PSHE Objective Mapping

Introduction

This document is designed to support planning and evidence-gathering for each PSHE objective. It includes a breakdown of the PSHE Association Objectives for both KS1 and KS2, specifying which lessons cover each objective. Each page is colour-coded, making it easy to see which module the lesson that covers the objective is from.

Core Theme 1 is primarily covered in myHappyBody.
Core Theme 2 is mainly addressed in myHappyRelationships.
Core Theme 3 is largely explored in myHappyWorld.

However, for full coverage, some objectives may appear in different core themes and many are reinforced across multiple lessons.

myHappymind Plus

KS1 - Core Theme 1: Health and Wellbeing

myHappybody

Core Theme 1 - Health & Wellbeing

Objectives	Meet Your Brain Year 1 Lesson 1	Meet Your Brain Year 1 Lesson 3	Meet Your Brain Year 1 Lesson 4	Meet Your Brain Year 2 Lesson 1	Meet Your Brain Year 2 Lesson 3	Healthy Lifestyles Lesson 1	Healthy Lifestyles Lesson 2	Keeping Safe Lesson 1	Keeping Safe Lesson 2
H1. about what keeping healthy means; different ways to keep healthy.	✓		✓	✓	✓	✓			
H2. about foods that support good health and the risks of eating too much sugar.						✓			
H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday.						✓			
H4. about why sleep is important and different ways to rest and relax.	✓	✓				✓			
H5. simple hygiene routines that can stop germs from spreading.							✓		
H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.								✓	✓
H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health.							✓		

Core Theme 1 - Health & Wellbeing

Objectives	Meet Your Brain Year 1, Lesson 3	Meet Your Brain Year 1, Lesson 4	Meet Your Brain Year 1, Lesson 5	Meet Your Brain Year 2, Lesson 1	Meet Your Brain, Year 2, Lesson 3	Relate Year 1, Lesson 2	Relate Year 1, Lesson 3	Relate Year 2, Lesson 3	Relate Year 2, Lesson 4	Engage Year 2 Lesson 3	myHappymind Places	Healthy Lifestyles Lesson 1	Healthy Lifestyles Lesson 2	Keeping Safe Lesson 2	Friendships Lesson 2	Media Literacy and Digital Resilience Lesson 1	Communities Lesson 1
H8. how to keep safe in the sun and protect skin from sun damage.														✓			
H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV.										✓		✓				✓	
H10. about the people who help us to stay physically healthy.													✓				✓
H11. about different feelings that humans can experience.	✓	✓	✓		✓						✓						
H12. how to recognise and name different feelings.	✓	✓	✓		✓						✓						
H13. how feelings can affect people's bodies and how they behave.				✓	✓						✓						
H14. how to recognise what others might be feeling.						✓	✓	✓	✓						✓		

Core Theme 1 - Health & Wellbeing

Objectives	Meet Your Brain Year 1, Lesson 1	Meet Your Brain Year 1, Lesson 2	Meet Your Brain Year 1, Lesson 3	Meet Your Brain Year 1, Lesson 4	Meet Your Brain Year 1, Lesson 5	Meet Your Brain Year 2, Lesson 1	Meet Your Brain Year 2, Lesson 2	Meet Your Brain Year 2, Lesson 3	Meet Your Brain Year 2, Lesson 4	Appreciate Year 1, Lesson 3	Appreciate Year 2, Lesson 2	Relate Year 1, Lesson 3	myHappymind Places	Healthy Lifestyles Lesson 1	Ourselves, Growing and Changing Lesson 2	Friendships Lesson 2
H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things.												✓	✓			✓
H16. about ways of sharing feelings; a range of words to describe feelings.	✓	✓	✓	✓		✓	✓	✓					✓			
H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep.)										✓	✓			✓		
H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good.			✓	✓	✓			✓	✓				✓			
H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it.	✓	✓				✓	✓						✓			
H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better.															✓	

Core Theme 1 - Health & Wellbeing

Objectives	Meet Your Brain Year 1, Lesson 3	Meet Your Brain Year 1, Lesson 4	Meet Your Brain Year 1, Lesson 5	Celebrate Year 1, Lesson 1	Celebrate Year 1, Lesson 2	Relate Year 1, Lesson 1	Relate Year 1, Lesson 3	Meet Your Brain Year 2, Lesson 3	Meet Your Brain Year 2, Lesson 4	Celebrate Year 2, Lesson 1	Celebrate Year 2, Lesson 2	Relate Year 2, Lesson 1	Relate Year 2, Lesson 2	myHappymind Places	Ourselves, Growing and Changing Lesson 1	Ourselves, Growing and Changing Transition
H21. to recognise what makes them special.				✓	✓					✓	✓					✓
H22. to recognise the ways in which we are all unique.				✓	✓	✓	✓		✓	✓	✓	✓	✓			✓
H23. to identify what they are good at, what they like and dislike.				✓						✓						✓
H24. how to manage when finding things difficult.	✓	✓	✓					✓	✓					✓		✓
H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles).																
H26. about growing and changing from young to old and how people's needs change.															✓	
H27. about preparing to move to a new class/year group.																✓

Core Theme 1 - Health & Wellbeing

Objectives	Keeping Safe Lesson 1	Keeping Safe Lesson 2	Media Literacy and Digital Resilience Lesson 1	Communities Lesson 1
H28. about rules and age restrictions that keep us safe.	✓			
H29. to recognise risk in simple everyday situations and what action to take to minimise harm.	✓	✓		
H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters).	✓			
H31. that household products (including medicines) can be harmful if not used correctly.	✓			
H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.		✓		
H33. about the people whose job it is to help keep us safe.		✓		✓
H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them.	✓			

Core Theme 1 - Health & Wellbeing

Objectives	Keeping Safe Lesson 1	Keeping Safe Lesson 2
H35. about what to do if there is an accident and someone is hurt.		✓
H36. how to get help in an emergency (how to dial 999 and what to say).		✓
H37. about things that people can put into their body or on their skin; how these can affect how people feel.	✓	

myHappymind Plus

KS1 - Core Theme 2: Relationships

myHappyrelationships

Core theme 2 - Relationships

Objectives	Appreciate Year 1, Lesson 2	Appreciate Year 1, Lesson 3	Relate Year 1, Lesson 1	Relate Year 1, Lesson 2	Relate Year 1, Lesson 3	Appreciate Year 2 Lesson 1	Relate Year 2, Lesson 1	Relate Year 2, Lesson 2	Relate Year 2, Lesson 3	Relate Year 2, Lesson 4	Families and Close Positive Relationships Lesson 1	Families and Close Positive Relationships Lesson 2	Friendships Lesson 1	Friendships Lesson 2
R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives.			✓	✓			✓			✓	✓	✓		
R2. to identify the people who love and care for them and what they do to help them feel cared for.	✓	✓				✓					✓			
R3. about different types of families including those that may be different to their own.											✓			
R4. to identify common features of family life.			✓				✓				✓			
R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried.					✓							✓		
R6. about how people make friends and what makes a good friendship.			✓	✓			✓	✓	✓				✓	✓
R7. about how to recognise when they or someone else feels lonely and what to do.														✓

Core theme 2 - Relationships

Objectives	Relate Year 1, Lesson 1	Relate Year 1, Lesson 3	Meet Your Brain Year 2, Lesson 3	Friendships Lesson 1	Friendships Lesson 2	Families and Close Positive Relationships Lesson 2	Safe Relationships Lesson 2	Showing Respect and Managing Hurtful Behaviour	Media Literacy and Digital Resilience Lesson 1
R8. simple strategies to resolve arguments between friends positively.	✓	✓			✓				
R9. how to ask for help if a friendship is making them feel unhappy.					✓	✓			
R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online.				✓				✓	
R11. about how people may feel if they experience hurtful behaviour or bullying.			✓					✓	
R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult.						✓		✓	
R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private.							✓		
R14. that sometimes people may behave differently online, including by pretending to be someone they are not.									✓

Core theme 2 - Relationships

Objectives	Relate Year 1, Lesson 1	Relate Year 2, Lesson 3	Families and Close Positive Relationships Lesson 2	Ourselves, Growing and Changing- Transition Lesson	Friendships Lesson 1	Friendships Lesson 2	Families and Close Positive Relationships Lesson 2	Safe Relationships Lesson 1	Safe Relationships Lesson 2	Media Literacy and Digital Resilience
R15. how to respond safely to adults they don't know.									✓	✓
R16. about how to respond if physical contact makes them feel uncomfortable or unsafe.									✓	
R17. about knowing there are situations when they should ask for permission and also when their permission should be sought.								✓		
R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually).								✓		
R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe.								✓	✓	
R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard.			✓	✓						
R21. about what is kind and unkind behaviour, and how this can affect others.	✓	✓			✓	✓	✓			

Core theme 2 - Relationships

Objectives	Celebrate Year 1 Lesson 4	Relate Year 1, Lesson 1	Relate Year 1, Lesson 2	Relate Year 1, Lesson 3	Celebrate Year 2, Lesson 1	Celebrate Year 2, Lesson 4	Relate Year 2, Lesson 1	Relate Year 2, Lesson 3	Relate Year 2, Lesson 4	Friendships Lesson 1	Friendships Lesson 2	Families and Close Positive Relationships Lesson 2
R22. about how to treat themselves and others with respect; how to be polite and courteous.			✓	✓				✓	✓	✓	✓	✓
R23. to recognise the ways in which they are the same and different to others.	✓	✓			✓	✓	✓			✓	✓	
R24. how to listen to other people and play and work cooperatively.			✓	✓				✓	✓	✓		
R25. how to talk about and share their opinions on things that matter to them ***Note: This objective is also covered through all myHappymind modules through the Time to Chat sections.**										✓		

myHappymind Plus

KS1 - Core Theme 3: Living in the Wider World

myHappyworld

Core Theme 3 - Living in the Wider World

Objectives	Celebrate Year 1, Lesson 4	Relate Year 1, Lesson 1	Celebrate Year 2, Lesson 1	Celebrate Year 2, Lesson 4	Relate Year 2, Lesson 1	Keeping Safe Lesson 1	Ourselves, Growing and Changing Transition	Friendships Lesson 1	Friendships Lesson 2	Communities Lesson 1	Media Literacy and Digital Resilience	Shared Responsibilities
L1. about what rules are, why they are needed, and why different rules are needed for different situations.						✓	✓					
L2. how people and other living things have different needs; about the responsibilities of caring for them.											✓	
L3. about things they can do to help look after their environment.											✓	
L4. about the different groups they belong to.										✓		
L5. about the different roles and responsibilities people have in their community.										✓		
L6. to recognise the ways they are the same as, and different to, other people.	✓	✓	✓	✓	✓			✓	✓	✓		
L7. about how the internet and digital devices can be used safely to find things out and to communicate with others.											✓	

Core Theme 3 - Living in the Wider World

Objectives	Celebrate Year 1, Lesson 1	Celebrate Year 1, Lesson 2	Celebrate Year 2, Lesson 2	Celebrate Year 2, Lesson 3	Celebrate Year 2, Lesson 4	Economic Wellbeing Lesson 1	Economic Wellbeing Lesson 2	Media Literacy and Digital Resilience
L8. about the role of the internet in everyday life.								✓
L9. that not all information seen online is true.								✓
L10. what money is; forms that money comes in; that money comes from different sources.						✓		
L11. that people make different choices about how to save and spend money.						✓		
L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want.						✓		
L13. that money needs to be looked after; different ways of doing this.						✓		
L14. that everyone has different strengths.	✓	✓	✓	✓	✓		✓	

Core Theme 3 - Living in the Wider World

Objectives	Economic Wellbeing Lesson 1	Economic Wellbeing Lesson 2
L15. that jobs help people to earn money to pay for things.	✓	✓
L16. different jobs that people they know or people who work in the community do.		✓
L17. about some of the strengths and interests someone might need to do different jobs.		✓

myHappymind Plus

LKS2 - Core Theme 1: Health and Wellbeing

myHappybody

Core Theme 1 - Health & Wellbeing

Objectives	All myHappymind Modules	Meet Your Brain Year 3, Lesson 5	Appreciate Year 3, Lesson 4	Engage Year 3, Lesson 1	Engage Year 3, Lesson 2	Engage Year 3, Lesson 4	Meet Your Brain Year 4, Lesson 4	Meet Your Brain Year 4, Lesson 5	Healthy Lifestyles Lesson 1	Heathy Lifestyles Lesson 2
H1. how to make informed decisions about health. **Note: All myHappymind modules work towards this objective**	✓								✓	
H2. about the elements of a balanced, healthy lifestyle. **Note: All myHappymind modules work towards this objective.**	✓								✓	
H3. about choices that support a healthy lifestyle, and recognise what might influence these. **Note: All myHappymind modules work towards this objective.**	✓								✓	
H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle. **Note: All myHappymind modules and habits work towards this objective.**	✓		✓	✓	✓	✓	✓		✓	
H5. about what good physical health means; how to recognise early signs of physical illness									✓	
H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.									✓	
H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.		✓						✓		✓

Core Theme 1 - Health & Wellbeing

Objectives	All myHappymind modules	All Meet Your Brain Lessons	myHappymind Places	Healthy Lifestyles Lesson 2	Media Literacy and Digital Resilience Lesson 1	UKS2 Healthy Lifestyles Lessons
H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn. **NOTE: All myHappymind modules aim to improve overall wellbeing include using Happy Breathing for sleep routines**	✓			✓		
H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.						✓
H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.						✓
H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking).						✓
H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.						✓
H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online. **NOTE: All myHappymind modules are designed to help children develop positive habits and Character Strengths as healthy alternatives to excessive screen time.**	✓					✓
H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health. **Note: All Meet Your Brain lessons equip children with the vocabulary they need to understand their mental health and recognise when they need support.**		✓		✓		

Core Theme 1 - Health & Wellbeing

Objectives	All myHappymind modules	All Meet Your Brain lessons	myHappymind Places	Healthy Lifestyles Lesson 1	Ourselves, Growing and Changing- Lesson 1	Friendships Lesson 1	Communities Lesson 1
H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health. **Note: All myHappymind lessons focus on mental health and the important of taking care of it.**	✓		✓				
H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing.	✓		✓	✓		✓	✓
H17. to recognise that feelings can change over time and range in intensity.	✓		✓				
H18. about everyday things that affect feelings and the importance of expressing feelings.	✓		✓				
H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways; **Note: All Meet Your Brain lessons equip children with the vocabulary they need to understand their mental health and recognise when they need support.**		✓	✓				
H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations.		✓	✓				
H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others	✓		✓				
H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult	✓		✓				
H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement					✓		

Core Theme 1 - Health & Wellbeing

Objectives	Celebrate Year 3, Lesson 1	Celebrate Year 3, Lesson 2	Celebrate Year 3, Lesson 3	Celebrate Year 3, Lesson 4	Engage Year 3, Lesson 3	Celebrate Year 4, Lesson 1	Celebrate Year 4, Lesson 2	Celebrate Year 4, Lesson 3	Celebrate Year 4, Lesson 4	Engage Year 4, Lesson 2	Engage Year 4, Lesson 3	myHappymind Places	Ourselves, Growing and Changing- Transition	Showing Respect and Managing Hurtful Behaviour
H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools												✓	✓	
H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	✓	✓	✓	✓		✓	✓	✓	✓				✓	✓
H26. that for some people gender identity does not correspond with their biological sex														
H27. to recognise their individuality and personal qualities	✓	✓	✓	✓		✓	✓	✓	✓					
H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.	✓	✓	✓	✓		✓	✓	✓	✓					
H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.					✓					✓	✓	✓		
H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.														
H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams).														

Core Theme 1 - Health & Wellbeing

Objectives	myHappymind Places	Ourselves, Growing and Changing- Transition	Keeping Safe Lesson 1	Media Literacy and Digital Resilience Lesson 1
H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.				
H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for).				
H34. about where to get more information, help and advice about growing and changing, especially about puberty.				
H35. about the new opportunities and responsibilities that increasing independence may bring.		✓		
H36. strategies to manage transitions between classes and key stages.	✓	✓		
H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming.				✓
H38. how to predict, assess and manage risk in different situations.			✓	
H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe.			✓	

Core Theme 1 - Health & Wellbeing

Objectives	Keeping Safe Lesson 1	Keeping Safe Lesson 2- First Aid	Media Literacy and Digital Resilience Lesson 1	UKS2 Drugs, Alcohol and Tobacco Lessons
H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully).	✓			
H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about.	✓			
H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact.			✓	
H43. about what is meant by first aid; basic techniques for dealing with common injuries.		✓		
H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.		✓		
H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk.				
H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, ecigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break.				✓
H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others.				✓
H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines).				✓
H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping.				✓
H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.				✓

myHappymind Plus

LKS2
Core Theme 2: Relationships

myHappyrelationships

Core theme 2 - Relationships

Objectives	Appreciate Year 3, Lesson 4	Relate Year 3, Lesson 4	Appreciate Year 4, Lesson 4	Families and Close Positive Relationships Lesson 1	USK2 Families and Close Positive Relationships Lessons
R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships).		✓			✓
R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different.					
R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong.					✓
R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others.					✓
R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart.					✓
R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another. **Note: All lessons in the myHappymind Appreciate module encourage children to be grateful for others - including their families.**	✓	✓	✓	✓	✓
R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability.				✓	

Core theme 2 - Relationships

Objectives	All Meet Your Brain lessons	All Appreciate lessons	All Relate lessons	Appreciate Year 3, Lesson 4	Relate Year 3, Lesson 1	Relate Year 3, Lesson 4	Appreciate Year 4, Lesson 4	Relate, Year 4, Lesson 4	Families and Close Positive Relationships Lesson 1	Friendships Lesson 1
R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty.					✓	✓	✓	✓	✓	
R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice. **Note: The Relate module provides a safe space for children to explore their emotions and understand different family dynamics, including situations that make them feel unsafe. Additionally, the Meet Your Brain module equips them with the vocabulary and skills to seek support when needed**.			✓						✓	
R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing.			✓	✓						✓
R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships.				✓						✓

Core theme 2 - Relationships

Objectives	All Meet Your Brain Lessons	All Relate Lessons	Relate Year 3, Lesson 1	Relate Year 3, Lesson 2	Relate Year 4, Lesson 1	Relate Year 4, Lesson 2	Relate Year 4, Lesson 4	Friendships Lesson 1	UKS2 Friendships Lessons
R12. to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face.									✓
R13. the importance of seeking support if feeling lonely or excluded. **Note: The Relate module provides a safe space for children to explore their emotions including situations that make them feel lonely or excluded. Additionally, the Meet Your Brain module equips them with the vocabulary and skills to seek support when needed.**	✓	✓						✓	
R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them. **Note: The Relate module teaches children Active Listening skills. Children are encouraged to use these to ensure everyone feels included.**		✓						✓	
R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others.									
R16. how friendships can change over time, about making new friends and the benefits of having different types of friends.								✓	
R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely.			✓	✓	✓	✓	✓	✓	

Core theme 2 - Relationships

Objectives	Keeping Safe Lesson 2	Ourselves, Growing and Changing Lesson 2	UKS2 Friendships Lesson 1	Showing Respect/ Managing hurtful behaviour	Safe Relationships Lesson 1	USK2 myHappyrelationships lessons
R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary.			✓			✓
R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour.				✓		✓
R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support.	✓	✓				✓
R21. about discrimination: what it means and how to challenge it.						✓
R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);					✓	✓
R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns.						✓
R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know.						✓

Core theme 2 - Relationships

Objectives	All Celebrate lessons	All Relate lessons	Safe Relationships Lesson 1	Showing Respect/ Managing Hurtful Behaviour	USK2 Safe Relationships Lessons
R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact.					✓
R26. about seeking and giving permission (consent) in different situations.			✓		✓
R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret.					✓
R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.			✓		✓
R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online).					
R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online. **NOTE: The Relate module helps children understand their own behaviour and its impact on others by introducing the Stop, Understand, and Consider method.**		✓	✓	✓	
R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships. **NOTE: All lessons in the Celebrate and Relate module teacher the children about self and mutual respect.**	✓	✓		✓	

Core theme 2 - Relationships

Objectives	All myHappymind Lessons	Relate Year 3, Lesson 1	Relate Year 3, Lesson 2	Relate Year 4, Lesson 1	Relate Year 4, Lesson 2	Showing Respect Managing Hurtful Behaviour/ Bullying	Shared Responsibilities Lesson 1	UKS2 Shared Responsibilities Lessons
R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background.		✓	✓	✓	✓	✓		
R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own.		✓	✓	✓	✓	✓		
R34. how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. **NOTE: All myHappymind modules provide a Time to Chat section, where children are encouraged to share their opinions and views.**	✓						✓	✓

myHappymind Plus

LKS2
Core Theme 3: Living in the Wider World

myHappyworld

Core Theme 3 - Living in the Wider World

Objectives	Appreciate Year 3, Lesson 2	Appreciate Year 3, Lesson 3	Appreciate Year 3, Lesson 4	Appreciate Year 4, Lesson 2	Appreciate Year 4, Lesson 3	Appreciate Year 4, Lesson 4	Shared Responsibilities Lesson 1	Communities Lesson 1	USK2 Shared Responsibilities Lessons
L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws.									✓
L2. to recognise there are human rights, that are there to protect everyone.									✓
L3. about the relationship between rights and responsibilities.									✓
L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others.	✓	✓	✓	✓	✓	✓	✓		✓
L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices.							✓		
L6. about the different groups that make up their community; what living in a community means.								✓	
L7. to value the different contributions that people and groups make to the community.								✓	

Core Theme 3 - Living in the Wider World

Objectives	Communities Lesson 1	Media Literacy and Digital Resilience Lesson 1	USK2 myHappyworld Lessons
L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.	✓		✓
L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.			✓
L10. about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.			✓
L11. recognise ways in which the internet and social media can be used both positively and negatively.		✓	✓
L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results.			✓
L13. about some of the different ways information and data is shared and used online, including for commercial purposes.			✓
L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.			✓

Core Theme 3 - Living in the Wider World

Objectives	Economic Wellbeing Money Lesson 1	Economic Wellbeing Money Lesson 2	USK2 myHappyworld Lessons
L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images.			✓
L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.			✓
L17. about the different ways to pay for things and the choices people have about this.	✓		
L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'.	✓	✓	✓
L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity).		✓	
L20. to recognise that people make spending decisions based on priorities, needs and wants.	✓		✓
L21. different ways to keep track of money.	✓		

Core Theme 3 - Living in the Wider World

Objectives	All Celebrate lessons	All Engage lessons	Economic Wellbeing Lesson 1	USK2 Economic Wellbeing Lessons
L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe.				✓
L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations.				✓
L24. to identify the ways that money can impact on people's feelings and emotions				✓
L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes. **NOTE: The Engage module gives children the skills they need to set goals and work towards achieving them. Through learning about their Character Strengths in the Celebrate module, children will also recognise positive things about themselves.**	✓	✓	✓	✓
L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life.			✓	✓
L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them.				✓

Core Theme 3 - Living in the Wider World

Objectives	Economic Wellbeing Lesson 1	USK2 Economic Wellbeing Lessons
L28. about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs).	✓	✓
L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid.	✓	✓
L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation.	✓	✓
L31. to identify the kind of job that they might like to do when they are older.	✓	✓
L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university).		✓

myHappymind Plus

UKS2 - Core Theme 1: Health and Wellbeing

myHappybody

Core Theme 1 - Health & Wellbeing

Objectives	All myHappymind Modules	Meet Your Brain Year 5, Lesson 3	Celebrate Year 5, Lesson 3	Appreciate Year 5, Lesson 4	Healthy Lifestyles Lesson 1	Healthy Lifestyles Lesson 2	LKS2 Healthy Lifestyles Lessons
H1. how to make informed decisions about health. **Note: All myHappymind modules work towards this objective**	✓				✓		
H2. about the elements of a balanced, healthy lifestyle. **Note: All myHappymind modules work towards this objective.**	✓				✓		
H3. about choices that support a healthy lifestyle, and recognise what might influence these. **Note: All myHappymind modules work towards this objective.**	✓				✓		
H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle. **Note: All myHappymind modules and habits work towards this objective.**	✓	✓	✓	✓	✓		
H5. about what good physical health means; how to recognise early signs of physical illness						✓	
H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.					✓		✓
H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.	✓				✓		✓

Core Theme 1 - Health & Wellbeing

Objectives	All myHappymind modules	All Meet Your Brain Lessons	myHappymind Places	Healthy Lifestyles Lesson 1	Healthy Lifestyles Lesson 2	Drugs, Alcohol and Tobacco Lesson 1	LKS2 lessons
H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn. **NOTE: All myHappymind modules aim to improve overall wellbeing include using Happy Breathing for sleep routines**		✓					✓
H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.				✓			
H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.					✓	✓	
H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking).				✓		✓	
H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.					✓		
H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online. **NOTE: All myHappymind modules are designed to help children develop positive habits and Character Strengths as healthy alternatives to excessive screen time.**	✓						✓
H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health. **Note: All Meet Your Brain lessons equip children with the vocabulary they need to understand their mental health and recognise when they need support.**	✓		✓		✓		✓

Core Theme 1 - Health & Wellbeing

Objectives	All myHappymind modules	All Meet Your Brain lessons	Year 6 Transition Programme	myHappymind Places	Ourselves, Growing and Changing- Grief	LKS2 myHappyrelationships lessons	LKS2 myHappyworld lessons
H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health. **Note: All myHappymind lessons focus on mental health and the important of taking care of it.**		✓		✓			
H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing. **NOTE: All UKS2 myHappymind lessons teach children strategies and behaviors that support their mental health while helping them build lasting habits to put these into practice.**	✓			✓		✓	✓
H17. to recognise that feelings can change over time and range in intensity.		✓		✓			
H18. about everyday things that affect feelings and the importance of expressing feelings.		✓		✓			
H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways; **Note: All Meet Your Brain lessons equip children with the vocabulary they need to understand their mental health and recognise when they need support.**		✓		✓			
H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations.		✓		✓			
H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others		✓		✓			
H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult		✓		✓			
H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement **Note: The Year 6 Transition Programme only covers the 'change' element of this objective.**			✓		✓		

Core Theme 1 - Health & Wellbeing

Objectives	All Celebrate lessons	Engage Year 5 Lesson 2	Engage Year 5, Lesson 3	Engage Year 6, Lesson 2	Year 6 Transition programme	Be Your Best programme	myHappymind Places	Ourselves, Growing and Changing Transition Lesson
H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools					✓	✓	✓	✓
H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes) **NOTE: All lessons in the Celebrate module work towards this objective by teaching children about Character Strengths.**	✓							✓
H26. that for some people gender identity does not correspond with their biological sex								
H27. to recognise their individuality and personal qualities **NOTE: All lessons in the Celebrate module work towards this objective by teaching children about Character Strengths.**	✓							✓
H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth. **NOTE: All lessons in the Celebrate module work towards this objective by teaching children about Character Strengths.**	✓							✓
H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.		✓	✓	✓				✓
H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.								
H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams).								

Core Theme 1 - Health & Wellbeing

Objectives	Year 6 Transition programm	myHappymind Places	Ourselves, Growing and Changing- Transition	Drugs, Alcohol and Tobacco Lesson 1	Media Literacy and Digital Resilience Lesson 1	LKS2 Keeping Safe Lessons
H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.						
H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for).						
H34. about where to get more information, help and advice about growing and changing, especially about puberty.						
H35. about the new opportunities and responsibilities that increasing independence may bring.			✓			
H36. strategies to manage transitions between classes and key stages.	✓	✓	✓			
H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming.				✓	✓	
H38. how to predict, assess and manage risk in different situations.						✓
H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe.						✓

Core Theme 1 - Health & Wellbeing

Objectives	Media Literacy and Digital Resilience Lesson 1	First Aid lesson	Drugs, Alcohol and Tobacco Lesson 1	LKS2 Keeping Safe lessons
H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully).				✓
H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about.				✓
H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact.	✓			
H43. about what is meant by first aid; basic techniques for dealing with common injuries.		✓		
H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.		✓		
H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk.				
H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, ecigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break.			✓	
H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others.			✓	
H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines).			✓	
H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping.			✓	
H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.			✓	

myHappymind Plus

UKS2
Core Theme 2: Relationships

myHappyrelationships

Core theme 2 - Relationships

Objectives	All Appreciate lessons	Relate Year 6, Lesson 1	Families and Close Positive Relationships Lesson 1
R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships).			✓
R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different.			
R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong.			✓
R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others.			✓
R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart.			✓
R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another. **Note: All lessons in the myHappymind Appreciate module encourage children to be grateful for others - including their families.**	✓	✓	✓

Core theme 2 - Relationships

Objectives	All Meet Your Brain lessons	All Relate lessons	Celebrate Year 5, Lesson 1	Appreciate Year 5, Lesson 4	Relate Year 5, Lesson 4	Relate Year 6, Lesson 1	Families and close positive relationships Lesson 1	Friendships Lesson 1	Safe Relationships Lesson 1
R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability.							✓		
R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty.			✓	✓	✓		✓		
R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice. **Note: The Relate module provides a safe space for children to explore their emotions and understand different family dynamics, including situations that make them feel unsafe. Additionally, the Meet Your Brain module equips them with the vocabulary and skills to seek support when needed**	✓	✓					✓		
R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing.		✓						✓	
R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships.					✓	✓		✓	
R12. to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face.								✓	✓

Core theme 2 - Relationships

Objectives	All Meet Your Brain lessons	All Relate lessons	Relate Year 5, Lesson 1	Relate Year 5, Lesson 2	Relate Year 5, Lesson 4	Relate Year 6, Lesson 1	myHappymind Places	Friendships Lesson 1	Showing Respect and Managing Hurtful Behaviour/Bullying	LKS2 Friendships Lessons
R13. the importance of seeking support if feeling lonely or excluded. **Note: The Relate module provides a safe space for children to explore their emotions including situations that make them feel lonely or excluded. Additionally, the Meet Your Brain module equips them with the vocabulary and skills to seek support when needed.**	✓	✓					✓			✓
R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them. **Note: The Relate module teaches children Active Listening skills. Children are encouraged to use these to ensure everyone feels included.**		✓								✓
R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others.								✓		
R16. how friendships can change over time, about making new friends and the benefits of having different types of friends.								✓		✓
R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely.			✓	✓	✓	✓		✓		✓
R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary.			✓	✓		✓	✓	✓		
R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour.									✓	

Core theme 2 - Relationships

Objectives	Showing Respect and Managing Hurtful Behaviour	Safe Relationships Lesson 1	Communities Lesson 1	Media Literacy and Digital Resilience Lesson 1	LKS2 myHappyrelationships lessons
R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support.	✓				
R21. about discrimination: what it means and how to challenge it.	✓				
R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);		✓			✓
R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns.		✓		✓	
R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know.		✓		✓	
R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact.		✓			

Core theme 2 - Relationships

Objectives	All Relate lessons	Safe Relationships Lesson 1	Managing Hurtful Behaviour Lesson 1	LKS2 Safe Relationships Lessons	LKS2 Managing Hurtful Behaviour
R26. about seeking and giving permission (consent) in different situations.		✓		✓	
R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret.		✓			
R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.		✓		✓	
R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online).		✓			
R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online. **Note: All lessons in the Relate module focus on building positive relationships by helping children develop strong listening skills and a deeper understanding of others. This also encourages them to recognize how their own behavior can influence different social situations.**	✓		✓		✓

Core theme 2 - Relationships

Objectives	All myHappymind lessons	All Celebrate lessons	Relate Year 5, Lesson 1	Relate Year 5, Lesson 2	Relate Year 5, Lesson 4	Relate Year 6, Lesson 1	Celebrate Year 5, Lesson 1	Celebrate Year 5, Lesson 2	Celebrate Year 6, Lesson 1	Celebrate Year 6, Lesson 2	Shared Responsibilities Lesson 2	LKS2 Showing Respect and Managing Hurtful Behaviour	LKS2 Economic Wellbeing Money Lesson 1
R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships. **Note: All lessons in the Celebrate module help children understand themselves and recognise their Character Strengths, fostering self-respect and boosting self-esteem.**		✓	✓	✓	✓	✓						✓	
R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background.				✓			✓	✓	✓	✓		✓	
R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own.					✓	✓						✓	
R34. how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. **NOTE: All myHappymind modules provide a Time to Chat section, where children are encouraged to share their opinions and views.**	✓										✓		✓

myHappymind Plus

UKS2
Core Theme 3: Living in the Wider World

myHappyworld

Core Theme 3 - Living in the Wider World

Objectives	Appreciate Year 5, Lesson 2	Appreciate Year 5, Lesson 4	Relate Year 5, Lesson 4	Relate Year 6, Lesson 1	Shared Responsibilities Lesson 1	Shared Responsibilities Lesson 2	LKS2 myHappyworld lesson
L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws.					✓		
L2. to recognise there are human rights, that are there to protect everyone.					✓		
L3. about the relationship between rights and responsibilities.					✓		
L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others.	✓	✓	✓	✓	✓	✓	✓
L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices.							✓
L6. about the different groups that make up their community; what living in a community means.							✓
L7. to value the different contributions that people and groups make to the community.							✓

Core Theme 3 - Living in the Wider World

Objectives	Communities Lesson 1	Media Literacy and Digital Resilience Lesson 1	Media Literacy and Digital Resilience Lesson 2	Showing Respect and Managing Hurtful Behaviour/Bullying.
L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.	✓			
L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.	✓			
L10. about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.	✓			✓
L11. recognise ways in which the internet and social media can be used both positively and negatively.		✓		
L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results.			✓	
L13. about some of the different ways information and data is shared and used online, including for commercial purposes.			✓	
L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.			✓	

Core Theme 3 - Living in the Wider World

Objectives	Media Literacy and Digital Resilience Lesson 1	Economic Wellbeing Lesson 1	LKS2 Economic Wellbeing Lessons
L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images.	✓		
L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.	✓		
L17. about the different ways to pay for things and the choices people have about this.			✓
L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'.		✓	✓
L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity).			✓
L20. to recognise that people make spending decisions based on priorities, needs and wants.		✓	✓
L21. different ways to keep track of money.		✓	✓

Core Theme 3 - Living in the Wider World

Objectives	All Celebrate lessons	All Engage lessons	Economic Wellbeing Lesson 1	Economic Wellbeing Lesson 2	Economic Wellbeing Lesson 3
L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe.			✓		
L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations.			✓		
L24. to identify the ways that money can impact on people's feelings and emotions			✓		
L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes. **NOTE: The Engage module gives children the skills they need to set goals and work towards achieving them. Through learning about their Character Strengths in the Celebrate module, children will also recognise positive things about themselves**.	✓	✓			✓
L26. that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life.				✓	
L27. about stereotypes in the workplace and that a person's career aspirations should not be limited by them.				✓	

Core Theme 3 - Living in the Wider World

Objectives	Economic Wellbeing Lesson 1	Economic Wellbeing Lesson 2	Economic Wellbeing Lesson 3
L28. about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs).		✓	
L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid.		✓	
L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation.			✓
L31. to identify the kind of job that they might like to do when they are older.		✓	✓
L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university).		✓	✓