

Emerald Character Development Coverage

Relationship Education	
Families and people who care for me SIAMS Strand 5: Dignity & Respect	
6	that being part of a family provides support, stability and love
10	what to do and whom to tell if family relationships are making them feel unhappy or unsafe
14	about the qualities of healthy relationships that help individuals flourish
15	ways in which couples show their love and commitment to one another, including those who are not married or who live apart
17	that people have the right to choose whom they marry or whether to get married
Caring friendships SIAMS Stand 4: Community & Living well together	
28	about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty
29	about the features of positive healthy friendships such as mutual respect, trust and sharing interests
32	what makes a healthy friendship and how they make people feel included
34	about peer influence and how it can make people feel or behave
37	that it is common for friendships to experience challenges
38	strategies to positively resolve disputes and reconcile differences in friendships
42	to compare the features of a healthy and unhealthy friendship
Respectful Relationships SIAMS Strand 5: Dignity & Respect	
55	the importance of self-respect and their right to be treated respectfully by others
56	what it means to treat others, and be treated, politely
57	the ways in which people show respect and courtesy in different cultures and in wider society
65	to identify online bullying and discrimination of groups or individuals e.g. trolling and harassment

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66	the impact of discrimination on individuals, groups and wider society
69	about the link between values and behaviour and how to be a positive role model
71	how to listen to and respect other points of view
Online Relationships SIAMS Strand 5: Dignity & Respect	
77	how people may behave differently online including pretending to be someone they are not
78	how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online
80	how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know
87	basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision
85	that bullying and hurtful behaviour is unacceptable in any situation
86	about bullying online, and the similarities and differences to face-to-face bullying
88	strategies to respond to pressure from friends including online
89	how to assess the risk of different online 'challenges' and 'dares'
95	the impact of the need for peer approval in different situations, including online
Being safe SIAMS Strand 5: Dignity & Respect	
115	about what privacy and personal boundaries are, including online
121	to differentiate between playful teasing, hurtful behaviour and bullying, including online
123	recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable
124	how to manage pressures associated with dares
125	when it is right to keep or break a confidence or share a secret

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126	how to recognise risks online such as harmful content or contact
133	how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety
134	to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations
139	that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about
142	about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong
147	what consent means and how to seek and give/not give permission in different situations

Physical health and mental wellbeing

Mental Wellbeing

SIAMS Strand 4: Community & Living well together

167	strategies to identify and talk about their feelings
170	that everyone is an individual and has unique and valuable contributions to make
171	to recognise how strengths and interests form part of a person's identity
173	to recognise common challenges to self -worth e.g. finding school work difficult, friendship issues
175	that mental health is just as important as physical health and that both need looking after
179	ways to boost their mood and improve emotional wellbeing
183	positive strategies for managing feelings
188	the importance of asking for support from a trusted adult
191	about the process of grieving and how grief can be expressed
Internet safety and harms	
SIAMS Strand 4: Community & Living well together	
206	strategies to recognise whether something they see online is true or accurate

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209	how to report something seen or experienced online that concerns them e.g. images or content that worry them, unkind or inappropriate communication
210	that everything shared online has a digital footprint
211	that organisations can use personal information to encourage people to buy things
216	to identify different types of media and their different purposes e.g. to entertain, inform, persuade or advertise
219	how to assess which search results are more reliable than others
224	how and why images online might be manipulated, altered, or faked
230	about sharing things online, including rules and laws relating to this
232	how to report inappropriate online content or contact
235	strategies for dealing with requests for personal information or images of themselves
237	that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be
240	about the different age rating systems for social media, T.V, films, games and online gaming
242	how balancing time online with other activities helps to maintain their health and wellbeing
Physical health and fitness SIAMS Strand 4: Community & Living well together	
7	what good physical health means and how to recognise early signs of physical illness
8	about the benefits of being outdoors and in the sun for physical and mental health
Healthy eating SIAMS Strand 4: Community & Living well together	
250	what can help people to make healthy choices and what might negatively influence them
252	the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle
254	to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally

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255	about how the media portrays young people, body image and health issues and that identity is affected by a range of factors, including the media and a positive sense of self
Drugs, alcohol and tobacco SIAMS Strand 4: Community & Living well together	
261	to recognise what is meant by a 'drug'
262	that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing
265	that for some people using drugs can become a habit which is difficult to break
266	how to ask for help or advice
268	about the laws relating to drugs common to everyday life and illegal drugs
270	about the organisations where people can get help and support concerning drug use
Health & Prevention SIAMS Strand 4: Community & Living well together	
290	how to maintain oral hygiene and dental health, including how to brush and floss correctly
291	the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health
292	how sleep contributes to a healthy lifestyle
293	healthy sleep strategies and how to maintain them
Basic First Aid SIAMS Strand 4: Community & Living well together	
305	to recognise how people, react in an emergency and the importance of following basic emergency procedures
306	will be able to demonstrate know to keep themselves and the injured person safe in an emergency and how to call the emergency services