**Highcliffe Primary – PSHE Curriculum Overview**

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| **Themes** |  |
| **Mind and Body** | Physical health and fitness, healthy eating, mental well being |
| **Playing Safe** | Being safe, mental wellbeing, internet safety and harms, drugs, alcohol and tobacco, respectful relationships, health and prevention, healthy relationships |
| **Recognise; Respond; Risk** | Drugs, alcohol and tobacco, respectful relationships, health and prevention |
| **Me, Myself and You** | Families and people who care for me, caring friendships, respectful relationships, online relationships |
| **Sex Education** | Changing adolescent body |
| **Life Skills** | Financial wellbeing, health and prevention of harm |
| **Changing Bodies** | How bodies changing throughout life |
| **Online Safety** | Internet safety and harms, online relationships |

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|  | **Autumn** | **Spring** | **Summer** |
| Year 1 | **Online Safety**  [What is the Internet?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_72be2fd6bade41139060448feb965f72.pdf)  [How to Stay Safe Online](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_e323e92421e54302a5ebfd7aae31a08a.pdf)  **Me, Myself and You**  [Different Types of Bullying](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_31f45293ece942c5bc6c0245fafad276.pdf)  [Different Types of Relationships and Behaviour in a Healthy Relationship](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_0415cf070e8e4134a4e867e3b5c8f965.pdf)  [Who can I Turn to?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_a09fb07af0ee4d1da72a395b9273e214.pdf)  [What a Family is and Why Yours is Unique](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_562cd5b997634946b0f71cd7caa08e15.pdf)  [Understanding Body Language and Helping Others](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_312766e5fa884b85bd756b0124cca1a5.pdf)  [Empathy, Being a Good Friend and Asking for Help](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_d1155998fbb04f2bb9cf5ad1a3d8f398.pdf) | **Recognise; Respond; Risk**  [Drug & Alcohol Education Session 1: Keeping Safe: Things that go Into and Onto Bodies](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_cac0e752207e4362a607c5eb53992df4.pdf)  [Drug & Alcohol Education Session 2: Keeping Healthy: Medicines](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_2fc9070c973d4226932a7e3263f2d3df.pdf)  [Drug & Alcohol Education Session 3: Keeping Safe: Medicines and Household Products](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_977c8f42b1de4b5f8e8049c8741d7527.pdf)  **Playing Safe** [The Underwear Rule - Appropriate and Inappropriate Contact](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_39dfc724927a48e595ddec3a26063a84.pdf) - **NSPCC PANTS materials**  [Box Breathing Activity](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_46eb6911d8d6411e89c60a3abbbd26a7.pdf)  [Reporting Abuse](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_4acee210989d41a7993b3e000bc1c3bd.pdf)  [Help and Advice](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_22803574316b499d9f0e890a29a9474b.pdf) | **Mind and Body**  [What is Physical and Emotional Health?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_f4ae8acc93764db7955c5126bececdbe.pdf)  [Eating Healthy and Keeping your Teeth Clean](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_692a3ce38d2e4285910be5b7fef0bc3d.pdf)  [How our Bodies React to Emotions](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_d7c70ceb74b747e994406b55349acd78.pdf)  **Life Skills**  [The Daily Mile](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_ed77f028aecb4f26afb286f2695e612a.pdf)  [When do you use 999?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_3503ceedbbfa41a89a1076f632a4c788.pdf) |
| Year 2 | **Online Safety**  [How to Stay Safe Online](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_e323e92421e54302a5ebfd7aae31a08a.pdf)  [What not to Share Online and Why](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_4c7b01e96e8b4a53864d7c2f50eda1f7.pdf)  **Me, Myself and You**  [Understanding Similarities and Differences in People](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_9db4918f18f042c4856dd9d3695377b2.pdf)  [Feeling Safe and Unsafe in Families and Who we can Turn to](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_a8aa39fef3734f41bfe6eac3456c7f9e.pdf) | **Recognise; Respond; Risk**  [Staying Safe around Medicines](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_81e1861c37084139a0ba9880fd468655.pdf)  [Everything about Medicines](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_2fc0036898744f0ea0d4a880a4a3af55.pdf)  [Drug & Alcohol Education Session 1: Keeping Safe: Things that go Into and Onto Bodies](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_cac0e752207e4362a607c5eb53992df4.pdf)  [Drug & Alcohol Education Session 2: Keeping Healthy: Medicines](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_2fc9070c973d4226932a7e3263f2d3df.pdf)  [Drug & Alcohol Education Session 3: Keeping Safe: Medicines and Household Products](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_977c8f42b1de4b5f8e8049c8741d7527.pdf)  **Playing Safe** [The Underwear Rule - Appropriate and Inappropriate Contact](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_39dfc724927a48e595ddec3a26063a84.pdf) - - **NSPCC PANTS materials**  [Helping Hand Activity](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_ab629bd81e164550b190466fcdeb91ed.pdf)  [Reporting Abuse](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_4acee210989d41a7993b3e000bc1c3bd.pdf)  [Help and Advice](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_22803574316b499d9f0e890a29a9474b.pdf) | **Mind and Body**  [Benefits of Exercise on Physical and Emotional Health](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_80aab845c49e48b6bb4286e9262a4869.pdf)  [Where Emotions are Felt and the Importance of Talking about your Emotions](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_95fcd0af815b42baa292c859cb201cf9.pdf)  [Different Emotions and Dealing with Negative Emotions](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_56778807aa1442eeb7988da105716f30.pdf)  [The Importance of Sleep and Making Sure you get Enough](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_01d30381570749da98ee52c93f985bac.pdf)  **Life Skills**  [The Daily Mile](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_ed77f028aecb4f26afb286f2695e612a.pdf)  [When do you use 999?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_3503ceedbbfa41a89a1076f632a4c788.pdf) |
| Year 3 | **Online Safety**  [Age Restrictions in the World, Online and Why we need Them](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_7bbfdc0bc9c24419b66510636bb191ac.pdf)  [How to Behave Sensibly Online](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_4872a605834641d2a9970e74c3840f2f.pdf)  [Why Spending too much Time Online is Bad](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_cb023d73c1174b1189dc09ba34459585.pdf)  **Me, Myself and You**  [Essentials of a Healthy Family](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_166c9b1c78a0454895174f2b01b0ac1a.pdf)  [Healthy and Unhealthy Friendships](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_a818e2f79da94650a9dfe004dbc0f865.pdf) | **Recognise; Respond; Risk**  [Why are Vaccinations Important?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_e06738e2bf454090aac4465e3dd4ff5f.pdf)  [Drug & Alcohol Education Session 1: Safety Rules and Risks: Medicines and Household Products](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_a78d6ee9a1b744d78b79eedc99346aae.pdf)  **Playing Safe**  [Early Warning Signs and Managing Emotions](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_8a64ceb710cc403fac81338a23d2b65b.pdf)  [The Underwear Rule - Appropriate and Inappropriate Contact](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_39dfc724927a48e595ddec3a26063a84.pdf) -  **NSPCC PANTS materials**  [Reporting Abuse](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_ef654b14333340da8f49a3fd8ae2dd3a.pdf)  [Help and Advice](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_70724ec7bc2947b1aa7a5da3b4d87254.pdf) | **Mind and Body**  [Staying Safe in the Sun](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_aca6f9cbdd8740e7a054287898e0f6e7.pdf)  [What is Illness and What are the Symptoms?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_07763b8044db4d14977fbf86d0de5dfb.pdf)  **Life Skills**  [Risks, Hazards and How to Stay Safe](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_a1df1541ce6043198f0443cfcecad95f.pdf)  [Reducing Risks when Helping Others](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_610af9fda9c346a2ba67e036c4bd4205.pdf)  [The Daily Mile](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_4bf178bf0bc545ca9b90e83fa33d94bc.pdf) |
| Year 4 | **Online Safety**  [Being Polite Online and How the Internet Works](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_90fffc584c464d6aaf3b2d47c0b79826.pdf)  [What is Cyberbullying? - Teacher Resource](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_f176cd2b08524e42bf7dfbb940f8fab9.pdf)  [All about Bullying and Cyberbullying](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_e9b61c51b5874f70968b2a72cda17692.pdf)  **Me, Myself and You**  [Importance of Clear Communication and Managing Conflict](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_d3de47e30cc44befa6ac5b78789ab973.pdf)  [Understanding Differences in Families](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_e97263215e7a4da1a6aa196819051521.pdf) | **Recognise; Respond; Risk**  [Drug & Alcohol Education Session 2: Safety Rules and Risks: Alcohol and Smoking](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_e67839a065bb4610b762df7fd3b8cb0c.pdf)  **Playing Safe**  [Healthy and Unhealthy Secrets and Privacy](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_f4f7dc060b214839acf2731e874f7e0f.pdf)  [Reporting Abuse](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_ef654b14333340da8f49a3fd8ae2dd3a.pdf)  [Help and Advice](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_70724ec7bc2947b1aa7a5da3b4d87254.pdf)  [The Underwear Rule - Appropriate and Inappropriate Contact](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_39dfc724927a48e595ddec3a26063a84.pdf) -  **NSPCC PANTS materials** | **Mind and Body**  [Eating Healthy and Keeping your Teeth Clean](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_9171ce296f734ff4b1656ea4d8ca80e6.pdf)  [The Food Wheel - How Good and Bad Food Affects our Emotional Health](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_79c6731aef8c4ddb86993d6269e3c6f6.pdf)  [What is an Active Lifestyle and How to Prevent Related Illnesses](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_f908159f84014d1f80b7fdeb31368a90.pdf)  **Life Skills**  [Helping to Save Lives with 999 and Safety Risks](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_cdbc873c239f4ca3abd79e829869dbe9.pdf)  [The Daily Mile](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_4bf178bf0bc545ca9b90e83fa33d94bc.pdf) |
| Year 5 | **Online Safety**  [Understanding what not to Share Online](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_46bfafca22d04e8394a151917e6d4300.pdf)  [What Content can we Trust Online?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_b9408bc09c7f4c32b4767bccd563e784.pdf)  [What Content can we Trust Online? - Teacher Resource](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_9d4dc75b5ea049658471bfa27af7684b.pdf)  **Me, Myself and You**  [Expectations and Pressures in Children and What makes a Good Friend?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_1cec2311a22040e0bddbd5e147040d48.pdf)  [What Marriage is and Other Long-Term Commitments](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_38a8c951bf4744b49eaad2bf82dae097.pdf) | **Recognise; Respond; Risk**  [Risks and Effects of Alcohol](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_58738d1c8f1a4877a8438f24a6a2f982.pdf)  [Drug & Alcohol Education Session 1: Managing Risk: Medicines](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_db263c5953664973b0cd85f4125a36e2.pdf)  [Drug & Alcohol Education Session 2: Managing Risk: Legal and Illegal Drugs](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_f65eaea2e37a489e89b18e05cbdd59b3.pdf)  **Playing Safe**  [Assessing Risks and Managing Safety](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_4a8637862dc04cb4a280439a7f323959.pdf)  [The Underwear Rule - Appropriate and Inappropriate Contact](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_39dfc724927a48e595ddec3a26063a84.pdf) -  **NSPCC PANTS materials**  [What are Boundaries and What is Consent?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_a853a5b5da52407d8fc5b085622d5770.pdf)  [Reporting Abuse](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_ef654b14333340da8f49a3fd8ae2dd3a.pdf)  [Help and Advice](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_70724ec7bc2947b1aa7a5da3b4d87254.pdf) | **Mind and Body**  [How Being Healthy Affects your Physical and Emotional Health](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_aa77fd9f42904edb996c29d6939e992d.pdf)  [Why Prejudices about Physical and Mental Health are Bad](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_cc4f3031ac2141048098e986b463c15a.pdf)  **Life Skills**  [How to Remember Safety Procedures](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_1b9b3529ae2244568aa79f9dff9ab331.pdf)  [The Daily Mile](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_4bf178bf0bc545ca9b90e83fa33d94bc.pdf)  **Changing Bodies**  Puberty -  [**https://www.sexualwellbeing.ie/for-parents/resources/busy-bodies-adolescent-development-resources.html**](https://www.sexualwellbeing.ie/for-parents/resources/busy-bodies-adolescent-development-resources.html) **- Videos\* 1-4**  \*You will need to go back to the original page from the link to watch each new video, otherwise they won’t run |
| Year 6 | **Online Safety**  [Understanding Unrealistic Expectations Online](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_8711deaca5954d1995feed20ebad168a.pdf)  [What People can we Trust Online?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_00beb2693d08433b9ea422b566627d21.pdf)  [What People can we Trust Online? - Teacher Resource](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_c1bda8d0719640439e1121c079fa08ea.pdf)  **Me, Myself and You**  [Courtesy and Manners](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_331f8fc166744007a95fd0dbd722c9f0.pdf)  [Good and Bad Peer Influence/Pressure](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_3ef92c724b344ab09ccf827f03a22545.pdf) | **Recognise; Respond; Risk**  [What are Drugs and How Harmful are They?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_6ed1f0cc4c5248ca908000ab61937f4d.pdf)  [Drug & Alcohol Education Session 3: Manging Risk: Influences and Pressure](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_1a0b507322994f18a598e26e5b8e2a77.pdf)  [Drug & Alcohol Education Session 4: Managing Risk: Drugs and Alcohol in the Media](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_e1c5673ca1694721b1966f0f541a9c70.pdf)  **Playing Safe** [The Underwear Rule - Appropriate and Inappropriate Contact](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_39dfc724927a48e595ddec3a26063a84.pdf) -  **NSPCC PANTS materials**  [Early Warning Signs and Decision Making](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_2f87c504a9a942629f09374b65a51251.pdf)  [Crossing the Road and Managing Risky Situations](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_70607d16e2fc47a1821bfce44936aedb.pdf)  [Reporting Abuse](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_ef654b14333340da8f49a3fd8ae2dd3a.pdf)  [Help and Advice](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_70724ec7bc2947b1aa7a5da3b4d87254.pdf) | **Mind and Body**  [Helpful and Unhelpful Worries](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_41d7fc2b765649a6818222a29af4e3df.pdf)  [Stress - Dealing with Emotions and Changes](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_8d83452ea61d4b15a98806768a36be7b.pdf)  [Worries and Stresses](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_4515ec2e2ca649b5a7480d2a47076f13.pdf)  **Life Skills**  [Practising Emergency Calls](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_ffee7ee7a69a410abb25ebd146070430.pdf)  [What is an Emergency? - Should I Call 999?](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_913b9939d79d46c782fe8ff817c63939.pdf)  [The Daily Mile](https://749694e8-0e61-4624-8ded-13a0c12aea49.usrfiles.com/ugd/749694_4bf178bf0bc545ca9b90e83fa33d94bc.pdf)  **Changing Bodies and Sex Education**  Puberty and sex education -  [**https://www.sexualwellbeing.ie/for-parents/resources/busy-bodies-adolescent-development-resources.html**](https://www.sexualwellbeing.ie/for-parents/resources/busy-bodies-adolescent-development-resources.html) **- Videos\* 1-6**  \*You will need to go back to the original page from the link to watch each new video, otherwise they won’t run |