

YEAR 6	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
SEALS theme	New Beginnings I have strategies to deal with all feelings and know when to use them. I know what I am good at and what I need to improve, and I have strategies to do this.	Getting On and Falling out / No to bullying I can agree and disagree in a mature way and see things from other perspectives.	Going for Goals I can make a long term plan and break it down into smaller achievable goals. I understand the consequences of reaching or failing to reach a goal.	Good to be Me I can behave appropriately using body language, tone of voice and words and I can accept myself for who I am, knowing what I am good at and what I struggle with.	Relationships I understand some of the feelings that arise from someone dying or leaving. I know strategies to manage these feelings and I know how to support others who have lost someone close to them.	Changes I know that I will be wary of the coming changes and that mixed feelings have a purpose. I can tell you about myself and what new people will like and value.
Sex & Relationships <i>(Objectives can be taught in a different order than what is displayed)</i>	Puberty and Reproduction I can explore the emotional and physical changes that occur during puberty. Learning Outcomes Describe how and why the body changes during puberty in preparation for reproduction. Talk about puberty and reproduction with confidence.	Relationships and Reproduction I can consider reproduction in the context of relationships. Learning Outcomes Explain how babies are made. Discuss different types of adult relationships with confidence.	Conception and Pregnancy I can explore the process of conception and pregnancy. Learning Outcomes Describe the decisions that have to be made before having a baby. Know some basic facts about pregnancy and conception.	Being a Parent I can learn about the roles and responsibilities of carers and parents. Learning Outcomes Identify some of the skills and qualities needed to be a parent/carer. Understand the variety of ways in which parents and carers meet the needs of babies and children. Recognise that both men and women can take on these roles and responsibilities	Infections I understand how infections can be transmitted. I know the names of some common infections, including STIs and what is involved. Learning Outcomes Know what is true and false about how someone can contract an infection. Understand the possible consequences of being sexually active and the responsibilities involved.	Your Questions Answered I can ask and answer questions about sex and relationships with confidence and find support and advice. Learning Outcomes Can answer their own questions about sex and relationships. Can use appropriate language to discuss things confidently. Can identify sources of information, support and advice for children and young people.
Drugs & Alcohol <i>(Objectives can be taught in a different order than what is displayed)</i>	I know rules regarding medicines, alcohol and tobacco. I understand the difference between medicines and drugs and have a basic vocabulary of 'drugs'. <i>(All medicines are drugs but not all drugs are medicines).</i> I know the dangers of used injecting equipment, to not touch, and to get help immediately if it is found.	I know why some people are safe to give us drugs and others are not/ I know who I can trust. I can feel good about myself, valued and confident and I know that others are of value. I know that my body is precious and I value it.	I know that drugs can be good or bad for you. I know what goes onto/into my body can affect how it works and how I think and feel (including <u>how</u> they affect our bodies).	I know when I feel safe and not safe. I know how it feels to be in a group who want to do something I am anxious or uncertain about. I understand some people, including the media, will try to persuade people to use/try drugs. I know I can make my own decisions and not do what my friends do. I can say 'no', 'that's ok', 'help', 'I'll ask' and 'I'll tell'.	I know the risks of tobacco (and cannabis if teacher decides it is relevant), alcohol and other solvents. I can practise making informed choices in a variety of situations involving tobacco and alcohol.	I can recognise risks in a variety of situations including drug offers. I can practise making informed choices in situations involving drug offers. I can recognise safe and unsafe places. I can act independently from friends or others and take responsibility for my own safety. I know drugs can cost lots of money.