viCotwall End PSHRE Education: Long Term Overview

Statutory Elements

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| **Autumn:** Relationships - Honesty and Wisdom | | | | **Spring:** Living in the Wider World – Kindness and Happiness | | | **Summer:** Health and Wellbeing – Bravery and Self-Belief | | |
|  | **Families and**  **friendships** | **Safe relationships** | **Respecting ourselves and others** | **Belonging to a**  **community** | **Media literacy and**  **digital resilience** | **Money and work** | **Physical health and Mental wellbeing** | **Growing and**  **changing** | **Keeping safe** |
| Year 1 | Roles of different  people; families;  feeling cared for | Recognising privacy;  staying safe; seeking  permission | How behaviour  affects others; being  polite and respectful | What rules are;  caring for others’  needs; looking after  the environment | Using the internet  and digital devices;  communicating  online | Strengths and  interests; jobs in the  community | Keeping healthy;  food and exercise,  hygiene routines;  sun safety | Recognising what  makes them unique  and special; feelings;  managing when  things go wrong | How rules and age  restrictions help us;  keeping safe online |
| Year 2 | Making friends;  feeling lonely and  getting help | Managing secrets;  resisting pressure  and getting help;  recognising hurtful  behaviour | Recognising things  in common and  differences; playing  and working coop-  eratively; sharing  opinions | Belonging to a  group; roles and  responsibilities;  being the same  and different in the  community | The internet in  everyday life; online  content and infor-  mation | What money is;  needs and wants;  looking after money | Why sleep is im-  portant; medicines  and keeping healthy;  keeping teeth  healthy; managing  feelings and asking  for help | Growing older;  naming body parts;  moving class or year | Safety in different  environments; risk  and safety at home;  emergencies |
| Year 3 | What makes a  family; features of  family life | Personal boundar-  ies; safely respond-  ing to others; the  impact of hurtful  behaviour | Recognising re-  spectful behaviour;  the importance of  self-respect; courte-  sy and being polite | The value of rules  and laws; rights,  freedoms and re-  sponsibilities | How the internet  is used; assessing  information online | Different jobs and  skills; job ste-  reotypes; setting  personal goals | Health choices and  habits; what affects  feelings; expressing  feelings | Personal strengths  and achievements;  managing and re-  framing setbacks | Risks and hazards;  safety in the local  environment and  unfamiliar places |
| Year 4 | Positive friendships,  including online | Responding to  hurtful behaviour;  managing confiden-  tiality; recognising  risks online | Respecting differ-  ences and similari-  ties; discussing dif-  ference sensitively | What makes a  community; shared  responsibilities | How data is shared  and used | Making decisions  about money; using  and keeping money  safe | Maintaining a bal-  anced lifestyle; oral  hygiene and dental  care | Personal identity;  recognising individ-  uality and different  qualities; mental  wellbeing | Medicines and  household products;  drugs common to  everyday life |
| Year 5 | Managing friend-  ships and peer  influence | Physical contact and  feeling safe | Responding respect-  fully to a wide range  of people; recognis-  ing prejudice and  discrimination | Protecting the envi-  ronment; compas-  sion towards others | How information  online is targeted;  different media  types, their role and  impact | Identifying job inter-  ests and aspirations;  what influences  career choices;  workplace stereo-  types | Healthy sleep  habits; sun safety;  medicines, vaccina-  tions, immunisations  and allergies | Physical and emo-  tional changes in  puberty; external  genitalia; personal  hygiene routines;  support with puberty | Keeping safe in  different situations,  including responding  in emergencies and first |
| Year 6 | Attraction to others;  romantic relation-  ships; civil partner-  ship and marriage | Recognising and  managing pressure;  consent in different  situations | Expressing opin-  ions and respecting  other points of view,  including discussing  topical issues | Valuing diversity;  challenging discrim-  ination and stereo-  types | Evaluating media  sources; sharing  things online | Influences and  attitudes to money;  money and financial  risks | What affects mental  health and ways  to take care of it;  managing change,  loss and bereave-  ment; managing  time online | Puberty, growing and changing, increasing independence; managing  transition | Keeping personal  information safe;  regulations and  choices; drug use  and the law; drug  use and the media |

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| Year One – Medium Term Overview | | | | |
| **Term** | **Topic** | | **In this unit of work, students learn...** | **Lesson overviews/Teacher notes / resources** |
| **Yr 1 Autumn —** Relationships | **Families and Friendships**  Roles of different people; families; feeling cared for  PoS Refs: R1, R2, R3, R4, R5 | | * about people who care for them, e.g. parents, siblings, grandparents, relatives,   friends, teachers   * the role these different people play in children’s lives and how they care for them * what it means to be a family and how families are different, e.g. single parents,   same-sex parents, etc. (emphasis on people who love each other).   * about the importance of telling someone — and how to tell them — if they are worried about something in their family | [Medway Public Health Directorate – Primary RSE Lessons (KS1) Lesson 1 ‘My Special People’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  [Metro Charity KS1 Love and Respectful Relationships – ‘And Tango makes 3 Story’ PowerPoint and Lesson Plan](https://www.pshe-association.org.uk/metro-charity) |
| **Safe Relationships**  Recognising privacy; staying safe; seeking permission  PoS Refs: R10, R13, R15, R16, R17 | | * about situations when someone’s body or feelings might be hurt and whom to go   to for help   * about what it means to keep something private, including parts of the body that are private * to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches) * how to respond if being touched makes them feel uncomfortable or unsafe * when it is important to ask for permission to touch others * how to ask for and give/not give permission | [NSPCC – The Underwear rule Resources (PANTS) Lesson Plan available](https://learning.nspcc.org.uk/research-resources/schools/pants-teaching) |
| **Respecting Ourselves and Others**  How behaviour affects others; being polite and respectful  PoS Refs: R21, R22 | | * what kind and unkind behaviour mean in and out school * how kind and unkind behaviour can make people feel * about what respect means * about class rules, being polite to others, sharing and taking turns |  |
| **Yr 1 SPRING** – Living in the Wider World | **Belonging to a community**  What rules are; caring for others’ needs; looking after the environment  PoS Refs: L1, L2, L3 | | * about examples of rules in different situations, e.g. class rules, rules at home, rules   outside – Use this as an opportunity to reinforce our School Values   * that different people have different needs * how we care for people, animals and other living things in different ways * how they can look after the environment, e.g. recycling | Suggested theme – Caring for the elderly in our community. Ideas for teaching resources:  [Alzheimer’s Society – creating a dementia friendly generation (KS1)](https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends)  Focus on looking after our local environment e.g. school and Sedgley – litter picking/recycling on playgrounds etc. |
| **Media literacy and Digital resilience**  Using the internet and digital devices; communicating online  PoS Refs: L7, L8 | * how and why people use the internet * the benefits of using the internet and digital devices * how people find things out and communicate safely with others online | |  |
| **Money and Work**  Strengths and interests; jobs in the community  PoS Refs: L14, L16, L17 | * that everyone has different strengths, in and out of school * about how different strengths and interests are needed to do different jobs * about people whose job it is to help us in the community * about different jobs and the work people do | |  |

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| **Yr 1 SUMMER —** Health and Wellbeing | **Physical health and Mental Wellbeing**  Keeping healthy; food and exercise; hygiene routines; sun safety  PoS Refs: H1, H2, H3, H5, H8, H9, H10 | * what it means to be healthy and why it is important * ways to take care of themselves on a daily basis * about basic hygiene routines, e.g. hand washing * about healthy and unhealthy foods, including sugar intake * about physical activity and how it keeps people healthy * about different types of play, including balancing indoor, outdoor and screen-based   play   * about people who can help them to stay healthy, such as parents, doctors, nurses,   dentists, lunch supervisors   * how to keep safe in the sun |  |
| **Growing and Changing**  Recognising what makes them unique and special; feelings; managing when things go wrong  PoS Refs: H11, H12, H13, H14, H15, H21, H22, H23, H24 | * to recognise what makes them special and unique including their likes, dislikes and what they are good at * how to manage and whom to tell when finding things difficult, or when things go   wrong   * how they are the same and different to others * about different kinds of feelings * how to recognise feelings in themselves and others * how feelings can affect how people behave | [PSHE Association – Mental health and wellbeing lessons (KS1)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans) Lesson 1 - We all Have Feelings’  Lesson guidance and resources available  [Medway Public Health directorate – Primary RSE lessons – KS1 Lesson 2. ‘Growing Up: the human life cycle’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) |
| **Keeping Safe**  How rules and age restrictions help us; keeping safe online  PoS Refs: H28, H34 | * how rules can help to keep us safe * why some things have age restrictions, e.g. TV and film, games, toys or play areas * basic rules for keeping safe online * whom to tell if they see something online that makes them feel unhappy, worried, or scared | [Think You Know Website – Jessie and Friends – videos available](https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends) |

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| Year 2 – Medium Term Overview | | | |
| **Term** | **Topic** | **In this unit of work, students learn...** | **Lesson overviews/Teacher notes / resources** |
| **Yr 2 AUTUMN —** Relationships | **Families and friendships**  Making friends; feeling lonely and getting help  PoS Refs: R6, R7 R8, R9, R24 | * how to be a good friend, e.g. kindness, listening, honesty * about different ways that people meet and make friends * strategies for positive play with friends, e.g. joining in, including others, etc. * about what causes arguments between friends * how to positively resolve arguments between friends * how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else | ‘I’m not Invited’ by Dian Cain Bluthenthal – suggested stimulus text for discussing being left out. |
| **Safe relationships**  Managing secrets; resisting pressure and getting help; recognising hurtful behaviour  PoS Refs: R11, R12, R14, R18, R19, R20 | * how to recognise hurtful behaviour, including online * what to do and whom to tell if they see or experience hurtful behaviour, including   online   * about what bullying is and different types of bullying * how someone may feel if they are being bullied * about the difference between happy surprises and secrets that make them feel   uncomfortable or worried, and how to get help   * how to resist pressure to do something that feels uncomfortable or unsafe * how to ask for help if they feel unsafe or worried and what vocabulary to use | Reinforce from Year 1  [NSPCC – The Underwear rule resources (PANTS)](https://learning.nspcc.org.uk/research-resources/schools/pants-teaching)  Think you Know website – supporting resources/videos [Jessie and Friends](https://www.pshe-association.org.uk/curriculum-and-resources/resources/jessie-friends) |
| **Respecting ourselves and others**  Recognising things in common and differences; playing and working cooperatively; sharing opinions  PoS Refs: R23, R24, R25 | * about the things they have in common with their friends, classmates, and other people * how friends can have both similarities and differences * how to play and work cooperatively in different groups and situations * how to share their ideas and listen to others, take part in discussions, and give reasons for their views | PSHE Association – Inclusion, belonging and addressing extremism (KS1)  [Lesson 1 :‘Sameness and Difference’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2) PowerPoint and guidance included |

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| **Yr 2 SPRING –** Living in the Wider World | **Belonging to a community**  Belonging to a group; roles and responsibilities; being the same and different in the community  PoS Refs: L2, L4, L5, L6 | | * about being a part of different groups, and the role they play in these groups e.g.   class, teams, faith groups   * about different rights and responsibilities that they have in school and the wider   community – Use this as an opportunity to reinforce our School Values   * about how a community can help people from different groups to feel included * to recognise that they are all equal, and ways in which they are the same and   different to others in their community | Above resources could be used if not used in Autumn |
| **Media literacy and Digital resilience**  The internet in everyday life; online content and information  PoS Refs: L8, L9 | * the ways in which people can access the internet e.g. phones, tablets, computers * to recognise the purpose and value of the internet in everyday life * to recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos * that information online might not always be true | |  |
| **Money and Work**  What money is; needs and wants; looking after money  PoS Refs: L10, L11, L12, L13, L15 | * about what money is and its different forms e.g. coins, notes, and ways of paying for   things e.g. debit cards, electronic payments   * how money can be kept and looked after * about getting, keeping and spending money * that people are paid money for the job they do * how to recognise the difference between needs and wants * how people make choices about spending money, including thinking about needs and wants | |  |

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| **Yr 2 SUMMER—** Health and Wellbeing | **Physical health and Mental wellbeing** | * about routines and habits for maintaining good physical and mental health * why sleep and rest are important for growing and keeping healthy * that medicines, including vaccinations and immunisations, can help people stay   healthy and manage allergies   * the importance of, and routines for, brushing teeth and visiting the dentist * about food and drink that affect dental health * how to describe and share a range of feelings * ways to feel good, calm down or change their mood e.g. playing outside, listening to   music, spending time with others   * how to manage big feelings including those associated with change, loss and bereavement * when and how to ask for help, and how to help others, with their feelings |  |
| Why sleep is important; medicines and  keeping healthy; keeping teeth healthy; managing feelings and asking for help  PoS Refs: H4, H6, H7, H16, H17, H18,  H19, H20 | PSHE Association –  Lesson 2 - ‘Good and not so good feelings’  ‘Lesson 3 – ‘Big feelings’  [PSHE association – Mental Health and Wellbeing Lessons (KS1)](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  ‘Elmer and the Lost Teddy by David McKee  Or ‘Knuffle Bunny’ by Mo Wilems might be a good stimulus text. |
| **Growing and Changing**  **Growing older; naming body parts;**  **moving class or year**  **PoS Refs: H20, H25, H26, H27** | * about the human life cycle and how people grow from young to old * how our needs and bodies change as we grow up * to identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) * about change as people grow up, including new opportunities and responsibilities * preparing to move to a new class and setting goals for next year | Medway Public Health Directorate – Primary RSE Lessons (KS1)  [Lesson 3 ‘Everybody’s Body’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) |
| **Keeping Safe**  **Safety in different environments; risk and safety at home; emergencies**  **PoS Refs: H29, H30, H31, H32, H33, H35, H36, H27** | * how to recognise risk in everyday situations, e.g. road, water and rail safety,   medicines   * how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and ‘out and about’ * to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger * how to help keep themselves safe at home in relation to electrical appliances, fire   safety and medicines/household products   * about things that people can put into their body or onto their skin (e.g. medicines   and creams) and how these can affect how people feel   * how to respond if there is an accident and someone is hurt * about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say | [Red Cross – Life.Live it](https://lifeliveit.redcross.org.uk/en)  - use the Stay Safe section.  PSHE Association Drug Education Programme – PowerPoints available  Lesson 1- Keeping Healthy  Lesson 2 – Medicines  Lesson 3 – Medicines and Household Products |

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| Year 3 – Medium Term Overview | | | |
| **Term** | **Topic** | **In this unit of work, students learn...** | **Lesson overviews/ Teacher notes/ Resources** |
| **Yr 3 AUTUMN —** Relationships | **Families and friendships** | * to recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents * that being part of a family provides support, stability and love * about the positive aspects of being part of a family, such as spending time together   and caring for each other   * about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty * to identify if/when something in a family might make someone upset or worried * what to do and whom to tell if family relationships are making them feel unhappy or   unsafe |  |
| What makes a family; features of family life |
| PoS Refs: R1, R6, R7, R8, R9 |
| **Safe relationships** | * What is appropriate to share with friends, classmates, family and wider social groups including online * about what privacy and personal boundaries are, including online * basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision * that bullying and hurtful behaviour is unacceptable in any situation * about the effects and consequences of bullying for the people involved * about bullying online, and the similarities and differences to face-to-face bullying * what to do and whom to tell if they see or experience bullying or hurtful behaviour |  |
| Personal boundaries; safely responding to others; the impact of hurtful behaviour |
| PoS Refs: R19, R22, R24, R30 |
| **Respecting ourselves and others**  Recognising respectful behaviour; the  importance of self-respect; courtesy and  being polite  PoS Refs: R30, R31 | * to recognise respectful behaviours e.g. helping or including others, being   responsible   * how to model respectful behaviour in different situations e.g. at home, at school,   online   * the importance of self-respect and their right to be treated respectfully by others * what it means to treat others, and be treated, politely * the ways in which people show respect and courtesy in different cultures and in   wider society | Premier League Primary stars KS2  [‘Do the Right Thing’ Pack](https://plprimarystars.com/resources/do-the-right-thing)  Revisit from Year 1 – use KS2 resources  [Alzheimer’s Society – Creating a dementia-friendly generation (KS2)](https://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/dementia-teaching-resources) |

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| **Year 3 SPRING—** Living in the Wider World | **Belonging to a community**  The value of rules and laws; rights, freedoms and responsibilities  PoS Refs: L1, L2, L3 | * the reasons for rules and laws in wider society – Link the importance of our School Values * the importance of abiding by the law and what might happen if rules and laws are broken * what human rights are and how they protect people – Link to United Nations Declaration of rights of the Child - * to identify basic examples of human rights including the rights of children * about how they have rights and also responsibilities * that with every right there is also a responsibility e.g. the right to an education and   the responsibility to learn | Link to classroom rules compiled in the autumn term.  [United Nations Rights of a Child](https://www.unicef.org.uk/what-we-do/un-convention-child-rights/) |
| **Media literacy and Digital resilience**  How the internet is used; assessing information online  PoS Refs: L11, L12  **Money and Work**  Different jobs and skills; job stereotypes; setting personal goals  PoS Refs: L25, L26. L27, L30 | * how the internet can be used positively for leisure, for school and for work * to recognise that images and information online can be altered or adapted and the   reasons for why this happens   * strategies to recognise whether something they see online is true or accurate * to evaluate whether a game is suitable to play or a website is appropriate for their age-group * to make safe, reliable choices from search results * how to report something seen or experienced online that concerns them e.g. images   or content that worry them, unkind or inappropriate communication   * about jobs that people may have from different sectors e.g. teachers, business people, charity work * that people can have more than one job at once or over their lifetime * about common misconceptions and gender stereotypes related to work * to challenge stereotypes through examples of role models in different fields of work e.g. women in stem * about some of the skills needed to do a job, such as teamwork, and decision-making * to recognise their interests, skills and achievements and how these might link to future jobs * how to set goals that they would like to achieve this year e.g learn a new hobby | [Google and Parent Zone – Be Internet Legends’](https://parentzone.org.uk/legendshome) |
| **Yr 3 - SUMMER —** Health and Wellbeing | **Physical Health and Mental Wellbeing**  **Health choices and habits; what affects**  **feelings; expressing feelings**  **PoS Refs: H1, H2, H3, H4, H6, H7, H17,**  **H18, H19** | * about the choices that people make in daily life that could affect their health * to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep) * what can help people to make healthy choices and what might negatively influence   them   * about habits and that sometimes they can be maintained, changed or stopped | PSHE Association – mental health and wellbeing lessons.  [Lesson 1 – Everyday Feelings](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint) |
| * the positive and negative effects of habits, such as regular exercise or eating too   much sugar, on a healthy lifestyle   * what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally – linked to Science curriculum * that regular exercise such as walking or cycling has positive benefits for their mental   and physical health   * about the things that affect feelings both positively and negatively * strategies to identify and talk about their feelings * about some of the different ways people express feelings e.g. words, actions, body   language   * to recognise how feelings can change overtime and become more or less powerful | [FRANK](https://www.talktofrank.com/) – May be some alcohol and drugs resources here  [ASH](https://ash.org.uk/home/) – May be some resources here  [Alcohol Education Trust](https://alcoholeducationtrust.org/) – May be some resources here |
| **Growing and changing**  Personal strengths and achievements; managing and reframing setbacks  PoS Refs: H27, H28, H29 | * that everyone is an individual and has unique and valuable contributions to make * to recognise how strengths and interests form part of a person’s identity * how to identify their own personal strengths and interests and what they’re proud   of (in school, out of school)   * to recognise common challenges to self -worth e.g. finding school work difficult,   friendship issues   * basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again | Premier League Primary Stars KS2 PSHE  [Self-esteem pack](https://plprimarystars.com/resources/self-esteem)  Premier League Primary Stars KS2 PSHE  [Inclusion pack](https://plprimarystars.com/resources/inclusion) |
| **Keeping Safe**  Risks and hazards; safety in the local environment and unfamiliar places  PoS Refs: H38, H39, H41 | * how to identify typical hazards at home and in school * how to predict, assess and manage risk in everyday situations e.g. crossing the road,   running in the playground, in the kitchen   * about fire safety at home including the need for smoke alarms * the importance of following safety rules from parents and other adults * how to help keep themselves safe in the local environment or unfamiliar places,   including road, rail, water and firework safety | PSHE Association and Gamble Aware KS2  [Lesson 1 – Exploring Risk](https://www.pshe-association.org.uk/curriculum-and-resources/resources/exploring-risk-relation-gambling-lesson-pack-ks2) |

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| Year 4 – Medium Term Overview | | | |
| **Term** | **Topic** | **In this unit of work, students learn...** | **Lesson overviews/Teacher notes / resources** |
| **Yr 4 AUTUMN —** Relationships | **Families and Friendships**  Positive friendships, including online  PoS Refs: R10, R11, R12, R13, R18 | * about the features of positive healthy friendships such as mutual respect, trust and   sharing interests   * strategies to build positive friendships * how to seek support with relationships if they feel lonely or excluded * how to communicate respectfully with friends when using digital devices * how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don’t know * what to do or whom to tell if they are worried about any contact online | Google and Parent Zone – [Be Internet Legends](https://parentzone.org.uk/legendshome) |
| **Safe Relationships**  Responding to hurtful behaviour; managing confidentiality; recognising risks online  PoS Refs: R20, R23, R27, R28 | * to differentiate between playful teasing, hurtful behaviour and bullying, including   online   * how to respond if they witness or experience hurtful behaviour or bullying, including   online   * recognise the difference between ‘playful dares’ and dares which put someone   under pressure, at risk, or make them feel uncomfortable   * how to manage pressures associated with dares * when it is right to keep or break a confidence or share a secret * how to recognise risks online such as harmful content or contact * how people may behave differently online including pretending to be someone they   are not   * how to report concerns and seek help if worried or uncomfortable about someone’s behaviour, including online |  |
| **Respecting Ourselves and Others**  Respecting differences and similarities; discussing difference sensitively  PoS Refs: R32, R33 | * to recognise differences between people such as gender, race, faith * to recognise what they have in common with others e.g. shared values, likes and   dislikes, aspirations   * about the importance of respecting the differences and similarities between people * a vocabulary to sensitively discuss difference and include everyone | Premier League Primary Stars KS2 PSHE  [Diversity](https://plprimarystars.com/resources/roarfordiversitypack) |

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| **YR 4 SPRING—** Living in the Wider World | **Belonging to a Community**  What makes a community; shared responsibilities  PoS Refs: L4, L6, L7 | * the meaning and benefits of living in a community * to recognise that they belong to different communities as well as the school   community   * about the different groups that make up and contribute to a community * about the individuals and groups that help the local community, including through volunteering and work * how to show compassion towards others in need and the shared responsibilities of   caring for them – Link and reinforce our School Values | PSHE Association Inclusion, belonging and addressing extremism KS2  [Lesson 2 ‘Belonging to a community’](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  Compassionate Class KS2  [RSPCA resources](https://www.pshe-association.org.uk/curriculum-and-resources/resources/rspca-compassionate-class-ks2-lessons-about-animal)  Introduction to immigration and moving house  [Worcester University – Moving and moving home KS2](https://www.pshe-association.org.uk/curriculum-and-resources/resources/moving-moving-home-ks2-lesson-plan) |
| **Media Literacy and Digital Resilience**  How data is shared and used  PoS Refs: L13, L14 | * that everything shared online has a digital footprint * that organisations can use personal information to encourage people to buy things * to recognise what online adverts look like * to compare content shared for factual purposes and for advertising * why people might choose to buy or not buy something online e.g. from seeing an advert * that search results are ordered based on the popularity of the website and that this   can affect what information people access |  |
| **Money and Work**  Making decisions about money; using and keeping money safe  PoS Refs: L17, L19 L20, L21 | * how people make different spending decisions based on their budget, values and   needs   * how to keep track of money and why it is important to know how much is being spent * about different ways to pay for things such as cash, cards, e-payment and the   reasons for using them   * that how people spend money can have positive or negative effects on others e.g. charities, single use plastics |  |
| **YR 4 SUMMER—** Health and Wellbeing  g | **Physical health and Mental wellbeing** | * to identify a wide range of factors that maintain a balanced, healthy lifestyle,   physically and mentally (possible Science links)   * what good physical health means and how to recognise early signs of physical illness * that common illnesses can be quickly and easily treated with the right care e.g.   visiting the doctor when necessary   * how to maintain oral hygiene and dental health, including how to brush and floss   correctly   * the importance of regular visits to the dentist and the effects of different foods,   drinks and substances on dental health |  |
| Maintaining a balanced lifestyle; oral |  |
| Hygiene and Dental Care |  |
| PoS Refs: H2, H5, H11 |  |
| **Growing and Changing**  Personal identity; recognising individuality and different qualities; mental wellbeing  PoS Refs :H15, H16, H17, H18,H19, H20, H21, H22, 23, H24, H25, H27, | * about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes * how to recognise, respect and express their individuality and personal qualities * ways to boost their mood and improve emotional wellbeing * about the link between participating in interests, hobbies and community groups and mental wellbeing | [Metro Charity](https://www.pshe-association.org.uk/metro-charity) – possible resources Gender  Premier League Primary stars  [Self-esteem and resilience](https://www.pshe-association.org.uk/metro-charity) – use the filter system to find different self-esteem and resilience packs  PSHE Association Mental Health and wellbeing lessons (KS2)  [Lesson 2 – Expressing Feelings](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint)  [Lesson 3 – Managing Feelings](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint) |
| **Keeping Safe**  Medicines and household products; drugs common to everyday life  PoS Refs: H10, H38, H40, H46 | * the importance of taking medicines correctly and using household products safely * to recognise what is meant by a ‘drug’ * that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing * to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects * to identify some of the risks associated with drugs common to everyday life * that for some people using drugs can become a habit which is difficult to break * how to ask for help or advice | PSHE Association Drug and Alcohol Education. PowerPoints available  Lesson 1 – Safety Rules and Risks: Medicines and Household Products  Lesson 2 : Alcohol and Smoking |

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| Year 5 – Medium Term Overview | | | |
| **Term** | **Topic** | **In this unit of work, students learn...** | **Lesson overviews/Teacher notes / resources** |
| **Yr 5 AUTUMN —** Relationships | **Families and Friendships**  Managing friendships and peer influence  PoS Refs: R14, R15, R16, R17, R18, R26 | * what makes a healthy friendship and how they make people feel included * strategies to help someone feel included * about peer influence and how it can make people feel or behave * the impact of the need for peer approval in different situations, including online * strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication * that it is common for friendships to experience challenges * strategies to positively resolve disputes and reconcile differences in friendships * that friendships can change over time and the benefits of having new and different   types of friends   * how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable * when and how to seek support in relation to friendships | Premier League Primary Stars KS2 PSHE  [Inclusion pack](https://plprimarystars.com/resources/inclusion) |
| **Safe Relationships**  Physical contact and feeling safe  PoS Refs: R9, R25, R26, R27, R29 | * to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations * how to ask for, give and not give permission for physical contact * how it feels in a person’s mind and body when they are uncomfortable * that it is never someone’s fault if they have experienced unacceptable contact * how to respond to unwanted or unacceptable physical contact * that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about * whom to tell if they are concerned about unwanted physical contact |  |
| **Respecting Ourselves and Others**  Responding respectfully to a wide range of people; recognising prejudice and discrimination  PoS Refs: R20, R21, R31, R33 | * to recognise that everyone should be treated equally * why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own * what discrimination means and different types of discrimination e.g. racism, sexism, * homophobia * to identify online bullying and discrimination of groups or individuals e.g. trolling and * harassment * the impact of discrimination on individuals, groups and wider society * ways to safely challenge discrimination * how to report discrimination online | Premier League Primary Stars – KS2  [PSHE Developing Values pack](https://plprimarystars.com/resources/values) |

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| **YR 5 SPRING —** Living in the Wider World | **Belonging to a community**  Protecting the environment; compassion towards others  PoS Refs: L4, L5, L19 | * about how resources are allocated and the effect this has on individuals, communities and the environment * the importance of protecting the environment and how everyday actions can either   support or damage it (look at way we can look after the environment locally and globally e.g. plastic pollution)   * how to show compassion for the environment, animals and other living things * about the way that money is spent and how it affects the environment * to express their own opinions about their responsibility towards the environment – Link and reinforce school Values | Premier League Primary Stars KS2 PSHE  [Tackling plastic pollution with Sky Ocean rescue](https://plprimarystars.com/resources/tackling-plastic-pollution)  Team Margot – [Giving help to others](http://givingtohelpothers.org/) (resources on blood, stem cell and cone marrow donation) |
| **Media literacy and Digital resilience**  How information online is targeted; different media types, their role and impact  PoS Refs: L12, L14 | * to identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise * basic strategies to assess whether content online (e.g. research, news, reviews, blogs) is based on fact, opinion, or is biased * that some media and online content promote stereotypes * how to assess which search results are more reliable than others * to recognise unsafe or suspicious content online * how devices store and share information | Guardian foundation and National Literacy Trust NewsWise – KS2  Lesson 5 – [Spotting fake news](https://www.theguardian.com/newswise/2019/oct/07/lesson-5-spotting-fake-news-pshe-education)  Lesson 6 – [Understanding news is targeted](https://www.theguardian.com/newswise/2019/oct/07/lesson-6-understanding-that-news-is-targeted-pshe)  [Google and Parent zone: Be Internet Legends](https://parentzone.org.uk/legendshome) |
| **Money and Work**  Identifying job interests and aspirations;  what influences career choices; workplace stereotypes  PoS Refs: L27, L28, L29, L31, L32 | * to identify jobs that they might like to do in the future * about the role ambition can play in achieving a future career * how or why someone might choose a certain career * about what might influence people’s decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values * the importance of diversity and inclusion to promote people’s career opportunities * about stereotyping in the workplace, its impact and how to challenge it * that there is a variety of routes into work e.g. college, apprenticeships, university,   training |  |

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| **YR 5 SUMMER -** Health and Wellbeing  **Summer —** Health and wellbeing | **Physical health and Mental Wellbeing**  Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies  PoS Refs: H1, H2, H3, H4, H8, H9, H10, H12, H15, H16, H20 | * how sleep contributes to a healthy lifestyle * healthy sleep strategies and how to maintain them * about the benefits of being outdoors and in the sun for physical and mental health * how to manage risk in relation to sun exposure, including skin damage and heat   stroke   * how medicines can contribute to health and how allergies can be managed * that some diseases can be prevented by vaccinations and immunisations * that bacteria and viruses can affect health * how they can prevent the spread of bacteria and viruses with everyday hygiene   routines   * to recognise the shared responsibility of keeping a clean environment | PSHE Association and Department of Children’s Sleep Medicine  [The Sleep Factor](https://www.pshe-association.org.uk/system/files/The%20Sleep%20factor%20-%20Guidance%2C%20lessons%20%26%20resources%2C%20KS2-4_0.pdf) – lesson resources  PSHE Association mental health and wellbeing lessons  [Lesson 1 – Mental health and keeping well](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint)  PSHE Association Drug and Alcohol Programme – PowerPoint available  Lesson 1 – Managing Risks: Medicines |
| **Growing and Changing**  **Physical and emotional changes in puberty, external genitalia; personal hygiene routines; support with puberty**  **PoS Refs: H30, H31, H32, H34** | **Nurse Visit –**   * how to identify external genitalia and reproductive organs * about the physical and emotional changes during puberty * key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams * strategies to manage the changes during puberty including menstruation * the importance of personal hygiene routines during puberty including washing regularly and using deodorant * how to discuss the challenges of puberty with a trusted adult * how to get information, help and advice about puberty | **Medway Public Health Directorate –**  **Primary RSE lessons**  [**Puberty**](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) **- 4 lessons (yr. 4/5)**  [**Betty: It’s perfectly natural**](https://bettyforschools.co.uk/resources) **– Menstruation resources** |
| **Keeping Safe**  Keeping safe in different situations, including responding in emergencies and first aid  PoS Refs: H38, H43, H44, | * to identify when situations are becoming risky, unsafe or an emergency * to identify occasions where they can help take responsibility for their own safety * to differentiate between positive risk taking (e.g. trying a challenging new sport) and   dangerous behaviour   * how to deal with common injuries using basic first aid techniques * how to respond in an emergency, including when and how to contact different   emergency services | **British Red Cross Life. Live it KS2 lesson**  [**Help saves lives section and Emergency action section.**](https://lifeliveit.redcross.org.uk/)  **PSHE Association and Gambleaware**  [**Lesson 1 – Exploring risk**](https://www.pshe-association.org.uk/curriculum-and-resources/resources/exploring-risk-relation-gambling-lesson-pack-ks2) |

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| Year 6 – Medium Term Overview | | | |
| **Term** | **Topic** | **In this unit of work, students learn...** | **Lesson overviews/ Teacher notes / resources** |
| **Yr 6 AUTUMN —** Relationships | **Families and Friendships**  Attraction to others; romantic relationships; civil partnership and marriage  PoS Refs: R1, R2, R3, R4, R5, R7, H26 | * what it means to be attracted to someone and different kinds of loving relationships * that people who love each other can be of any gender, ethnicity or faith * that for some people gender identity does not correspond to their biological sex * the difference between gender identity and sexual orientation and everyone’s right   to be loved   * about the qualities of healthy relationships that help individuals flourish * ways in which couples show their love and commitment to one another, including those who are not married or who live apart * what marriage and civil partnership mean e.g. a legal declaration of commitment   made by two adults   * that people have the right to choose whom they marry or whether to get married * that to force anyone into marriage is illegal * how and where to report forced marriage or ask for help if they are worried | Medway Public Health directorate Primary RSE KS2  [Year 6 lesson 3 – Positive and healthy relationships](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and) |
| **Safe Relationships**  Recognising and managing pressure; consent in different situations  PoS Refs: R26, R28, R29 | * to compare the features of a healthy and unhealthy friendship * about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong * strategies to respond to pressure from friends including online * how to assess the risk of different online ‘challenges’ and ‘dares’ * how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable * how to get advice and report concerns about personal safety, including online * what consent means and how to seek and give/not give permission in different situations | [NSPCC Share Aware](https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching)  [Think you Know Play Like Share](https://www.thinkuknow.co.uk/professionals/resources/play-like-share/)  \*If appropriate for cohort |
| **Respecting Ourselves and Others**  Expressing opinions and respecting other points of view, including discussing topical issues  PoS Refs: R30, R34 | * about the link between values and behaviour and how to be a positive role model – Link to and reinforce school Values * how to discuss issues respectfully * how to listen to and respect other points of view * how to constructively challenge points of view they disagree with * ways to participate effectively in discussions online and manage conflict or   disagreements | Premier League Primary Stars – KS2 Behaviour and Relationships- [Do the right thing pack](https://plprimarystars.com/resources/do-the-right-thing) |

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| **YR 6 Spring —** Living in the Wider World | **Belonging to a Community**  Valuing diversity; challenging discrimination and stereotypes  PoS Refs: L8, L9, L10, R21 | * what prejudice means * to differentiate between prejudice and discrimination * how to recognise acts of discrimination * strategies to safely respond to and challenge discrimination * how to recognise stereotypes in different contexts and the influence they have on attitudes and understanding of different groups * how stereotypes are perpetuated and how to challenge this | Premier League stars KS2 PSHE  [Diversity pack](https://plprimarystars.com/resources/diversity)  PSHE Association Inclusion, Belonging and addressing Extremism KS2  [Lesson 3 – Stereotypes](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2)  PSHE Association Inclusion, Belonging and addressing Extremism KS2  [Lesson 4 – Extremism](https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2) |
| **Media Literacy and Digital Resilience**  Evaluating media sources; sharing things online  PoS Refs: H37, L11, L13, L15, L16 | * about the benefits of safe internet use e.g. learning, connecting and communicating * how and why images online might be manipulated, altered or faked * how to recognise when images might have been altered * why people choose to communicate through social media and some of the risks and challenges of doing so * that social media sites have age restrictions and regulations for use * the reasons why some media and online content is not appropriate for children * how online content can be designed to manipulate people’s emotions and   encourage them to read or share things   * about sharing things online, including rules and laws relating to this * how to recognise what is appropriate to share online * how to report inappropriate online content or contact | [NSPCC Share Aware](https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching) –  \*If appropriate for cohort  Childnet Trust me Yr5/6  [Lesson 1 – Online Content](https://www.childnet.com/resources/trust-me)  [Google and Parent Zone: Be internet legends](https://parentzone.org.uk/legendshome) You can download resource pack  BBFC KS2 Lessons:  [Let’s watch a film! Making choices about what to watch](https://www.pshe-association.org.uk/curriculum-and-resources/resources/bbfc-ks2-lessons-%E2%80%98let%E2%80%99s-watch-film-making-choices) 2 lessons with resources |
| **Money and Work**  Influences and attitudes to money; money and financial risks  PoS Refs: L18, L22, L23, L24 | * about the role that money plays in people’s lives, attitudes towards it and what influences decisions about money * about value for money and how to judge if something is value for money * how companies encourage customers to buy things and why it is important to be a   critical consumer   * how having or not having money can impact on a person’s emotions, health and   wellbeing   * about common risks associated with money, including debt, fraud and gambling * how money can be gained or lost e.g. stolen, through scams or gambling and how   these put people at financial risk   * how to get help if they are concerned about gambling or other financial risks | PSHE Association and GambleAware –  [Lesson 2 – Chancing it! Exploring risk in relation to gambling](https://www.pshe-association.org.uk/curriculum-and-resources/resources/exploring-risk-relation-gambling-lesson-pack-ks2) |

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| **YR 6 SUMMER – Health and Wellbeing** | **Physical Health and Mental Wellbeing**  **What affects mental health and ways to**  **take care of it; managing change, loss**  **and bereavement; managing time online**  **PoS Refs: H13, H14, H15, H20, H21,**  **H22, H23, H24** | * that mental health is just as important as physical health and that both need looking   after   * to recognise that anyone can be affected by mental ill-health and that difficulties   can be resolved with help and support   * how negative experiences such as being bullied or feeling lonely can affect mental   wellbeing   * positive strategies for managing feelings * that there are situations when someone may experience mixed or conflicting   feelings   * how feelings can often be helpful, whilst recognising that they sometimes need to   be overcome   * to recognise that if someone experiences feelings that are not so good (most or all   of the time) – help and support is available   * identify where they and others can ask for help and support with mental wellbeing   in and outside school   * the importance of asking for support from a trusted adult * about the changes that may occur in life including death, and how these can cause   conflicting feelings   * that changes can mean people experience feelings of loss or grief * about the process of grieving and how grief can be expressed * about strategies that can help someone cope with the feelings associated with change or loss * to identify how to ask for help and support with loss, grief or other aspects of change * how balancing time online with other activities helps to maintain their health and   wellbeing   * strategies to manage time spent online and foster positive habits e.g. switching phone off at night * what to do and whom to tell if they are frightened or worried about something they have seen online | PSHE Association Mental Health and wellbeing Yr 5/6  [Lesson 2 Managing Challenges and Change](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint)  [Lesson 3](https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint) – Feelings and Anxieties – Transition to Secondary  NSPCC Making sense of Relationships  Lesson 1 – [Secondary School](https://learning.nspcc.org.uk/media/1399/ks2-lesson-plan1-secondary-school.pdf)  Lesson 2 – [Changing Friendships](https://learning.nspcc.org.uk/media/1400/ks2-lesson-plan-2-changing-friendships.pdf)  Lesson 3 - [Healthy Online Relationships](https://learning.nspcc.org.uk/media/1401/ks2-lesson-plan-3-healthy-online-friendships.pdf)  Public Health England Rise Above  [Social Media](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview?WT.mc_id=RiseAboveforSchools_PSHEA_EdComs_Resource_listing_Sep17#social-media) Lesson Plan  Guardian foundation and National Literacy Trust NewsWise – KS2  Lesson 3 [Managing Feelings about the News](https://www.theguardian.com/newswise/2019/oct/07/lesson-3-managing-feelings-about-the-news-pshe) |
| **Growing and Changing**  **Human reproduction and birth; increasing independence; managing transitions**  **PoS Refs: H24,H33, H35, H36** | **Nurse Visit:**   * **to identify the changes that happen to our bodies during puberty** * **to undersntand that girls and boys change in different ways** * **to know how to keep our bodies hygienic** * **to understand the importance of mental wellbeing** * **to know where to get help or support if we are worried** * to recognise some of the changes as they grow up e.g. increasing independence * about what being more independent might be like, including how it may feel * about the transition to secondary school ad how this may affect their feelings * about how relationships may change as they grow up or move to secondary school * practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school | Resources to supplement nurse visit.  Medway health Directorate  Primary RSE KS2\_ Year 6  Lesson 2 – [Puberty: Change and becoming Independent](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  Lesson 4 – [How a Baby is Made](https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships-and)  NSPCC - Making sense of relationships  Lesson 1 – [Secondary Schools](https://learning.nspcc.org.uk/media/1399/ks2-lesson-plan1-secondary-school.pdf)  Lesson 2 – [Changing Friendships](https://learning.nspcc.org.uk/media/1400/ks2-lesson-plan-2-changing-friendships.pdf)  Public Health England Rise Above KS2-  [Transition to Secondary School](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview?WT.mc_id=RiseAboveforSchools_PSHEA_EdComs_Resource_listing_Sep17#transition-to-secondary-school) |
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|  | **Keeping Safe**  **Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media**  **PoS Refs: H37, H42, H46, H47, H48, H49, H50** | * how to protect personal information online * to identify potential risks of personal information being misused * strategies for dealing with requests for personal information or images of themselves * to identify types of images that are appropriate to share with others and those   which might not be appropriate   * that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be * what to do if they take, share or come across an image which may upset, hurt or embarrass them or others * how to report the misuse of personal information or sharing of upsetting content/   images online   * about the different age rating systems for social media, T.V, films, games and online   gaming   * why age restrictions are important and how they help people make safe decisions   about what to watch, use or play   * about the risks and effects of different drugs * about the laws relating to drugs common to everyday life and illegal drugs * to recognise why people choose to use or not use drugs, including nicotine, alcohol   and medicines as well as illegal drugs   * about the organisations where people can get help and support concerning drug use * how to ask for help if they have concerns about drug use * about mixed messages in the media relating to drug use and how they might influence opinions and decisions | [NSPCC Share Aware](https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching)  \* If appropriate for cohort  BBFC KS2 Lessons- Let’s watch a Film  [Making choice about what to watch](https://www.cbbfc.co.uk/grown-ups/free-pshe-primary-school-lesson-plans) (You need to log in to download resources)  Childnet Trust M3 Yr 5/6  [Lesson 2 - Online Contact](https://www.childnet.com/resources/trust-me)  [Google and Parent Zone Internet Legends](https://parentzone.org.uk/legendshome)  Islington Healthy Schools Team – [DrugsWise](https://www.pshe-association.org.uk/curriculum-and-resources/resources/drug-wise-primary-school-resource-islington) (You can email for current resources)  PSHE Association – Drug and Alcohol Programme  Lesson 2 – Managing Risks: Legal and illegal drugs  Lesson 2 – Managing Risks: Influences and pressure |