

**Hampton Vale  
Primary Academy**

# P.S.H.E. & Safeguarding Curriculum

Concepts		
Health & Wellbeing	Relationships	Citizenship & British Values
Healthy Lifestyles	Feelings & Emotions	Leadership & Responsibility
Growing & Changing	Healthy Relationships	Sustainability
Keeping Safe	Valuing Difference	Money
		My Community

# Health & Wellbeing Strand

## Healthy Lifestyles

Physical & Mental Health

Drugs, Alcohol & Smoking

Healthy Living: Eating, Sleeping, Dental Hygiene,  
Hygiene: cleanliness and germs

Forming Positive Habits for Life

Positive Self Image & Identity

## Growing & Changing

Achievements, Aspirations, Strengths, Goals &  
Target-Setting

Naming Anatomy

Change: Loss, Separation, Transitions, Divorce,  
Bereavement

Physical Growth: Young to Old, Puberty,  
Physical and Emotional Changes

Human Reproduction: Sexual Intercourse, Babies, Pregnancy

## Keeping Safe

Medicines, household products, safety, risk

Asking For Help

Safety: Road, Water, Rail, Fire, Online, Rules

Privacy, Respecting Privacy

People We Trust

Peer Pressure

Physical & Emotional Abuse

Mobile Phones & Social Media

## Relationships Strand

Feelings & Emotions	Communication	Behaviour
	Recognising and Managing My Own Feelings and Emotions	Building Resilience
Healthy Relationships	Family, Friendships, Couples, Other Significant People	Resolving Conflict
	Physical Contact, Privacy & Boundaries	Positive Relationships
	Actions, Behaviour & Consequences	Collaborative Working
Valuing Differences	Similarities & Differences	Respecting Views and Opinions of Others ( <i>including PREVENT</i> )
	Bullying	Equality and Diversity
	Stereotypes	Recognising Discrimination

# Citizenship & British Values Strand

Leadership & Responsibility	Rules, Rights & Responsibilities	Taking Ownership of Own Behaviour, Choices and Decisions
	Inspiring Leaders	Emergencies
	Human & Children's Rights	Aspirational Future
Sustainability	Local Environment	Conserving Wildlife
	Building a Better Future	Managing Natural Resources
Managing Money	Income, Spending, Saving, Budgeting, Tax	Enterprise: Entrepreneurs & Economics
	Borrowing, Loans and Debt	
Community	Contributing Positively to My Community	Building Relationships with Local Community