

CyberSense PSHE Curriculum Grid

Exercise	Health and well being	Relationships	Living in the wider world
Cyber-stories	To deepen their understanding of good and not so good feelings. To extend their vocabulary and enable them to explain both the range and intensity of their feelings to others.	To recognise what constitutes a positive, healthy, relationship and develop skills to form and maintain positive and healthy relationships. To recognise and manage 'dares'.	To understand the consequences of anti-social and aggressive behaviour, such as bullying and discrimination, on individuals and communities.
Storyboards	Strategies for keeping physically and emotionally safe, including; road safety, safety in the environment and safety online (including social media and responsible use of ICT and mobile phones).	Understanding that their actions affect themselves and others. Understanding the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyber-bullying and prejudice-based language) and learning how to respond and ask for help.	Recognising the consequences of anti-social and aggressive behaviour, such as bullying and discrimination, on individuals and communities.
Role Play	How to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.	To recognise what constitutes a positive, healthy, relationship and develop skills to form and maintain positive and healthy relationships.	To resolve differences by looking at alternatives, seeing and respecting other's points of view. Making positive decisions and explaining choices.
Judge Kadeem	How to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.	To listen and respond respectfully to a wide range of people. To feel confident raising their own concerns. To recognise and care about other people's feelings and to try and see, respect and - if necessary - constructively challenge, other's points of view.	To resolve differences by looking at alternatives, seeing and respecting other's points of view. Making positive decisions and explaining choices.
Spot the Symbol	To differentiate between the terms, 'risk', 'danger' and 'hazard'. The importance of protecting personal information, including passwords, addresses and images.	The concept of 'keeping something confidential or secret', when we should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'.	
Solving Problems	To deepen understanding of risk by recognising, predicting and assessing risks in situations. Deciding how to	To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyber-bullying and use of	To resolve differences by looking at alternatives, seeing and respecting other's points of view, making

	manage situations responsibly and to use this experience to build resilience.	prejudice-based language) and learning how to respond and ask for help.	decisions and explaining choices.
Circle of Support	<p>Recognising when, and how, to ask for help. Using basic techniques to resist pressure to do something dangerous or unhealthy that makes them uncomfortable or anxious, or that they believe to be wrong.</p> <p>Identifying people who are responsible for helping them to stay healthy and safe and exploring ways that they can access help from those people.</p>	Recognising ways in which a relationship can be unhealthy and identifying who to turn to if they need support.	Understanding that there are different kinds of responsibilities, rights and duties at home, school, in the community and towards the environment.
Big Cyber Quiz	Identifying things that positively and negatively affect their physical, mental and emotional health.	Learning to listen and respond respectfully to a wide range of people. Becoming confident to raise their own concerns, to recognise and care about other people's feeling and to try and see, respect and - if necessary- constructively challenge other's points of view.	Understanding that there are different kinds of responsibilities, rights and duties at home, school, in the community and towards the environment.