

Sapphire Character Development Coverage

Relationship Education	
Families and people who care for me SIAMS Strand 5: Dignity & Respect	
2	the role these different people play in children’s lives and how they care for them
4	about the importance of telling someone — and how to tell them — if they are worried about something in their family
Caring friendships SIAMS Stand 4: Community & Living well together	
23	about different ways that people meet and make friends
25	about what causes arguments between friends
26	how to positively resolve arguments between friends
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	
46	how kind and unkind behaviour can make people feel
47	about what respect means
48	about class rules, being polite to others, sharing and taking turns
51	how to play and work cooperatively in different groups and situations
52	how to share their ideas and listen to others, take part in discussions, and give reasons for their views
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	
98	about situations when someone’s body or feelings might be hurt and whom to go to for help
99	about what it means to keep something private, including parts of the body that

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	are private
100	to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches)
101	how to respond if being touched makes them feel uncomfortable or unsafe
102	when it is important to ask for permission to touch others
103	how to ask for and give/not give permission
105	what to do and whom to tell if they see or experience hurtful behaviour, including online
107	how someone may feel if they are being bullied
108	about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help
109	how to resist pressure to do something that feels uncomfortable or unsafe
111	how to recognise risk in everyday situations, e.g. road, water and rail safety, medicines
113	to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger

Physical health and mental wellbeing

Mental Wellbeing

SIAMS Strand 4: Community & Living well together

154	about routines and habits for maintaining good mental health
156	ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others
157	how to manage big feelings including those associated with change, loss and bereavement
158	when and how to ask for help, and how to help others, with their feelings
160	how to manage and whom to tell when finding things difficult, or when things go wrong

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163	how to recognise feelings in themselves and others
164	how feelings can affect how people behave
Internet safety and harms SIAMS Strand 4: Community & Living well together	
196	how people find things out and communicate safely with others online
197	why some things have age restrictions, e.g. TV and film, games, toys or play areas
199	whom to tell if they see something online that makes them feel unhappy, worried, or scared
201	to recognise the purpose and value of the internet in everyday life
202	to recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos
203	that information online might not always be true
Physical health and fitness SIAMS Strand 4: Community & Living well together	
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
259	about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel
Health & Prevention SIAMS Strand 4: Community & Living well together	

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274	ways to take care of themselves on a daily basis
275	about basic hygiene routines, e.g. hand washing
278	the importance of, and routines for, brushing teeth and visiting the dentist
279	about food and drink that affect dental health
280	about routines and habits for maintaining good physical and mental health
281	why sleep and rest are important for growing and keeping healthy
282	that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies
283	the importance of, and routines for, brushing teeth and visiting the dentist
284	about food and drink that affect dental health
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	
311	to identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
312	about change as people grow up, including new opportunities and responsibilities