

## Life Cycles

Different ages  
 Looking after babies  
 Growing up & getting older  
 Me, myself & I  
 How babies are made  
 How babies are born  
 Assisted fertility  
 Multiple births

## Feelings

Different emotions  
 What to do if we feel sad  
 Expressing our feelings  
 Managing our feelings  
 How easy is it to talk about?  
 Talking to people about how we feel  
 Loss & bereavement

## Gender Stereotypes/Celebrating difference

Similar & different  
 Toys  
 Discrimination & equal opportunities  
 Jobs we do  
 Mothers and fathers  
 Sexual orientation  
 Anti-racism

## Keeping Safe

Out & about  
 People who can help me  
 Assertiveness-saying no  
 Good and bad touch  
 Anti-Bullying  
 Road Safety  
 In the house  
 Personal space  
 Identifying Risks  
 Emergency aid  
 Drugs, Alcohol, smoking

## My Body

Keeping Clean  
 External body parts  
 Internal body parts  
 Sexual body parts  
 Puberty  
 Periods  
 Wet dreams



## Mental Health

What is mental health?  
 Challenge stigma & discrimination  
 How to help a person who is mentally unwell  
 How to cope under stress  
 5 ways of wellbeing

## Relationships

Different families  
 Friends  
 What makes a good friend?  
 Getting on with your family  
 LGBTQ Doncaster Pride  
 Women's Aid  
 Trust  
 Peer pressures



### British Values

Tolerance  
 Rule of Law  
 Respect  
 Democracy  
 Liberty

with  
**Bits & Pieces**

An RSE Scheme of Work developed by  
 the Sprotbrough Collaborative RSE Team  
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## Overview



### Economic wellbeing

Recognise money  
 Sourcing resources

