

# PSHRE (Cycle A) | Years 1 & 2 | 2026-27

## How can I help myself and others feel happy and safe?

What makes me special? 

How do families show love and care for each other?

What helps me feel safe and cared for?

What is a friend? 

How can we have a kind and friendly class?

How should people behave towards others?

## How can I stay safe?

How can I stay safe at home?

What is safe for our bodies?

What rules can keep me safe?

How can I stay safe near roads?

How might my body feel when something is unsafe?

Who can keep me safe?

## How do we spend time online?

When am I online?

What can I do online and what can I do in person?

How should I behave when I use a device?

How can I balance screen time with in-person activities?

What should I do if I see something online that worries me?

How can I stay safe online?

## How can I build safe, kind and caring relationships with others?

How are we all different and the same? 

How are families different and the same?

How can I show my feelings kindly and calmly?

How can I let others know what is okay or not okay for me?

Who can I talk to if something does not feel right?

What should I do if someone is being unkind again and again?

## How can I protect myself and others in daily life?

How and why do we wash our hands?

How can I protect myself in any weather?

Who helps us stay healthy?

What should I do if I feel unwell?

How serious are different injuries?

How can we get help for serious illnesses or injuries?

## How can we stay safe online?

What can we do online and how can we do it safely?

Who can see information shared online?

What is private information?

How do I know if private information has been shared online?

Is everything we see online real?

What should I do if something online worries me?