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
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| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Worries and asking for helpBeing Safe in unfamiliar situationsFeeling happy and sadCoping with feelings and changeSimilarities and DifferencesSpecial PeopleBody Privacy and saying yes or no (NSPCC Pants Rule) | Private and PrivacyFeelings and impact on self and othersChanges in growth Boys, girls and stereotypesFriends and FriendshipFamily, Kindness and Relationships, LoveBody Privacy and saying yes or no (NSPCC Pants Rule) | Body PrivacyGender ExpectationsTypes of Relationship (Love and Commitment) | Personal boundaries and the right to privacyPressure to share and daresChanging feelingsBody changes and puberty | Early warning signs, saying yes or no, secretsChallenging the impact of feelings on selfMedia influences – masculinity and femininityChanges in relationships (when relationships go wrong) | Body SafetyRelationships 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
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| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Sources of internet informationOnline activitiesCommunicating with others online | Identities online and offlineCommunicating with others onlineDigital footprintsRisks of sharing onlinePrivacy and information | Validity of informationCyberbullying and negative behavioursOnline security and sharing information | Online vs. real worldCyberbullying and negative behavioursOnline profiles and age appropriateness | Managing time onlineKnowing people online | Identities online and influenceLegal use of information.  |
| **Physical Health and Wellbeing (PHWB)**Drugs, Alcohol and TobaccoKeeping safe and risksKeeping safe and emergenciesHygiene and protecting your healthEating Well and Being Active |
| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Medicines and SafetyFeeling SafeFair and Unfair / Right and Wrong / RulesHelping Us Stay SafeWell, Unwell and the Spread of GermsKeeping CleanBeing Healthy and Active | Looking After Our Bodies SafelyFair and Unfair / Right and Wrong / RulesStaying Safe in EmergenciesWell, Unwell and the Spread of GermsKeeping CleanFood Practice and Choice | Safety Rules and LawsCleanliness, Germs and Immunisation | Making Decisions, Taking Risks and InfluencesResponsibility to be SafeCleanliness, Germs and ImmunisationsHealthier Lifestyle Choices | Everyday Substances inc. caffeineCleanliness, Germs and ImmunisationsSleep and HealthHabits and Choices | Drugs and UsageTobacco and smokingPressure / InfluenceRisk, Hazard and EmergenciesInfluence of Exercise and consequences of choice |
| **Emotional Health and Wellbeing (EHWB)**Emotional ResilienceSense of SelfWellbeingRelationshipsTransition |
| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Recognising FeelingsSecrets and PrivacyUniqueness, Similarities and DifferenceBelonging and ResponsibilitiesRight/Wrong & Friends/BullyingChanging Behaviours | Managing FeelingsStereotypes – Boys and GirlsBeing Good at Things and AchievementWell and UnwellRight/Wrong & Friends/BullyingCoping with Loss and Changing Situations | Achievements and GoalsHealth and WellbeingCommunity and BelongingFriendships and Bullying | Feelings and EmotionsChanges (inc. puberty)Friendships and Bullying | Self EsteemSleep and our Emotional Health | Feelings and EmotionsChanges (inc. puberty)Image and RepresentationPressure and Uncertain FeelingsUnderstanding ChangeLearning and AchievementSaying goodbye and moving on.  |