Fairisle Junior School's Safeguarding and PSHE Curriculum 2026-2027

Year 3

Autumn 1

Online Safety - Online identity
L.O. I am learning to protect my online identity.
- What identity means.
- What should or shouldn't someone share online.

Keeping Safe
L.O. I am learning what abuse is and how to get help.
- Understanding the four types of abuse.
- What to do if someone is worried about themselves or someone else.

New Beginnings
L.O. I am beginning to describe how things in my life will change.
- What different changes people may experience and that is normal to miss something that someone no longer has.
- That change can make people feel a range of emotions.

Being Safe in the Community
L.O. I am learning to describe the dangers around animals and how to keep myself safe.
- What wild animals are.
- Different strategies to protect people when coming across different animals.

Autumn 2

Online Safety - Anti-Bullying
L.O. I am learning to understand what online bullying is.
- What online bullying is.
- How online bullying could make someone feel.

Anti-Bullying
L.O. I am learning to describe how bullying makes someone feel.
- Revising the difference between physical and emotional bullying.
- The different emotions someone could feel if they have been bullied.

Managing Feelings vs Physical Health
L.O. I am learning to describe how to keep myself healthy.
- What vaccinations are and their purpose.
- Who decides when and if someone has a vaccination.

Spring 1

Online Safety - Safer Internet Day
L.O. I am learning to explore the safe and responsible use of AI.
- What AI is.
- When it is safe to use AI.
- The negative impact of using AI.

Bereavement and Loss
L.O. I am learning what loss is.
- What the word loss means.
- People's feelings will differ depending on what is lost.

Spring 2

Online Safety - Scams
L.O. I am learning what online scams are.
- Recognising what a *scam* means.
- What impact it has on the person involved.

Managing Feelings vs Physical Health
L.O. I am learning to understand the difference between physical and mental health.
- What is meant by *mental health*.
- Why looking after both mental and physical health is important.
- How emotions link to mental health.

L.O. I am learning to describe how to keep myself healthy.
- What different ways are there to keep bodies healthy?
- The importance of oral hygiene and revision of vaccinations.

Friendship
L.O. I am learning about what makes a positive friendship.
- What a positive friendship looks like.
- When is an appropriate time to seek help from an adult regarding friendships.

Summer 1

Online Safety - Online Relationships
L.O. I am learning the difference between *knowing* someone online compared to offline.
- What it really means to know someone.
- The risks of forming friendships with people that someone only knows online.

First Aid
L.O. I am learning how to report an emergency.
- What makes something an emergency?
- How to call emergency services.
- How to identify which service to ask for on an emergency phone call.

Summer 2

Online Safety - Digital Wellbeing
L.O. I am learning why some apps have an age restriction.
- How age ratings are selected.
- Why it is important to follow them.

Keeping Safe
L.O. I am learning to describe how to keep myself safe at home and in the community.
- What a hazard is.
- How to respond to a hazard.
- Revision of how to identify which service is appropriate when calling 999.

Being Safe in the Community
L.O. I am learning to describe the dangers around water and how to keep myself safe.
- What dangers open waters can present.
- How to keep safe in an emergency involving water.

Fairisle Junior School's Safeguarding and PSHE Curriculum 2026-2027

Year 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Online Safety - Online identity **L.O. I am learning how to positively interact online and understand the impact this will have on others.** • What online interacts are. • Why positive interactions are important online. • The impact negative interactions online can have on people's emotions and mental health. **Keeping Safe** **L.O. I am learning about abuse and what to do if I am worried about myself or someone else.** • Revise the four types of abuse. • Apply understanding of the four types of abuse to scenarios and provide advice. • Revise what to do and who to talk to if someone is worried about themselves or someone else.	**Online Safety - Anti-Bullying** **L.O. I am learning to understand how people can be bullied through different digital devices.** • How bullying can happen online or offline. • The different ways that people can be bullied through digital devices (e.g. images, videos and livestreaming). **Anti-Bullying** **L.O. I am learning about the impact of bullying and what to do if someone is being bullied.** • How bullying can impact the victim. • What a bystander is. • Why it is important to report bullying to an adult.	**Online Safety - Safer Internet Day** **L.O. I am learning to explore the safe and responsible use of AI.** • What AI is. • When it is safe to use AI. • The negative impact of using AI. **Bereavement and Loss** **L.O. I am learning to understand what grief is.** • What the term *grief* means. • How grief links to the previous learning of loss. • Understanding that people grieve in different ways.	**Online Safety - Scams** **L.O. I am learning to identify online scams.** • Revising what a *scam* is. • Signs to look out for when evaluating whether something is a scam. **What is Mental Health?** **L.O. I am learning to describe how to look after my mental health.** • Revising what mental health is. • Learning different ways to look after mental health. **Friendship** **L.O. I am learning what a positive friendship feels like.** • What it means to be a friend. • What a positive friendship should make someone feel like.	**Online Safety - Online Relationships** **L.O. I am learning to understand how what is shared online can impact people.** • What is appropriate or not to share online. • The importance of privacy online and the impact it can have sharing things publicly. **First Aid** **L.O. I am learning how to report an emergency quickly and accurately.** • How to call emergency services. • What different information is necessary when reporting a call. • Strategies to help remain calm when making an emergency call.	**Online Safety - Digital Wellbeing** **L.O. I am learning how using technology for a long time can affect me.** • Recognising that technology is positive when used correctly and for a sensible time frame. • What negative effects can happen when spending too long online. • How this can impact later life. **Being Healthy** **L.O. I am learning to describe what makes a healthy lifestyle.** • The importance of leading a balanced life. • The negative effects of excessive alcohol consumption, smoking and vaping, as well as the positive effects of frequent exercise. **Being Safe in the Community** **L.O. I am learning to describe the dangers around roads and how to keep myself safe.** • What dangers roads can present. • How to keep safe in an emergency involving roads.

Fairisle Junior School's Safeguarding and PSHE Curriculum 2026-2027

Year 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Online Safety - Online identity **L.O. I am learning how identity online can be copied, changed and shared by others.** • Why online identities are still important. • How what someone posts remains on the internet forever and the risk of this. **Keeping Safe** **L.O. I am learning about harassment and grooming and what to do if I am worried about myself or someone else.** • Revise learning about abuse and who to talk to if someone is worried about themselves or someone else. • Introduction to harassment. • Explore difference between good and bad secrets. • Introduction to what grooming is and what to be aware of.	**Online Safety - Anti-Bullying** **L.O. I am learning to describe how *banter* might be bullying.** • What *banter* is. • The difference between banter and bullying. • How to positively and safely challenge harmful behaviour online. **Anti-Bullying** **L.O. I am learning the importance of restorative justice.** • What restorative justice is. • Why restorative justice is a good approach. • How to use restorative justice to support resolving conflict. **L.O. I am learning what hate crime is.** • What hate crime is. • Different examples of what hate crime is. • What to do if someone witnesses or hears hate crime.	**Online Safety - Safer Internet Day** **L.O. I am learning to explore the safe and responsible use of AI.** • What AI is. • When it is safe to use AI. • The negative impact of using AI. **Bereavement and Loss** **L.O. I am learning about bereavement.** • What the word *bereavement* means. • How bereavement links to loss and grief. • What challenges could people face during bereavement?	**Online Safety - Scams** **L.O. I am learning to protect myself from online scams.** • What a scam is. • Things to look out for when identifying whether something is a scam. • What people can do to protect themselves from scams. **Mental Health and Mental Illness.** **L.O. I am learning what a mental illness is.** • What a mental illness is. • The symptoms of mental illness and how behaviours change. • How to support someone who is experiencing mental illness. • How to look after mental wellbeing. **Friendship** **L.O. I am learning to understand peer pressure.** • What makes a positive friendship. • What peer pressure is. • How to respond to peer pressure and the negative impact it can have.	**Online Safety - Online Relationships** **L.O. I am learning how to make positive contributions to online communities.** • What positive contributions can be made online. • Why it is important to remain positive online. **First Aid** **L.O. I am learning how to perform basic first aid.** • What basic aid is and why it is important. • Learning how to treat minor cuts, grazes, stings and burns.	**Online Safety - Digital Wellbeing** **L.O. I am learning about the importance of seeking permission before buying online content.** • What online content is. • The positives and negatives of the use of online content. • How online content can be harmful. • Why it is important to ask a grown up before purchasing online content. **Being Safe in the Community** **L.O. I am learning to describe the dangers around fire and how to keep myself safe.** • What dangers fire can present. • How to keep safe in an emergency involving fire.

Fairisle Junior School's Safeguarding and PSHE Curriculum 2026-2027

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Online Safety - Online identity **L.O. I can explain how to protect my online reputations and understand how my digital footprint may affect my future.** • Why online identities are still important. • How what someone posts remains on the internet forever and the risk of this. **Keeping Safe** **L.O. I am learning what sexual harassment is and the importance of consent.** • Revise what abuse, grooming and sexual harassment are. • What is sexual harassment and that it is a crime. • That sexual harassment is not a 'joke' or 'banter', and the impact it can have on victims. • The importance of consent.	**Online Safety - Anti-Bullying** **L.O. I am learning to explain what to do if I see bullying online.** • Revision of what online bullying is. • What to do if someone is being bullied online. **Anti-Bullying** **L.O. I am learning about bullying and the impact it can have.** • Revision of what bullying is and linking to Year 5 objective of bullying vs banter. • How being bullied can impact the victim in the future, for example, with difficulties forming friendships. **L.O. I am learning what hate crime is.** • What hate crime is. • Different examples of what hate crime is. • What to do if someone witnesses or hears hate crime.	**Online Safety - Safer Internet Day** **L.O. I am learning to explore the safe and responsible use of AI.** • What AI is. • When it is safe to use AI. • The negative impact of using AI. **Bereavement and Loss** **L.O. I am learning how to support myself and others with bereavement.** • Revision on what bereavement means. • Different strategies to help support someone who is experiencing bereavement.	**Online Safety - Scams** **L.O. I am learning to protect myself and others from online scams.** • What a scam is. • Things to look out for when identifying whether something is a scam. • What people can do to protect themselves and others from scams. **Body Image and The Media.** **L.O. I am learning what a mental illness is.** **L.O. I am learning to explain the importance of body confidence.** • What is meant by an appearance ideal. • What body confidence is. • How body confidence affects people's mental health and self-esteem. **Friendship** **L.O. I am learning to understand boundaries and ways to say no respectfully.** • Why boundaries are important in a friendship. • Why it is important to not give in into peer pressure. • Different ways to say no in a respectful way.	**Online Safety - Online Relationships** **L.O. I am learning how to respect people's boundaries.** • Revision of what boundaries are. • Different ways to respect people's boundaries online e.g. not sharing photos with that person without consent. • How to respect someone's own boundaries online. **First Aid** **L.O. I am learning how to describe the signs of a head injury and where to get support.** • What a head injury is. • What the major signs of a head injury is. • What to do if someone has a head injury. **L.O. I am learning what asthma is and how to help someone who is having an asthma attack.** • What asthma is. • What the symptoms of an asthma attack are. • What to do if someone is having an asthma attack.	**Online Safety - Digital Wellbeing** **L.O. I am learning about the pressures of technology and how to manage these.** • Reflecting on digital routines and the dangers of becoming over-reliant on technology. • Revision of peer pressure and how people may feel pressured to change to suit 'ideals'. • The risks around posting on social media and succumbing to peer pressure. **Moving On** **L.O. I am learning to understand the dangers of sharing nudes or semi-nudes.** • Revision of peer pressure. • What sending *nudes* and *semi-nudes* means. • The impact it can have. **L.O. I am learning to understand the dangers of illegal drugs.** • Revision of peer pressure. • What an illegal drug is. • Why it is harmful. **Being Safe in the Community** **L.O. I am learning to describe the dangers around railways and how to keep myself safe.** • What dangers railways can present. • How to keep safe in an emergency involving railways.

Fairisle Junior School's SRE Curriculum 2026-2027

Year 3	Year 4	Year 5	Year 6
Body Differences: **L.O. I am learning to describe the differences between males and females.** • Revision of the scientific names of private body parts. • The difference between appropriate and inappropriate touch.	**Periods:** **L.O. I am learning to describe the changes that happen when you grow up.** • What puberty is and what periods are. • Different period products. • How someone might feel and what they can do when they start their period.	**Puberty:** **L.O. I am learning to describe the changes that happen when you go through puberty.** • Revision of periods learning from Year 4, with additional learning on taboos around period products. • What different changes happen for males and females and what these might look like as a timeline. • How puberty affects someone emotionally and physically. • How to manage changing emotions and bodies and knowing who to talk to and where to get support.	**Sex Education:** **L.O. I am learning to explain how the body changes during puberty in preparation for reproduction.** • What a healthy relationship is and how it should make someone feel. • Revision of puberty learning and the different changes that happen for males and females. • Revision of periods learning from Years 4 and 5. • Understand that families are created in different ways, including revision of adoption and blended families. • What sexual reproductive organs males and females have. • Understand the terms conception and pregnancy. • What sexual intercourse is and how babies are made. • Know that there are different ways that sperm can fertilise an egg, including sexual intercourse and IVF. • What consent is and why it is important.