

<b>VIPS</b>	I CAN...
<b>Y2</b>	<p>I can talk about the very important people in my life and explain why they are special.</p> <p>I can describe why families are important.</p> <p>I can describe what makes someone a good friend.</p> <p>I can describe ways to help work out arguments and disagreements without being unkind</p> <p>I can cooperate with others to achieve a task.</p> <p>I can describe how I can show my special people that I care about them and understand why this is important.</p>
<b>Y4</b>	<p>I can explain the importance of respecting my VIPs</p> <p>I can explain how to make and keep fabulous friends.</p> <p>I can identify my own support network.</p> <p>I can demonstrate strategies for resolving conflicts.</p> <p>I can identify what bullying is</p> <p>I know what to do if someone is being bullied.</p>
<b>Y6</b>	<p>I can explain how VIPs who love and care for each other should treat each other</p> <p>I can identify different ways to calm down when I am feeling angry or upset.</p> <p>I understand that people have different opinions that should be respected.</p> <p>I can identify negative influences on my behaviour and suggest ways that I can resist these influences.</p> <p>I can explain when it is right to keep a secret, when it is not and who to talk to about this.</p> <p>I can recognise healthy and unhealthy relationships.</p>
<b>SAFETY FIRST</b>	
<b>Y2</b>	<p>I know how to stay safe and who can help if I feel unsafe.</p> <p>I know how to stay safe at home.</p> <p>I know how to stay safe when I am out and about.</p> <p>I can keep myself safe in different situations with people I don't know.</p> <p>I know what I can share and what I should keep private to keep myself and others safe.</p> <p>I know who to go to if I need help.</p>
<b>Y4</b>	<p>I can be responsible for making good choices to stay safe and healthy.</p> <p>I can identify a risky situation and act responsibly.</p> <p>I understand that I can choose not to do something that makes me feel uncomfortable.</p> <p>I know how to be safe on and near the road.</p> <p>I know about dangerous substances and how they affect the human body</p> <p>I know how to respond in emergency situations.</p>
<b>Y6</b>	<p>I can take responsibility for my own safety.</p> <p>I can assess and manage risks in different situations</p> <p>I can confidently identify and manage pressure to get involved in risky situations.</p> <p>I can act sensibly and responsibly in an emergency.</p> <p>I can identify hazards and reduce risks to keep myself and others safe at home.</p> <p>I know how to stay safe in different outdoor environments</p>
<b>DIGITAL WELLBEING</b>	

<b>Y2</b>	<p>I can talk about ways in which the Internet is useful.</p> <p>I know how to balance screen time with other activities and understand why this is important.</p> <p>I know how to stay safe online.</p> <p>I can explain why we keep personal information private.</p> <p>I know how to communicate online in ways that show kindness and respect.</p> <p>I understand that not everything on the Internet is true.</p>
<b>Y4</b>	<p>I can identify the positives and negatives of being online.</p> <p>I can be kind online and I can help make the Internet a safer place.</p> <p>I know how to stay safe when communicating online and what to do if I don't feel safe.</p> <p>I can decide how reliable online information is and know how to share information responsibly online.</p> <p>I can identify things we shouldn't share online and give reasons why we shouldn't share them.</p> <p>I understand how technology can affect our wellbeing in different ways.</p>
<b>Y6</b>	<p>I can identify the benefits of the Internet and know how to look after my digital wellbeing.</p> <p>I know how to stay safe, healthy and happy online and when I use digital technology.</p> <p>I know how to develop safe, respectful and healthy online relationships and can recognise the signs of inappropriate and harmful online relationships.</p> <p>I know how to use social media responsibly to protect the health, wellbeing and rights of all.</p> <p>I know what online bullying is and what to do if I see or experience it to help make it stop.</p> <p>I understand not all information online is true and know how to assess the reliability of both text and images</p>
<b>GROWING UP</b>	
<b>Y2</b>	<p>I can name the main parts of boys' and girls' bodies.</p> <p>I understand how to respect my own and other people's bodies.</p> <p>I understand that we are all different and different people like different things.</p> <p>I can talk about my family and others' families'.</p> <p>I can describe how I will change as I get older.</p> <p>I can describe things that might change in a person's life and how it might make them feel.</p>
<b>Y4</b>	<p>I can describe male and female body parts and explain what these are for.</p> <p>I can describe how boys' bodies will change as they go through puberty.</p> <p>I can describe how girls' bodies will change as they go through puberty.</p> <p>I can describe the feelings that some people experience as they grow up.</p> <p>I understand that there are many different types of relationships and families.</p> <p>I can describe how babies are made and how they are born.</p>
<b>Y6</b>	<p>I can describe the changes people's bodies go through during puberty and how we can look after our changing bodies</p> <p>I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings</p>

	<p>I can recognise that many things affect the way we feel about ourselves and I understand that there is no such thing as an ideal kind of body</p> <p>I understand what a loving relationship is and that there are many types of relationships</p> <p>I understand what a sexual relationship is and who can have a sexual relationship</p> <p>I can describe the process of human reproduction, from conception to birth</p>
<b>THINK POSITIVE</b>	
<b>Y2</b>	<p>I can understand how happy thoughts can make me feel good.</p> <p>I can make good choices and consider the impact of my decisions.</p> <p>I can set myself goals and consider how to achieve them.</p> <p>I can discuss my feelings and opinions with others and cope with difficult emotions.</p> <p>I can discuss things I am thankful for and focus on what I do have, rather than what I don't have.</p> <p>I can focus on what is happening now and how I am feeling.</p>
<b>Y4</b>	<p>I understand that having a positive attitude is good for our mental health.</p> <p>I can recognise and manage positive and negative thoughts effectively.</p> <p>I understand that some changes can be difficult, but that there are things we can do to cope.</p> <p>I can use mindfulness techniques to keep calm</p> <p>I can identify uncomfortable emotions and manage them effectively.</p> <p>I can apply a positive attitude towards learning and take on new challenges.</p>
<b>Y6</b>	<p>I understand the link between thoughts, feelings and behaviours.</p> <p>I understand the concept and impact of positive thinking.</p> <p>I can recognise and manage uncomfortable feelings.</p> <p>I understand the importance of making good choices.</p> <p>I can use mindfulness techniques in my everyday life.</p> <p>I can apply a growth mind-set in my everyday life.</p>
<b>ONE WORLD</b>	
<b>Y2</b>	<p>I can explore family life in different countries and say how it is the same as mine and how it is different.</p> <p>I can discuss homes and home life from around the world and say how they are the same as mine and how they are different.</p> <p>I can explain what it is like to go to school in other countries and say how it is the same as or different from my school.</p> <p>I can explore places where people live which are different from where I live.</p> <p>I can think about how people use things from the earth and what problems this can cause.</p> <p>I can say why it is important to care for the earth and identify how I can help protect it.</p>
<b>Y4</b>	<p>I can discuss ways in which people's lives are similar and different and give reasons for these differences.</p> <p>I can explore differences of opinion and identify if I feel these are fair.</p> <p>I can think about the lives of people living in other places, make considered decisions and give reasons for my opinions.</p> <p>I can recognise how my actions impact on people living in different countries and can identify things I can do to make the world a fairer place</p>

	<p>I can explain what climate change is and how it affects people's lives and identify what I can do to help</p> <p>I can identify different organisations which help people in different countries who are in challenging situations and explain how they do this.</p>
<b>Y6</b>	<p>I can talk about and understand how we can be responsible global citizens</p> <p>I can describe what global warming is and what we can do to help prevent it from getting worse</p> <p>I can explain how our energy use can harm the environment and describe what we can do to help</p> <p>I can describe how we can use water responsibly and understand the importance of doing this</p> <p>I can understand what biodiversity is and explain the importance of doing all we can to encourage it</p> <p>I can make choices which make the world a better place and that help people across the world</p>