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**Key Concepts – PSHE (Personal, Social, Health and Economic Education)**

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|  | **Key concepts** |
| **KS1** | * Understand what ‘Bullying’ is and know to be kind in real life and online situations. * Understand what is safe to share online and in real life. * Know what makes a good friend and recognise a ‘healthy friendship’. * Recognise and name feelings of ‘jealousy’, ‘worry’ and ‘anger’ and understand their physical effects. * Understand that washing hands and brushing teeth are an important part of keeping / staying healthy. * Identify top tips for road safety. * Identify potential hazards, which can be found around the home or local environment. * Know how to keep money safe. * Know when and how to ask for help. * Make ‘safe’ choices about when to help others. * Understand what a ‘stranger’ is. |
| **Lower**  **KS2** | * Understand what ‘Bullying’ is and know to be kind in real life and online situations. * Understand ***who*** is safe to talk to online and in real life. * Understand the difference between appropriate and inappropriate touch. * Identify and understand personal boundaries * Recognise and name feelings of ‘jealousy’ and ‘grief’ and understand their physical effects. * Know and understand medicine safety rules. * Know how to keep ourselves and others safe at home. * Identify ways to maintain a healthy lifestyle – understand what makes a healthy, balanced meal. * Understand what ‘peer pressure’ is and know ways to manage it. * Understand what it means to be ‘responsible’ and how actions can show this. * Identify differences in others and know how to accept these differences. * Understand when a situation feels safe or risky. * Know when and how to ask for help. |
| **Upper KS2** | * Know rules about image sharing online. * Know that people may not be who they say they are online. * Know how to make and save money. * Know the benefits and risks of spending money online. * To understand the physical and emotional changes that happen during puberty and know ways to cope with these changes. * Understand the terms ‘conception’ and ‘reproduction’. * Describe the function of the male and female reproductive systems. * Know the laws around consent. * Recognise and name feelings of ‘anger’ and ‘worry’ and understand their physical effects. * Know strategies for coping with uncomfortable feelings. * Identify risks associated with smoking and alcohol. * Understand what ‘peer pressure’ is and know ways to manage it. * Identify ways to keep ourselves and others safe when cycling. * Identify ways to keep ourselves and others safe when around water. * Identify and explain each of the British Values. |