

| YEAR 3 | |
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| Family and relationships | |
| Lesson 1 | Introduction to RSE and setting ground rules |
| Lesson 2 | Healthy families |
| Lesson 3 | Friendship - conflict and resolution |
| Lesson 4 | Friendship - conflict v bullying |
| Lesson 5 | Effective communication to support relationships |
| Lesson 6 | Learning who to trust |
| Lesson 7 | Stereotyping - in everyday life |
| Lesson 8 | Where do stereotypes come from? |
| Safety and the changing body | |
| Lesson 1 | Emergencies and calling for help |
| Lesson 2 | Basic first aid - bites & stings |
| Lesson 3 | Communicating safely online |
| Lesson 4 | Cyberbullying |
| Lesson 5 | Fake emails |
| Lesson 6 | Making choices for myself |
| Lesson 7 | Who and what can influence my decisions and how to make the right choices for me <i>(there is an optional scenario which features a character being persuaded to try some alcohol whilst at a friend's house)</i> |
| Lesson 8 | Road safety |
| Health and wellbeing | |
| Lesson 1 | My Healthy diary - physical activity, rest and diet |
| Lesson 2 | Relaxation - stretches |
| Lesson 3 | Wonderful me! |
| Lesson 4 | My superpowers |
| Lesson 5 | Breaking down problems |
| Lesson 6 | Diet and dental health |

| Citizenship | |
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| Lesson 1 | Rights of the child |
| Lesson 2 | Rights and responsibility |
| Lesson 3 | Recycling |
| Lesson 4 | Local community groups |
| Lesson 5 | Charity |
| Lesson 6 | Local democracy |
| Lesson 7 | Rules |
| Economic wellbeing | |
| Lesson 1 | Ways of paying |
| Lesson 2 | Budgeting |
| Lesson 3 | How spending affects others |
| Lesson 4 | Impact of spending |
| Lesson 5 | Jobs and careers |
| Lesson 6 | Gender and careers |
| Transition | |
| Lesson 1 | Transition lesson |