships Education: Caring friendships **Relationships Education:** General Wellbeing	10. That healthy friendships make people feel included, safe and happy; how to recognise when they or others feel lonely or excluded; strategies to include others; the importance of seeking support if feeling lonely or excluded. **CF1 CF3 CF4 GW6**	**Meet Your Brain Year 3** All Lessons **Meet Your Brain Year 4** All Lessons **Relate Year 3** All Lessons **Relate Year 4** All Lessons	✓	✓	**Meet Your Brain Year 5** All Lessons **Meet Your Brain Year 6** All Lessons **Relate Year 5** All Lessons **Relate Year 6** All Lessons		✓
Relationships Education: Caring friendships	11. Strategies for recognising and managing peer influence and the desire for peer approval in friendships. **CF2**		✓			✓	

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Friendships and Showing Respect Lesson 1	myHappymind	Friendships and Showing Respect Lesson 1	myHappymind Places
Friendships		**LKS2**		**UKS2**		
Relationships Education: Respectful, kind relationships	12. About balancing the needs and wishes of different people, e.g. in families or friendships; the importance of balancing their own needs with being kind to others. **RKR1 RKR4**			**Relate Year 5** Lesson 2, 3 **Relate Year 6** All lessons	✓	
Relationships Education: Caring friendships	13. That friendships have ups and downs and can change over time; that working through differences can sometimes strengthen friendships. **CF5**		✓	**Relate Year 5** Lesson 3,4 **Relate Year 6** Lesson 1	✓	
Relationships Education: Caring friendships	14. How to recognise if a friendship is making them feel unsafe, unhappy, or uncomfortable; how to manage this and ask for help if necessary. **CF7**			**Relate Year 5** Lesson 1, 2 **Relate Year 6** Lesson 1	✓	✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	myHappymind Places	Friendships and Showing Respect (Bullying) Lesson 2	Protecting Our Communities Lesson 1	Protecting Our Communities Lesson 2	myHappymind	Friendships and Showing Respect (Bullying) Lesson 2	Protecting Our Communities Lesson 1	Protecting Our Communities Lesson 2
Respecting self and others		**LKS2**					**UKS2**			
Relationships Education: Respectful, kind relationships **Health Education:** General Wellbeing	1.The shared responsibilities everyone has to care for other people and living things; how to show respect, care and concern for others. **RKR1 RKR6 GW1**	**Appreciate Year 3** Lesson 2, 3, 4 **Appreciate Year 4** Lesson 2, 3, 4			✓		**Appreciate Year 5** Lesson 2, 4 **Relate Year 5** Lesson 2, 3, 4 **Relate Year 6** All lessons			✓
Relationships Education: Respectful, kind relationships	2.About diversity, personal identity and self-respect; what contributes to who someone is (e.g. culture, ethnicity, family, faith, hobbies, likes/dislikes), the benefits of living in a diverse community and that everyone should be treated with respect. **RKR5 RKR8**	**Celebrate Year 3** All Lessons **Celebrate Year 4** All Lessons **Relate Year 3** All Lessons **Relate Year 4** All Lessons	✓	✓		✓	**Celebrate Year 5** All Lessons **Celebrate Year 5** All Lessons **Relate Year 5** Lessons 1, 2, 3 **Relate Year 6** Lesson 2		✓	✓
Relationships Education: Respectful, kind relationships	3.How courtesy and manners can be used to show respect; that different cultures can use different customs and behaviours to show courtesy; to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyles are different to their own. **RKR5 RKR7**	**Celebrate Year 3** All Lessons **Celebrate Year 4** All Lessons **Relate Year 3** All Lessons **Relate Year 4** All Lessons		✓		✓	**Celebrate Year 5** All Lessons **Celebrate Year 6** All Lessons **Relate Year 5** Lesson 4 **Relate Year 6** Lesson 1	✓		
Relationships Education: Respectful, kind relationships	4.How to communicate effectively and assertively, including expressing needs and boundaries; how being assertive differs from being controlling. **RKR3 RKR4**			✓				✓		

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	myHappymind Places	Friendships and Showing Respect Lesson 1	Friendships and Showing Respect (Bullying) Lesson 2	myHappymind	myHappymind Places	Friendships and Showing Respect (Bullying) Lesson 2	Protecting Our Communities Lesson 3
Respecting self and others continued...		**LKS2**				**UKS2**			
Relationships Education: Caring friendships Respectful, kind relationships	5.Ways to reconcile differences and conflict positively and safely, including avoiding physical aggression and finding a compromise. **CF6 RKR3**	**Relate Year 3** Lessons 1,2 **Relate Year 4** Lesson 1, 2,4	✓	✓		**Meet Your Brain Year 5** All Lessons **Meet Your Brain Year 6** All Lessons **Relate Year 5** Lesson 1, 2,4 **Relate Year 6** Lesson 1	✓		
Relationships Education: Respectful, kind relationships	6.How to respond to situations where they experience disappointment or frustration with others. **RKR3**	**Relate Year 3** Lessons 1,2 **Relate Year 4** Lesson 1, 2		✓					
Health Education: General Wellbeing Wellbeing online **Relationships Education:** Respectful, kind relationships	7.About different types of bullying, how bullying behaviours can be influenced by others and what to do if witnessing bullying online or offline; the impacts for all involved (including on wellbeing) and how to report and seek help for themselves or others. **GW7 RKR9 WO8**				✓			✓	
Relationships Education: Respectful, kind relationships	8.What stereotypes are and how they can be unfair; how stereotypes can negatively influence behaviours and attitudes towards others, including leading to bullying; strategies for challenging stereotypes. **RKR10**								✓
Relationships Education: Respectful, kind relationships	9.About prejudice and discrimination; to recognise behaviours that discriminate against others; ways of responding to discrimination, including when and how to seek help. **RKR5 RKR6 RKR10**							✓	✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Changing and Growing (Our Bodies Growing Up)	Safe Relationships Lesson 1	myHappymind	Changing and Growing (The Big Change)	Changing and Growing (Reproduction)	Safe Relationships Lesson 1
Safe relationships: consent, boundaries and trust		**LKS2**			**UKS2**			
Relationships Education: Being Safe	1.The difference between public and private; why something might be private, and when children and adults have a right to privacy. **BS2**							✓
Relationships Education: Being Safe (Sex Education)	2.About seeking and giving/not giving permission (consent) in different situations with friends, peers and adults. **BS1 BS3**			✓		✓		✓
Relationships Education: Being Safe Respectful, kind relationships	3.What is meant by boundaries; how to set and communicate appropriate boundaries in friendships and other relationships; the importance of respecting others' boundaries. **BS1 RKR2**			✓				✓
Health Education: Developing Bodies	4.About parts of the body that are private; that other people's bodies belong to them and should be respected; how to express boundaries about these body parts. **DB2**		✓			✓		
Relationships Education: Being Safe	5.How to identify acceptable/appropriate physical contact, and how to tell if physical contact is inappropriate (e.g. contact or touch that makes them feel uncomfortable, worried, confused, embarrassed, hurt or unsafe); how to respond to inappropriate or unwanted physical contact, including who to tell. **BS3**		✓	✓		✓	✓	✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Safe Relationships Lesson 1	Changing and Growing (Our Bodies Growing Up)	myHappymind	Safe Relationships Lesson 1	Safe Relationships Year 6 (FGM)
Safe relationships: consent, boundaries and trust continued...		**LKS2**			**UKS2**		
Relationships Education: Being safe Caring friendships	6.How to recognise pressure from others to do something that is unsafe or makes them feel uncomfortable, and strategies for managing that. **BS5 CF7**		✓	✓		✓	
Relationships Education: Being safe	7.About keeping something confidential or secret, when this should not be agreed to, and when it is right to break a confidence or share a secret; who and how to tell about secrets that make them feel uncomfortable, worried or unsafe. **BS2**					✓	
Relationships Education: Being safe Online safety and awearness	8.Different ways to respond safely and appropriately to adults who are known or unknown to them, in a range of contexts; who to talk to if feeling uneasy about, or unsafe around, any adult. **BS4 BS6 OSA2**					✓	
Relationships Education: Being safe	9.That some relationships can be harmful, dangerous or abusive; how to recognise signs that a relationship may be harmful, dangerous or abusive, and how to report abuse. **BS5 BS6**					✓	
Relationships Education: Being safe Families and people who care for me **Health Education:** Developing bodies	10.That female genital mutilation (FGM) is against British law; what to do and who to tell if they think they or someone they know might be at risk. **BS2 BS3 BS6 F6 DB2**						✓
Relationships Education: Being Safe Respectful, kind relationships	11. How to identify trusted adults, and other sources of support and advice, in different contexts; the vocabulary and skills needed to seek help if they are concerned about their own or others' safety or if they feel worried, upset or frightened about something, including violence or harm; how to keep trying until they are heard. **BS5 BS6 BS7 RKR11**					✓	

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	myHappymind Places	Healthy Choices Lesson 2	Friendships and Showing Respect Lesson 1	Protecting Our Communities Lesson 2	myHappymind	myHappymind Places
Mental health and wellbeing		**LKS2**					**UKS2**	
Health Education: General Wellbeing	1.The importance of taking care of mental health and wellbeing, as well as physical health. **GW2**	**All myHappymind Modules**	✓				**All myHappymind Modules**	✓
Health Education: General Wellbeing	2.How to identify, name and describe a wide range of emotions; how emotions range in intensity and can change over time. **GW3 GW4 GW5**	**All myHappymind Modules**	✓				**Meet Your Brain Year 5** All Lessons **Meet Your Brain Year 6** All Lessons	✓
Health Education: General Wellbeing	3.About everyday behaviours that help maintain wellbeing (e.g. rest, quality sleep, physical activity, time outdoors and in nature, activities and hobbies, balanced diet, involvement in community groups, doing things for others, time with family and friends). **GW1**	**All myHappymind Modules**	✓	✓	✓	✓	**All myHappymind Modules**	✓
Health Education: General Wellbeing	4.How feelings can impact people's behaviour and how they respond to others; skills to manage strong emotions, reactivity and responses. **GW5**	**Meet Your Brain Year 3** All Lessons **Meet Your Brain Year 4** All Lessons	✓		✓		**Meet Your Brain Year 5** All Lessons **Meet Your Brain Year 6** All Lessons	✓
Health Education: General Wellbeing	5.How to direct attention and manage distractions to support mental health and wellbeing. **GW1**			✓				✓
Health Education: General Wellbeing	6.Self-regulation strategies and how to use them to manage feelings, thoughts, setbacks and responses in different situations. **GW1**	**Meet Your Brain Year 3** All Lessons **Meet Your Brain Year 4** All Lessons	✓				**Meet Your Brain Year 5** All Lessons **Meet Your Brain Year 6** All Lessons	✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	myHappymind Places	Friendships and Showing Respect Lesson 2	Changing and Growing (Grief) Lesson 2	Changing and Growing (Transition) Lesson 2	myHappymind	myHappymind Places	Changing and Growing (Grief) Lesson 2	Changing and Growing (Transition) Lesson 5
Mental health and wellbeing continued...		**LKS2**					**UKS2**			
Health Education: General Wellbeing	7.That when someone practises self-regulation strategies, over time their brain will help them to use these strategies automatically and effectively. GW1		✓					✓		
Health Education: General Wellbeing	8.How to manage emotional responses to events outside of their control (e.g. climate change or distressing events). **GW5**			✓						
Health Education: General Wellbeing **Relationships Education:** Caring Friendships	9.That everyone feels worried, lonely or sad sometimes and that these feelings can affect wellbeing; the benefits of speaking to someone if feeling lonely, worried or sad. **GW3 GW6 CF3**	**All myHappymind Modules**	✓				**All myHappymind Modules**	✓		
Health Education: General Wellbeing	10.If unpleasant thoughts and feelings are strong, last a long time, or cause problems that affect daily wellbeing (e.g. by making it difficult to do important things, such as learning or playing), this can be a sign of a mental health difficulty, and there is support available to help people manage this. **GW10**		✓					✓		
Health Education: General Wellbeing	11. About change, loss and grief, including bereavement; that people feel, express, and manage grief in different ways; strategies that can help with change, loss and grief. **GW8**		✓		✓		**Year 6** Transition	✓	✓	
Health Education: General Wellbeing	12. About preparing for the opportunities and challenges of moving to a new class or school, including managing thoughts and feelings associated with transition. **GW8**		✓			✓	**Year 6** Transition **Be Your Best**	✓		✓
Health Education: General Wellbeing	13.When, why, and how to seek help for their own or others' wellbeing or mental health; who they can speak to at home and in school. **GW9 GW10**		✓				**Year 6** Transition	✓		

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Healthy Choices Lesson 2	myHappymind	Healthy Choices Lesson 1	Healthy Choices Lesson 2	Safe Choices (Drug Education) Lesson 1
Keeping healthy and well		**LKS2**		**UKS2**			
Health Education: Health protection and prevention	1. How to maintain good oral hygiene (including correct brushing and cleaning between teeth); why regular visits to the dentist are essential; the impact of lifestyle choices on dental health. **HPP4**				✓	✓	✓
Health Education: Health protection and prevention	2.About the benefits and risks of sun exposure (including sun damage, heat stroke and skin cancer); how to keep safe and well in the sun and cool during heatwaves. **HPP2**					✓	
Health Education: Health protection and prevention	3. How sleep quality and quantity support a healthy lifestyle; the effects of lack of sleep on the body, feelings, behaviour, and ability to learn, and routines for good quality sleep. **HPP3**	**All myHappymind Modules**	✓	**Meet Your Brain Year 5** All Lessons **Meet Your Brain Year 6** All Lessons			
Health Education: Health protection and prevention	4. Why and how to maintain personal hygiene; about bacteria and viruses and ways to limit the spread of infection (e.g. hygiene routines, vaccination, immunisation). **HPP5 HPP6**				✓	✓	
Health Education: Health protection and prevention	5. The role of adults and medical professionals in supporting children's health; how to recognise early signs of illness and who to talk to if worried about their health. **HPP1**				✓		

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Healthy Choices Lesson 1	Healthy Choices Lesson 2	myHappymind	Healthy Choices Lesson 1	Healthy Choices Lesson 2
Physical activity and nutrition		**LKS2**			**UKS2**		
Health Education: Physical health and fitness	1.What good physical health means; the characteristics of a balanced, healthy lifestyle. **PHF1**	**All myHappymind Modules**	✓		**All myHappymind Modules**	✓	✓
Health Education: Physical health and fitness	2.The benefits of regular physical activity for mental and physical health; how to build moderate and vigorous exercise into daily/weekly routines. **PHF1 PHF2**	**Meet Your Brain Year 3** Lesson 5		✓	**Meet Your Brain Year 5** Lesson 3		
Health Education: Physical health and fitness	3.About choices that support a healthy lifestyle and what might influence these; risks associated with an inactive lifestyle, such as unhealthy weight gain. **PHF3**	**All myHappymind Modules**	✓		**All myHappymind Modules**	✓	
Health Education: Healthy eating	4. The elements of a healthy, balanced diet; foods that should be eaten often or less often, and the benefits of eating a variety of nutritionally rich foods for health and wellbeing. **HE1**		✓				
Health Education: Healthy eating	5. About the effects of different food and drink on the body and the effects of eating a less healthy diet, including ultra-processed foods. **HE4**		✓				

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Healthy Choices Lesson 1	myHappymind	Healthy Choices Lesson 1	Healthy Choices Lesson 2
Physical activity and nutrition continuted...		**LKS2**		**UKS2**		
Health Education: Healthy eating	6. How to develop healthier eating and drinking habits and how to manage influences on their choices. **HE1 HE2 HE4**		✓			
Health Education: Healthy eating	7.Some benefits of preparing meals at home; how to plan and prepare healthy meals. **HE3**		✓		✓	
Health Education: Physical health and fitness	8.How and when to speak to adults (including in school) if they are worried about their health. **PHF4**	**All myHappymind Modules**	✓	**All myHappymind Modules**		✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Changing and Growing (Our Bodies Growing Up)	Changing and Growing (Period)	myHappymind	Changing and Growing (The Big Change)	Safe Relationships (All Kinds Of Love)
Changing and growing up		**LKS2**			**UKS2**		
Health Education: Developing bodies (Sex Education)	1.The external genitalia and internal reproductive organs in males and females. **DB1 DB2 DB3**		✓			✓	
Health Education: Developing bodies	2.The emotional and physical changes that occur during puberty in both males and females (e.g. mood swings, wet dreams, periods, body hair); strategies to prepare for and manage these changes. **DB1**			✓		✓	
Health Education: Developing bodies	3.That people can develop crushes and be attracted to others romantically; that people may be attracted to someone of the same sex or different sex to them. **DB1 DB3**						✓
Health Education: Developing bodies	4.The facts about the menstrual cycle and menstrual wellbeing, including what period products are available; where to get help and advice for menstrual wellbeing. **DB3**			✓		✓	
Health Education: Developing bodies (Sex Education)	5.About the processes of reproduction and birth as part of the human lifecycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for.					✓	

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Safe Choices Lesson 1	KS2 First Aid Lesson	myHappymind	Protecting Our Communities 1
Personal safety and first aid		**LKS2**			**UKS2**	
Health Education: Personal Safety	1.About the role of rules and laws in keeping people safe. **PS1 PS2**					✓
Health Education: Personal Safety	2. About hazards that may cause harm or injury in the home e.g. fire risks; how to help keep themselves safe, including around electrical appliances. **PS1**		✓			
Health Education: Personal Safety	3.How to predict, assess and manage risk in different situations. **PS1**		✓			
Health Education: Personal Safety	4.Strategies for keeping safe in familiar and unfamiliar places or when travelling with, or without, an adult (e.g. rail, water, road, cycle and firework safety). **PS2**		✓			
Health Education: Basic first aid	5.What is meant by first aid; basic techniques for dealing with common injuries (e.g. bruises, scalds, burns, bleeds). **BFA2**		✓	✓		✓
Health Education: Basic first aid	6.When and how to make a clear and efficient call to the emergency services; that staying safe and reporting incidents are more important than filming them. **BFA1**		✓	✓		✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Online Safety Lesson 1	myHappymind	Online Safety Lesson 1	Online Safety Lesson 2
Online life and safety		**LKS2**		**UKS2**		
Health Education: Wellbeing online	1. About ways in which the internet can be used both positively and negatively as part of daily life; the advantages and disadvantages of different ways of connecting online. **WO1 WO2**		✓		✓	
Health Education: Wellbeing online	2.About rights and responsibilities online; to recognise their rights online, in relation to sharing personal data, privacy and consent. **WO4 WO10**				✓	
Health Education: Wellbeing online	3. How content on the internet is ranked and targeted at specific individuals and groups; the different ways information and data is shared and used online, including for commercial purposes; how to make safe, reliable choices about search results or the content they see. **WO7 WO9 WO10**					✓
Health Education: Wellbeing online	4.How text and images in the media and online can be manipulated or fabricated; strategies to critically engage with what they see, read or hear online and identify misinformation and disinformation. **WO7 WO9**		✓		✓	✓
Health Education: Wellbeing online	5.What AI is (including generative AI) and where it might be encountered in everyday life. **WO1**		✓			✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Online Safety Lesson 1	myHappymind	Online Safety Lesson 1	Online Safety Lesson 2
Online life and safety		**LKS2**		**UKS2**		
Health Education: Wellbeing online	6. About ways in which the internet can be used both positively and negatively as part of daily life; the advantages and disadvantages of different ways of connecting online. **WO1 WO2**		✓		✓	✓
Health Education: Wellbeing online	7. About rights and responsibilities online; to recognise their rights online, in relation to sharing personal data, privacy and consent. **WO4 WO10**				✓	
Health Education: Wellbeing online	8. How content on the internet is ranked and targeted at specific individuals and groups; the different ways information and data is shared and used online, including for commercial purposes; how to make safe, reliable choices about search results or the content they see. **WO7 WO9 WO10**					✓
Health Education: Wellbeing online	9.How text and images in the media and online can be manipulated or fabricated; strategies to critically engage with what they see, read or hear online and identify misinformation and disinformation. **WO7 WO9**					✓
Health Education: Wellbeing online	10.What AI is (including generative AI) and where it might be encountered in everyday life. **WO1**		✓			✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Online Safety Lesson 1	myHappymind	Online Safety Lesson 1	Online Safety Lesson 2	EcEconomic Wellbeing Money Lesson 1
Online life and safety- Risks, rules and wellbeing online		**LKS2**		**UKS2**			
Health Education: Wellbeing online	11. Reasons for following rules and age restrictions; how rules and age restrictions for some apps, streaming services, films, computer games, online gaming and gambling sites help protect personal safety and promote wellbeing. **WO5**		✓		✓	✓	✓
Health Education: Wellbeing online **Relationships Education:** Online safety and awearness	12. The minimum age requirement for social media; how this protects children from inappropriate content or unsafe contact with other social media users. **OSA3 WO5**					✓	
Health Education: Wellbeing online	13. About the benefits of limiting time spent online and choosing online activities carefully; how to assess the impact of online content, behaviours and habits on their feelings and wellbeing. **WO3**		✓		✓		
Health Education: Wellbeing online	14.How AI chatbots work; similarities and differences between interacting with an AI chatbot and a human, and the implications for wellbeing. **WO2**					✓	
Health Education: Wellbeing online	15. How to assess and manage risks relating to online gaming, including the impact of compulsive gaming on health and wellbeing; the risks relating to video game monetisation and loot boxes, as well as other online financial harms including scams and fraud, and their impact on wellbeing. **WO3 WO6**				✓	✓	
Relationships Education: Online safety and awearness	16.Why and how to use privacy and location settings to protect information. **OSA4**				✓	✓	
Relationships Education: Online safety and awearness	17.Where and how to get help if they feel worried, concerned, upset, embarrassed or frightened about something they have seen or engaged with online. **OSA6**		✓		✓	✓	

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Online Safety Lesson 1	Friendships and Showing Respect (Bullying) Lesson 2	myHappymind	Online Safety Lesson 1	Friendships and Showing Respect Lesson 1	Safe relationships Lesson 1	Friendships and Showing Respect (Bullying) Lesson 2
Online life and safety- Safe and respectful behaviour online		**LKS2**			**UKS2**				
Health Education: Wellbeing online	18. Similarities and differences between communicating with someone online and offline; the importance of meaningful in-person relationships; that while online communication might enhance some relationships, purely online relationships may be less fulfilling. **WO2**					✓	✓	✓	
Relationships Education: Online safety and awearness	19.That the same principles about how to treat others apply in all contexts, including online. **OSA1**		✓			✓	✓		
Health Education: Wellbeing online	20. How someone's online behaviour can affect other people; the importance of, and how to maintain, positive, kind and respectful communication online, including when anonymous. **WO4**	**Relate Year 3** All Lessons **Relate Year 4** All Lessons	✓	✓	**Relate Year 5** All Lessons **Relate Year 6** All Lessons	✓			✓
Relationships Education: Online safety and awearness **Health Education:** Wellbeing online	21.Strategies for managing peer influence on their online behaviour; the importance of not pressuring others, and how to resist pressure from others, to share personal information or images online. **OSA1 WO4**					✓	✓		
Relationships Education: Online safety and awearness	22.About why someone may behave differently online, including pretending to be someone they are not; strategies for evaluating online relationships, recognising risks, harmful content and contact; how to report concerns to trusted adults and reliable sources of support. **OSA2**		✓			✓			

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	Online Safety Lesson 1	myHappymind	Online Safety Lesson 1	Online Safety Lesson 2
Online life and safety- Safe and respectful behaviour online continued...		**LKS2**		**UKS2**		
Relationships Education: Online safety and awearness	23.The risks of sharing things online, including images or words; that once these have been circulated online, they might spread quickly and far; that it can be difficult to control who sees them and to remove them from everywhere on the internet. **OSA5**				✓	
Relationships Education: Online safety and awearness	24.How to decide what is appropriate to share online and what should not be shared. **OSA4**		✓		✓	
Health Education: Wellbeing online	25.The importance of telling a trusted adult and getting support with anything that worries, scares or concerns them online; when, why, and how to report concerns online. **WO11**		✓		✓	✓

Section 1: Relationships (Sex) and Health Education (RSHE)

Objectives		myHappymind	myHappymind	Safe Choices (Drug Education) Lesson 1	Healthy Choices Lesson 2
Drug education		**LKS2**	**UKS2**		
Health Education: Drugs, alcohol, tabacco and vaping	1. The facts, risks and effects of legal drug products common to everyday life (e.g. alcohol, caffeine, cigarettes, vapes, nicotine pouches, over-the-counter and prescription medicines). **DATV1**			✓	
Health Education: Health protection and prevention	2.How medicines, when used responsibly, contribute to health; ways to manage common health issues such as allergies and asthma. **HPP6**			✓	✓
Health Education: Drugs, alcohol, tabacco and vaping	3.To recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. **DATV1**			✓	
Health Education: Drugs, alcohol, tabacco and vaping	4.What can influence people to use or not use drugs (e.g. alcohol, nicotine, cannabis); recognise that drug use can become a habit which is difficult to break. **DATV1**			✓	
Health Education: Drugs, alcohol, tabacco and vaping General wellbeing	5. That there are organisations that can support people to stop using alcohol, nicotine or other drugs; who they can talk to if worried about people they know. **DATV1 GW9**			✓	

myHappymind Plus

KS2 - Section 2: Economic Wellbeing and Careers Education



Section 2: Economic Wellbeing and Careers Education

Objectives	myHappymind	Economic Wellbeing Money Lesson 1	Economic Wellbeing Money Lesson 2	Careers and Aspirations Lesson 1	myHappymind	Economic Wellbeing Money Lesson 1	Careers and Aspirations Lesson 1
Economic wellbeing	**LKS2**				**UKS2**		
1.That people have different attitudes towards saving and spending money.		✓	✓			✓	✓
2.What influences people's decisions about saving and spending, including individual priorities, needs and wants.		✓				✓	
3.How money can affect someone's emotions and wellbeing; how to manage feelings about money, including who to talk to.						✓	
4.That what people do with their money can affect others and the environment (e.g. giving to charity, buying fair trade, buying single-use plastics).				✓			
5.Different ways to keep track of money; how to keep money safe at home, outside the home or in a bank account.		✓					
6. Advantages and disadvantages of different ways of paying for things.		✓				✓	

Section 2: Economic Wellbeing and Careers Education

Objectives	myHappymind	Economic Wellbeing Money Lesson 1	Careers and Aspirations Lesson 1	myHappymind	Economic Wellbeing Money Lesson 2	Careers and Aspirations Lesson 1	Careers and Aspirations Lesson 2
Careers education: aspirations, learning and work	**LKS2**			**UKS2**			
1.To recognise their achievements and personal strengths; how to set targets to help achieve their goals.	**Celebrate Year 3** All Lessons **Celebrate Year 4** All Lessons **Engage Year 3** All Lessons **Engage Year 4** All Lessons		✓	**Celebrate Year** 5 All Lessons **Celebrate Year 6** All Lessons **Engage Year 5** All Lessons **Engage Year 6** All Lessons			✓
2. To identify and build skills that might help them in their future careers e.g. teamwork, communication, negotiation, critical thinking and digital literacy.			✓				✓
3.That there is a broad range of different jobs that people can have; that people often have more than one type of job during their career.			✓			✓	
4.That a person's career aspirations should not be limited by stereotypes about particular jobs or career pathways.						✓	
5.How different factors (e.g. personal interests, values and aspirations, family connections to certain trades or businesses, strengths and qualities, stereotypical assumptions) might influence people's decisions about a job or career.			✓				✓

Section 2: Economic Wellbeing and Careers Education

Objectives	myHappymind	Economic Wellbeing Money Lesson 1	Careers and Aspirations Lesson 1	myHappymind	Economic Wellbeing Money Lesson 2	Careers and Aspirations Lesson 1	Careers and Aspirations Lesson 2
Careers education: aspirations, learning and work continued...	**LKS2**			**UKS2**			
6.That people doing different jobs are paid different salaries and money is one factor that may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid.			✓		✓		
7.That there are different routes into careers (e.g. college, apprenticeship, university).						✓	✓
8.About the kind of job that they might like to do when they are older, whilst recognising that they may do a job that does not yet exist, due to societal, environmental and technological changes.			✓				✓