

<b>St John's PSHE Overview 2021 - 2023</b>	<b>Year 1 Autumn Self-Awareness</b>	<b>Year 1 Spring Self-Care, Support and Safety</b>	<b>Year 1 Summer Relationships: Managing Feelings</b>	<b>Year 2 Autumn Relationships: Changing and Growing</b>	<b>Year 2 Spring Healthy Lifestyles</b>	<b>Year 2 Summer 2 The World I Live In</b>
<b>Primary</b>	Things we are good at Kind and unkind behaviours Playing and working together People who are special to us Getting on with others	Taking care of ourselves Keeping safe Trust Keeping safe online Public and Private	Identifying and expressing feelings Managing strong feelings	Baby to adult Changes at puberty Dealing with touch. Different types of relationships	Healthy Eating Taking care of physical health. Keeping well	Respecting differences between people Jobs people do Rules and laws Taking care of the environment. Belonging to a community Money
<b>Secondary and P16</b>	Personal strengths Skills for learning Prejudice and discrimination Managing pressure	Feeling frightened/worried Feeling unwell Emergency situations Accidents and risk Keeping safe online Public and private	Self-esteem and unkind comments Strong feelings Romantic feelings and sexual attraction	Puberty Healthy/unhealthy relationships behaviours Friendships Intimate relationships, consent and contraception Long-term relationships/parenthood	Elements of a healthy lifestyles Physical activity Mental wellbeing Healthy eating Body image Medicinal drugs Drugs, alcohol & tobacco	Human diversity, rights and responsibilities Managing online information Taking care of the environment Preparing for adulthood Managing finances