

# Overview

Lesson	Summary
1. Loving me	This lesson will help children lay the foundations for healthy self-esteem.
2. Loving you	In this lesson, pupils will think about friendship.
3. Our wonderful bodies	In this lesson, pupils appreciate how amazing their bodies are.
4. How our bodies are different	In this lesson, pupils will start to learn about the differences between male and female. They will also think about how to show respect for one another. They will learn how to label, love and care for their bodies.
5. My family – those who care for me	Pupils will learn about the family, what its role is and why it is important.
6. How we love and care for ourselves	In this lesson, pupils will learn about how to look after their bodies and how they make good decisions.
7. How we love and care for our friends – saying sorry and starting again	During the lesson, pupils will learn about saying sorry and think about times when this might be difficult.