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Strand	Primary	Secondary	Sixth Form
Self-Awareness and Identity	Who I am	Identity and aspirations	Self-advocacy and future goals
Relationships	Families and friendships	Healthy relationships, consent and respect	Adult relationships
Wellbeing	Recognising feelings	Emotional regulation and resilience	Mental wellbeing and independence
Healthy Living	Hygiene and healthy choices	Physical and mental health	Managing my own health
Keeping Safe	Trusted adults, boundaries and safety	Community, online and personal safety	Risk management and personal safety
Preparation for Adulthood	Making choices	Personal responsibility and independence	Independent living, work and community

How PSHE and

Relationships Education Progresses Through Selworthy School

At Selworthy School, PSHE and Relationships Education develops progressively from understanding ourselves and building positive friendships in Primary, through healthy relationships, wellbeing and safety in Secondary, to independence, self-advocacy and preparation for adult life through our Sixth Form Fit for Life programme.