I know my rights and responsibilities and I can follow rules.

I understand who I am and I know about the characteristics that make me, me.

I know how to keep myself and others safe.

I can form and maintain good relationships with adults and children.



I have mastered the RSHE curriculum when...



I can recognise and regulate my own emotions and I can recognise and empathise with the emotions of others.

I know how to look after my health and wellbeing.

I am confident and resilient.