

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5	Self-identity, understanding feelings, being in a classroom, being gentle, rights and responsibilities	Identifying talents, being special, families, where we live, making friends, standing up for yourself	Challenges, perseverance, goal-setting, overcoming obstacles, seeking help, jobs, achieving goals	Exercising bodies, physical activity, healthy food, sleep, keeping clean, safety	Family life, friendships, breaking friendships, falling out, dealing with bullying, being a good friend	Bodies, respecting my body, growing up, growth and change, fun and fears, celebrations
Ages 5-6	Feeling special and safe, being part of a class, rights and responsibilities, rewards, consequences	Similarities and differences, understanding bullying, making new friends, celebrating differences	Setting goals, identifying successes, learning styles, tackling challenges, overcoming obstacles	Keeping healthy, lifestyle choices, safety, medicines, road safety, linking health and happiness	Belonging to a family, friendships, physical contact preferences, people who help us	Life cycles, changes since being a baby, male/female body differences, coping with change
Ages 6-7	Hopes and fears, rights and responsibilities, rewards and consequences, recognising feelings	Assumptions, stereotypes, bullying, diversity, making friends, celebrating differences	Achieving goals, perseverance, teamwork, sharing success	Motivation, healthy choices, relaxation, nutrition	Family types, friendships, secrets, trust, appreciation	Life cycles, independence, body differences, preparing for transition
Ages 7-8	Setting goals, self-identity, responsibility,	Family differences, conflict, bullying, recognising hurtful	Challenges, ambitions, motivation, overcoming	Exercise, fitness, healthy eating, online safety, respect	Family roles, friendships, online safety, global awareness	Baby development, body changes, stereotypes, transition

	choices, perspectives	words, compliments	obstacles, managing feelings			
Ages 8-9	Being part of a team, school citizen, democracy, behaviour motivations	Challenging assumptions, bullying, uniqueness, first impressions	Dreams, resilience, achievements, teamwork	Friendships, peer pressure, smoking, alcohol, assertiveness	Love, loss, relationships, appreciation	Puberty, having a baby, change, confidence
Ages 9-10	Citizenship, rights, responsibilities, democracy	Cultural differences, racism, bullying, respect	Careers, money, dreams, motivation	Health, substances, emergency aid, body image	Self-esteem, online safety, gaming, grooming awareness	Puberty, conception, body image, transition
Ages 10-11	Global citizenship, rights, choices, behaviour, role models	Inclusion, empathy, disability awareness, bullying	Goals, motivation, achievements, making a difference	Mental health, stress, substances, responsibility	Relationships, support, technology safety	Puberty, consent, attraction, transition
Ages 11-12	Identity, independence, personal strengths, online identity	Prejudice, discrimination, inclusion, stereotypes	Dreams, goals, motivation, adapting to change	Emotional health, stress, substances, nutrition, sleep	Friendships, influences, relationships, family roles	Body changes, emotions, self-image, transition