RHE: WHAT'S NEW? A GUIDE FOR PARENTS AND CARERS

Year group	Lesson	Unit	Summary
Year 2	Keeping safe at home	Healthy me	Fire risks, kitchen hazards, burns treatment, Stop Drop Roll
Year 2	Being safe outside	Healthy me	Roads, railways, water, parks safety
Year 3	Choices that help us grow	Dreams and goals	Focus on community garden
Year 3	Safe or Unsafe?	Healthy me	Water safety code, Cold water shock, emergency services
Year 3	Keeping ourselves clean	Changing me	Personal hygiene linked to growing and changing
Year 4	Staying safe with friends	Healthy me	Peer influence in safety contexts, fire and railway safety
Year 4	Unique me	Changing me	Identity, heritage, values and personal choices
Year 4	Being part of a family	Changing me	Family structures, inner circle of trusted people, support signposting
Year 5	Money and Spending	Dreams and goals	Digital spending risks, in-game purchases, attitudes to saving
Year 6	Steps to success	Dreams and goals	Breaking goals into manageable steps
Year 6	My self image	Changing me	Self image, positive emotional language, personal hygiene