KS2 Learning opportunities in **Health and Wellbeing**
Students learn...

MENTAL HEALTH
H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations
OURSELVES, GROWING AND CHANGING
H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking
H35. about the new opportunities and responsibilities that increasing independence may bring
H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming
H38. how to predict, assess and manage risk in different situations
H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact

KS2 Learning opportunities in **Relationships**
Students learn...

FAMILIES AND CLOSE RELATIONSHIPS
R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)
R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing
R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships
R12. to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face
R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support
R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);
R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns
R26. about seeking and giving permission (consent) in different situations
R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online)