

I am ... **happy and healthy!**

(Health and Relationships Education)



Vision and Values

I have happy memories of Health and Relationships Education.

I enjoy learning about how to be a good friend in Relationships Education.

I enjoy learning how to keep my body and mind well in Health Education.

I feel safe while sharing my ideas in RHE.

I feel valued in RHE.

I demonstrate British Values in RHE by respecting everyone's views.



Head

I know a wide range of things that can help keep my body healthy.

I understand that my mental health is as important as my physical health.

I know who I can talk to if I am struggling with my mental health or physical health.

I understand that my body and my emotions will change as I grow older.

I understand that I have a right to say 'no'.

I understand and accept that others have a right to say 'no'.

I know that families come in all different structures.

I know and can demonstrate how to be a good friend.

I know the qualities of positive relationships with my family and friends.

I can identify some negative behaviours that may affect relationships between families and friends.

I know what bullying and teasing is and actively strive to resist this.

I know that online bullying is a serious offence and know how to report it.



Hand

I know and can use a range of strategies to support my mental health.

I can make good choices to keep my body healthy and clean.

I can name and describe a wide range of emotions.

I can talk about how I feel, emotionally and physically, using the correct terminology.

I can listen to others and respect their views.

I can solve a simple argument or disagreement.

I can demonstrate how to be a good friend and how to support others.

Heart

I am proud to be a good friend!

I appreciate and accept that other people and their families may be different to mine.

I care about supporting myself and others to be happy and healthy.

I care about being kind, in person and online.

I strive to listen to, respect and include everyone.

