

## Being me

- British values are part of our collective identity. The 4 British Values are: Democracy, The rule of law, individual liberty, mutual respect.
- Knowing what is positive and healthy in friendships, in all contexts (including online and off)
- There are diverse national, regional, religious and ethnic identities in the UK.
- Stereotyping has negative consequences.
- Knowing what positive and healthy friendships are.
- Knowing what factors may test our values.
- There is a need for mutual respect and understanding.
- Identities change and develop.
- As we grow older some personal decisions may attract and alienate friends.

## Healthy me

- The lifestyle choices we make around nutrition, exercise and sleep affect our health
- Substance misuse can be dangerous to health and illegal.
- The life choices we make, such as nutrition, exercise and sleep affect our health.
- There are 5 ways we can look after our own mental health and well-being.
- Vaccines are an effective way of combating disease, but are sometimes controversial.
- An awareness that Substance misuse is dangerous to our own health and is illegal.
- Vaccines are an effective way of combating disease, but are sometimes controversial.
- Sexual harassment and sexual violence are always unacceptable.
- Changes happen in the body due to puberty

## Celebrating Differences

- Stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can be damaging.
- People have a responsibility to make positive contributions to society
- The legal rights and responsibilities regarding equality (Equalities Act)
- There are different types of bullying which have a range of negative impacts
- All individualities can expect to be treated with respect, we show tolerance of other people's beliefs.
- Knowing the different electoral systems used in the UK and beyond and an awareness of non-democratic societies.
- Being aware of the legal system in the UK, different sources of law and how the law helps society deal with complex problems
- In the UK there are many cultures, beliefs and ethnic identities.
- What prejudice and discrimination is and what to do about it.

## Dreams and goals

- Having high aspirations has a positive impact on my life and others.
- Support is available when making life choices.
- Difficulties can occur when trying to reach our goals.
- There is clear advice when choosing options about your future
- There are different events that could affect people's dreams and goals
- Awareness and impact of economic and financial matters
- Impacts of gambling and issues with becoming addictive
- Developing and building Resilience is a life skill.
- There are 5 ways we can look after our own mental health and well-being.

## Relationships

- Every individual has the right to choose whether or not to give their consent.
- The law around being safe regarding sex and relationships.
- How events from individual's pasts can affect current and future relationships
- The facts about sexually transmitted infections (STIs), how risk can be reduced through safer sex.
- The importance of testing for a range of infections and diseases and self examination.
- Some types of behaviour within relationships are criminal.
- There are many types of legal long-term relationships.
- Relationships contribute to human happiness
- How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships.
- All relationships go through different stages, develop and end.