E4S at Georgian Gardens

Education 4 Safeguarding (E4S) is organised into four areas: Relationships and Sex Education (RSE), Digital and Media Literacy (DML), Physical Health and Wellbeing (PHWB) and Emotional Health and Wellbeing (EHWB).

Within each of these areas, we cover several topics which we build on as the children move through the school. This document will give you an overview of how the curriculum progresses through the school and the areas each year group cover. Our E4S curriculum meets all the statutory requirements set out by the government; however, it has been designed to be bespoke to our school and the needs of our school community. If you would like further detail or to discuss anything within the curriculum, please do not hesitate to contact us.

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| **Relationships and Sex Education (RSE)**   * Being Safe * Online Relationships and Media * Feelings and Attitudes * Identity * Family and Friendship; Relationships | | | | | |
| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Worries and asking for help  Being Safe in unfamiliar situations  Feeling happy and sad  Coping with feelings and change  Similarities and Differences  Special People  Body Privacy and saying yes or no (NSPCC Pants Rule) | Private and Privacy  Feelings and impact on self and others  Changes in growth  Boys, girls and stereotypes  Friends and Friendship  Family, Kindness and Relationships, Love  Body Privacy and saying yes or no (NSPCC Pants Rule) | Body Privacy  Gender Expectations  Types of Relationship (Love and Commitment) | Personal boundaries and the right to privacy  Pressure to share and dares  Changing feelings  Body changes and puberty | Early warning signs, saying yes or no, secrets  Challenging the impact of feelings on self  Media influences – masculinity and femininity  Changes in relationships (when relationships go wrong) | Body Safety  Relationships and conception.  Body changes and puberty. |
| **Digital and Media Literacy (DML)**   * Online content and critical thinking * Self image, mental health * Online relationships and cyber bullying * Online reputation * Staying safe online | | | | | |
| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Sources of internet information  Online activities  Communicating with others online | Identities online and offline  Communicating with others online  Digital footprints  Risks of sharing online  Privacy and information | Validity of information  Cyberbullying and negative behaviours  Online security and sharing information | Online vs. real world  Cyberbullying and negative behaviours  Online profiles and age appropriateness | Managing time online  Knowing people online | Identities online and influence  Legal use of information. |
| **Physical Health and Wellbeing (PHWB)**  Drugs, Alcohol and Tobacco  Keeping safe and risks  Keeping safe and emergencies  Hygiene and protecting your health  Eating Well and Being Active | | | | | |
| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Medicines and Safety  Feeling Safe  Fair and Unfair / Right and Wrong / Rules  Helping Us Stay Safe  Well, Unwell and the Spread of Germs  Keeping Clean  Being Healthy and Active | Looking After Our Bodies Safely  Fair and Unfair / Right and Wrong / Rules  Staying Safe in Emergencies  Well, Unwell and the Spread of Germs  Keeping Clean  Food Practice and Choice | Safety Rules and Laws  Cleanliness, Germs and Immunisation | Making Decisions, Taking Risks and Influences  Responsibility to be Safe  Cleanliness, Germs and Immunisations  Healthier Lifestyle Choices | Everyday Substances inc. caffeine  Cleanliness, Germs and Immunisations  Sleep and Health  Habits and Choices | Drugs and Usage  Tobacco and smoking  Pressure / Influence  Risk, Hazard and Emergencies  Influence of Exercise and consequences of choice |
| **Emotional Health and Wellbeing (EHWB)**  Emotional Resilience  Sense of Self  Wellbeing  Relationships  Transition | | | | | |
| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Recognising Feelings  Secrets and Privacy  Uniqueness, Similarities and Difference  Belonging and Responsibilities  Right/Wrong & Friends/Bullying  Changing Behaviours | Managing Feelings  Stereotypes – Boys and Girls  Being Good at Things and Achievement  Well and Unwell  Right/Wrong & Friends/Bullying  Coping with Loss and Changing Situations | Achievements and Goals  Health and Wellbeing  Community and Belonging  Friendships and Bullying | Feelings and Emotions  Changes (inc. puberty)  Friendships and Bullying | Self Esteem  Sleep and our Emotional Health | Feelings and Emotions  Changes (inc. puberty)  Image and Representation  Pressure and Uncertain Feelings  Understanding Change  Learning and Achievement  Saying goodbye and moving on. |