

Coverage of Statutory Guidance within My Happy Mind



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Statutory guidelines on Relationship and Health Education - Department of Education

Introduction:

This next section maps the statutory areas to be taught against what is included in the myHappyMind program

*Source: Relationships and sex education (RSE) and health education - September 2021

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Statutory guidelines on Relationship and Health Education - Department of Education mapping

<u>Families who care for me</u>	Covered in the myHappyMind modules	Covered in the Relationship Education Extra Lessons
That families are important for children growing up because they can give love, security and stability.	Appreciate	Years 1 and 2 - My and my Family
The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	Appreciate	Years 1 and 2 - My and my Family Year 3 and 4 - Families in the Wider World Year 3 and 4 - Getting Along with Our Families
That others' families, either in school or wider world, sometimes look different from their family but that they should respect those differences and know that other children's families are also characterised by love and care.		Years 1 and 2 - My and my Family Year 3 and 4 - Families in the Wider World Year 3 and 4 - Getting along with our families
That stable, caring relationships which may be different types are at the heart of happy families, and are important for children's security as they grow up.	Appreciate Relate	Years 1 and 2 - My and my Family
That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be life-long.		
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	Relate	Year 3 and 4 - Getting Along with Our Families

Areas highlighted in green are covered by myHappyMind



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<u>Caring friendships</u>	Covered in the myHappyMind modules	Covered in the Relationship Education Extra Lessons
How important friendships are in making us feel happy and secure, and how people choose and make friends.	Appreciate Relate	Years 1 and 2 - Fabulous Friendships Year 3 and 4 - Friendship Ups and Downs Year 5 and 6 - Friendships On and Offline
The characteristics of friendships, including mutual respect, truthfulness, trustworthiness and loyalty, kindness generosity, trust, sharing interests and experiences and support with problems and difficulties.	Relate	Years 1 and 2 - Fabulous Friendships Year 3 and 4 - Friendship Ups and Downs Year 5 and 6 - Friendships On and Offline Year 5 and 6 - Friendships and Secrets
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Relate Appreciate	Years 1 and 2 - Fabulous Friendships Year 3 and 4 - Friendship Ups and Downs Year 5 and 6 - Friendships and Secrets Year 5 and 6 - Friendships On and Offline
That most friendships have ups and downs, and that these can be often worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	Relate	Years 1 and 2 - Fabulous Friendships Year 3 and 4 - Friendship Ups and Downs
How to recognize who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	Relate	Years 1 and 2 - Fabulous Friendships Year 3 and 4 - Friendship Ups and Downs Year 5 and 6 - Friendships and secrets Year 5 and 6 - Friendships On and Offline Year 5 and 6 - Peer Pressure

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<u>Respectful Relationships</u>	Covered in the myHappyMind modules	Covered in the Relationship Education Extra Lessons
The importance of respecting others, even when they are very different from them (for example, physically, in character, personally or backgrounds), or make different choices or have different preferences or beliefs.	Relate	Year 3 and 4 - All about me Year 5 and 6 - Identity and Respect Year 5 and 6 - Discrimination and the law
Practical steps they can take in a range of different contexts to improve or support respectful relationships.	Relate	Year 1 and 2 - Fabulous Friendships Year 3 and 4 - Friendships up and down Year 5 and 6 - Identity and Respect Year 5 and 6 - Discrimination and the law
The conventions of courtesy and manners.	Appreciate Relate	
The importance of self-respect and how this links to their own happiness.	Celebrate	Year 3 and 4 - All about me Year 5 and 6 - Identity and Respect
That in school and wider society they can expect to be treated with respect by others, and that in turn they show due respect to others, including those in positions of authority.	Relate	Year 5 and 6 - Discrimination and the law
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.		Year 5 and 6 - Friendships on and offline
What stereotype is, and how stereotypes can be unfair, negative or destructive.	Celebrate	Year 3 and 4 - Learning to Love Difference
The importance of permission-seeking and giving in relationships with friends, peers and adults.		

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<u>Online Relationships</u>	Covered in myHappymind modules	Covered in the Relationship Education Extra Lessons
That people sometimes behave differently online, including by pretending to be someone they are not.		Year 3 and 6 - Online Safety
That the same principles apply to online relationships as face to face relationships, including the importance of respect for others including when we are anonymous.		Year 3 and 6 - Friendships On and Offline
The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.		Year 1 and 2 - Keeping Safe Year 3 and 4 - Keeping safe Year 5 and 6 - Friendships On and Offline Year 3 and 6 - Online Safety- Images
How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.		Year 5 and 6 - Friendships On and Offline
How information and data is shared and used online.		Year 3 and 6 - Online Safety - Images

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<u>Being safe</u>	Covered in myHappyMind Modules	Covered in the Relationship Education Extra Lessons
What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).		Year 5 and 6 - Online safety - images
About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.		Year 5 and 6 - Friendships and secrets Year 5 and 6 - online safety - images
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.		
How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they don't know.		
How to recognise and report feelings of being unsafe or feeling bad about any adult.		Year 1 and 2 - Keeping safe Year 3 and 4 - Keeping safe
How to ask for advice or help for themselves or others, and to keep trying until they are heard.		Year 1 and 2 - Keeping safe Year 3 and 4 - Keeping safe Year 5 and 6 - Online safety - Images
How to report concerns or abuse, and the vocabulary and confidence needed to do so.		
Where to get advice e.g. family, school and or other sources.		

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