

Caring Relationships	2)the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
	5)how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful Relationships	1)the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
	2)practical steps they can take in a range of different contexts to improve or support respectful relationships.
	3)the conventions of courtesy and manners.
	4)the importance of self-respect and how this links to their own happiness.
	5)that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
	6)about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help
	7)about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
	8)what a stereotype is, and how stereotypes can be unfair, negative or destructive.
Online Relationships	1)that people sometimes behave differently online, including by pretending to be someone they are not.
	2)that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.
	3)the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
	4)how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
	5)how information and data is shared and used online.
Being Safe	4)how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
	5)how to recognise and report feelings of being unsafe or feeling bad about any adult.
	6)how to ask for advice or help for themselves or others, and to keep trying until they are heard.
	7)how to report concerns or abuse, and the vocabulary and confidence needed to do so
	8)where to get advice e.g. family, school and/or other sources
Internet safety and harms	1)that for most people the internet is an integral part of life and has many benefits.
	3)how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
	4)why social media, some computer games and online gaming, for example, are age restricted.
	5)that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
	6)how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
	7)where and how to report concerns and get support with issues online.
Basic First -Aid	1)how to make a clear and efficient call to emergency services if necessary.
	2)concepts of basic first-aid, for example dealing with common injuries, including head injuries.

