

Strands	Phase 1 <u>From</u> age 3	Phase 2 <u>From</u> age 7
Relationships and identity	Kindness and compassion Relationships with others Family and friendship diversity Values Respecting others.	Equitability, respect and kindness Communication in relationships Relationship characteristics, relationships breakdown, norms and laws Identity, relationships and happiness Equality and stereotyping.
Sexual health and wellbeing	The human body and life cycle Change and growth Personal self-care and hygiene Humans as unique and special beings Feelings of self and of others Recognising trusted adults.	Reproduction and fertility Puberty Self-care and hygiene, menstrual wellbeing Learning about our bodies Maturity and attraction to others Sourcing trustworthy information.
Empowerment, safety and respect	Fairness and discrimination Harmful behaviour and bullying, sharing with trusted adults Appropriate behaviour with others, eg, sharing, privacy, sharing with trusted adults Keeping safe online The right to be safe for self and others.	Online and offline respect, non-discrimination The right to be free from harm and abuse Harmful and abusive behaviour; online and offline Being a good friend Keeping self and one's body safe online Consensual and non-consensual behaviours Digital media and keeping safe Protective legislation.