

Ruby Character Development Coverage

Relationship Education	
Families and people who care for me SIAMS Strand 5: Dignity & Respect	
5	to recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents
7	about the positive aspects of being part of a family, such as spending time together and caring for each other
8	about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty
9	to identify if/when something in a family might make someone upset or worried
Caring friendships SIAMS Stand 4: Community & Living well together	
30	strategies to build positive friendships
31	how to seek support with relationships if they feel lonely or excluded
Respectful Relationships SIAMS Strand 5: Dignity & Respect	
53	to recognise respectful behaviours e.g. helping or including others, being responsible
54	how to model respectful behaviour in different situations e.g. at home, at school, online
58	to recognise differences between people such as gender, race, faith
59	to recognise what they have in common with others e.g. shared values, likes and dislikes, aspirations
60	about the importance of respecting the differences and similarities between people
61	a vocabulary to sensitively discuss difference and include everyone
Online Relationships SIAMS Strand 5: Dignity & Respect	
77	how people may behave differently online including pretending to be someone they are not
79	how to communicate respectfully with friends when using digital devices

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81	what to do or whom to tell if they are worried about any contact online
82	What is appropriate to share with friends, classmates, family and wider social groups including online
84	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 the effects and consequences of bullying for the people involved
Being safe SIAMS Strand 5: Dignity & Respect	
116	basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision
117	that bullying and hurtful behaviour is unacceptable in any situation
118	about the effects and consequences of bullying for the people involved
119	about bullying online, and the similarities and differences to face-to-face bullying
120	what to do and whom to tell if they see or experience bullying or hurtful behaviour
122	how to respond if they witness or experience hurtful behaviour or bullying, including online
126	how to recognise risks online such as harmful content or contact
127	how people may behave differently online including pretending to be someone they are not
128	how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online
129	how to identify typical hazards at home and in school
130	how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen
131	about fire safety at home including the need for smoke alarms
132	the importance of following safety rules from parents and other adults

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Physical health and mental wellbeing	
Mental Wellbeing SIAMS Strand 4: Community & Living well together	
165	that regular exercise such as walking or cycling has positive benefits for their mental & physical health
166	about the things that affect feelings both positively and negatively
168	about some of the different ways people express feelings e.g. words, actions, body language
169	to recognise how feelings can change overtime and become more or less powerful
172	how to identify their own personal strengths and interests and what they're proud
174	basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again
Internet safety and harms SIAMS Strand 4: Community & Living well together	
204	how the internet can be used positively for leisure, for school and for work
205	to recognise that images and information online can be altered or adapted and the reasons for why this happens
207	to evaluate whether a game is suitable to play or a website is appropriate for their age-group
208	to make safe, reliable choices from search results
210	that everything shared online has a digital footprint
212	to recognise what online adverts look like
213	to compare content shared for factual purposes and for advertising
214	why people might choose to buy or not buy something online e.g. from seeing an advert
215	that search results are ordered based on the popularity of the website and that this can affect what information people access

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Physical health and fitness SIAMS Strand 4: Community & Living well together	
4	the positive and negative effects of habits, such as regular exercise on a healthy lifestyle
6	to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally
Healthy eating SIAMS Strand 4: Community & Living well together	
248	about the choices that people make in daily life that could affect their health
249	to identify healthy and unhealthy choices (e.g. in relation to food)
253	what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally
Drugs, alcohol and tobacco SIAMS Strand 4: Community & Living well together	
260	the importance of taking medicines correctly and using household products safely
261	to recognise what is meant by a 'drug'
263	to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects
264	to identify some of the risks associated with drugs common to everyday life
Health & Prevention SIAMS Strand 4: Community & Living well together	
286	to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)
287	what can help people to make healthy choices and what might negatively influence them
288	about habits and that sometimes they can be maintained, changed or stopped
289	that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary
Basic First Aid SIAMS Strand 4: Community & Living well together	
303	know to find a responsible adult in an emergency or to dial 999 and what to say to get help.

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304	will be able to explain steps on how to get help in an emergency and to give accurate information.