

Amethyst (Year 1) Character Development Coverage

Relationship Education	
Families and people who care for me SIAMS Strand 5: Dignity & Respect	
1	about people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers
3	what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.
Caring friendships SIAMS Stand 4: Community & Living well together	
22	how to be a good friend, e.g. kindness, listening, honesty
24	strategies for positive play with friends, e.g. joining in, including others, etc.
27	how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else
Respectful Relationships SIAMS Strand 5: Dignity & Respect	
45	what kind and unkind behaviour mean in and out school
48	about class rules, being polite to others, sharing and taking turns
49	about the things they have in common with their friends, classmates, and other people
50	how friends can have both similarities and differences
Online Relationships SIAMS Strand 5: Dignity & Respect	
74	basic rules for keeping safe online
75	whom to tell if they see something online that makes them feel unhappy, worried, or scared
Being safe SIAMS Strand 5: Dignity & Respect	
97	how rules keep us safe
99	about what it means to keep something private, including parts of the body that are private
101	how to respond if being touched makes them feel uncomfortable or unsafe

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103	how to ask for and give/not give permission
104	how to recognise hurtful behaviour, including online
106	about what bullying is and different types of bullying
108	about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help
110	how to ask for help if they feel unsafe or worried and what vocabulary to use
112	how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about'

Physical health and mental wellbeing

Mental Wellbeing

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153	what it means to be healthy and why it is important
155	how to describe and share a range of feelings
157	how to manage big feelings including those associated with change, loss and bereavement
159	to recognise what makes them special and unique including their likes, dislikes and what they are good at
161	how they are the same and different to others
162	about different kinds of feelings

Internet safety and harms

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194	how and why people use the internet
195	the benefits of using the internet and digital devices
200	The ways in which people can access the internet e.g. phones, tablets, computers

Physical health and fitness

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2	about physical activity and how it keeps people healthy
3	about different types of play, including balancing indoor, outdoor and screen-based play
Healthy eating SIAMS Strand 4: Community & Living well together	
246	what it means to be healthy and why it is important
247	about healthy and unhealthy foods, including sugar intake
Drugs, alcohol and tobacco SIAMS Strand 4: Community & Living well together	
258	how to help keep themselves safe at home in relation to medicines/household products
Health & Prevention SIAMS Strand 4: Community & Living well together	
275	about basic hygiene routines, e.g. hand washing
276	about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors
277	how to keep safe in the sun
281	why sleep and rest are important for growing and keeping healthy
283	the importance of, and routines for, brushing teeth and visiting the dentist
Basic First Aid SIAMS Strand 4: Community & Living well together	
301	how to respond if there is an accident and someone is hurt
302	about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 or 111 and what to say
Changing Adolescent body SIAMS Strand 5: Dignity & Respect	
309	about the human life cycle and how people grow from young to old
310	how our needs and bodies change as we grow up