

Additional packs over and above the minimum content shown will also be added as required to meet schools' changing needs.

Theme

Ages 5-7

**Keeping safe**

Safety with medicines	Being safe at home	Safety at the shops
Enjoying the sunshine (sun safety)	Crossing the road	Safety near water
Dialling 999	People who help me stay safe	Safety at the beach
My body belongs to me	Meeting adults I don't know	Safety at the park
Keeping secrets	Safety in the dark	Safety in the playground

**Online life  
and media**

Basic online safety	Why are some people unkind online?	Positive use of digital devices
What to do if I've seen something scary?	Why do some people pretend online?	Real or fake?

**Emotional  
and mental  
health**

Feelings words	Feeling differently from my friends	Losing something special
Feeling happy	Sharing how I feel	Losing someone special to me
Feeling sad	Managing big feelings	Changes we can and can't control
Feeling worried	Who can help me with my feelings	Managing difficult changes
Feeling lonely	It's good to be me	Looking forward to change
Feeling scared	Managing change	Making change happen
Feeling angry	Respecting others' feelings	

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Theme

Ages 5-7

Relationships

It's fun to play with others	Kind and caring friends	I'm worried about something at home
Who's in my family?	Ways to make a friend	I'm worried about a friendship
People who care for me	Ways to make up	Helpful and unhelpful friends (peer pressure)
Being bullied	Words can hurt	Mind your manners
Excluding others is unkind	Being gentle - being rough	
Working in a group	Telling tales	
When group work goes wrong	Looking for good in others	
My new class (Ages 5-6)	Welcoming someone new to	
My new class (Ages 6-7)	class	

Sex  
education &  
puberty

Correct body part names  
Changes from baby to old age  
It's exciting to grow up

Future  
choices  
and money

Moving on to my new class (Ages 5-6)	Different types of money
Moving on to my new class (Ages 6-7)	What do things cost?
What is a job?	Making choices with money (wants and needs)
What job do I want?	
Different jobs in my community	

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Theme

Ages 5-7

Values, rights  
and  
responsibilities

Everyone is special	Caring for older people	Why do we have rules in school?
Celebrating differences	Caring for younger children	Why are there rules at home?
Families - same and different	Caring for the planet	My caring community
Family roles and responsibilities	Caring for people in different places	
Challenging male/female stereotypes	Making choices	

Personal  
skills  
development

I'm good at...	Saying what's important to me
I'm not so good at...	Group work skills
I'm stuck on some work	How I learn best
Listening skills	

Health and  
fitness

Healthy me	Keeping my body clean	Avoiding too much sugar
Foods that help me	Keeping my teeth clean	Healthy food swaps
Exercise is fun	A trip to the dentist	
Time for sleep	A trip to the doctor	
Time for rest	A trip to the hospital	

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## Theme

## Ages 7-9

## Ages 9-11

### Keeping safe

Sun safety	Road safety
Smoking	Alcohol
Medicine safety	I'm worried about someone who smokes
Making an emergency call	I'm worried about someone who drinks alcohol
Accidents at home	Meeting someone I don't know
Good and bad secrets	Out and about
Safe and unsafe touches	Safety in the winter
Personal safety	
Getting help	

Vaping	Responding in an emergency
Tobacco	Identifying risks
Firework safety	Illegal drugs
Water safety	Illegal drugs & the law
Rail safety	County lines
Grooming	
Being exploited	
The recovery position	
Basic first aid	

### Online life and media

What is social media?  
 Online friendships  
 How do I check what I'm seeing online is real?  
 I've seen something nasty/scary online  
 I've seen something scary on TV  
 Online safety rules

Screen time	Media as a positive influence
Positives of social media	Media as a negative influence
Positives of the internet	Being respectful online
What are age restrictions?	Checking for fake news
Online privacy	How my data is used by others
Feeling unsafe online	What images should I share?
Sharing appropriately	Managing the news

### Emotional and mental health

What are emotions?	Feeling surprised
Managing strong feelings	Managing changes
I'm important (self-esteem)	Keeping calm
Celebrating uniqueness	Managing new situations
Feeling lonely	Managing anger
What makes me special?	Feeling unsafe
Helping someone who's feeling sad or anxious	
Being honest- feeling guilty	
My skills and achievements	

What is mental health	Feeling disappointed
Feeling anxious	Learning from mistakes
Feeling low	What is resilience?
Ways to look after mental health	Unhelpful comparison
Talking about feelings	Body image
Healthy ways to cope	Asking for help with my mental health
Why feelings change	
My personal qualities	What is mental ill health?
Self-identity	Helping a friend's mental health

# Chameleon Explore Library Overview Minimum Content

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Theme

Ages 7-9

Ages 9-11

Relationships

Making new friends	Someone has died
What makes a friend	My pet has died
Different types of families	I've argued with my best friend
Different families same love	What is bullying?
How do we show care?	Being a bystander?
Why my family is special	What to do about bullying?
Being polite	Peer pressure
Belonging	Words that can hurt
Peer pressure	Responsibility towards others

Friendship changes	Bereavement
Managing family arguments	Coping with loss
Boyfriends and girlfriends	What is an enabler in bullying?
Marriage & civil partnerships	Types of peer influence
What is coercion?	Managing peer influences
Being unhappy at home	Friendship arguments
What is respect?	Seeking and giving permission
	How to disagree and remain friends

Sex  
education &  
puberty

Correct body part names- boys \*

Correct body part names -girls \*

How boys' bodies change

How girls' bodies change

What is a period?

Physical changes at puberty (boys)	Personal hygiene & puberty
Physical changes at puberty (girls)	Becoming a teenager
Emotional changes at puberty	Becoming more independent
Conception and how babies are born *	

Packs denoted with an asterix \* are sex education. English schools need to decide if these will be taught and inform parents/ carers of withdrawal rights.

Future  
choices  
and money

Where does money come from?	Saving up
Giving to charity	Keeping my money safe
What jobs interest me?	My new class (Ages 7-8)
Different types of jobs	My new class (Ages 8-9)
Are there men's jobs and women's jobs?	

Different ways of paying for things	Unusual jobs
What is 'good value'?	Reasons for job choices
Different attitudes about money	What is a salary?
What influences my spending choices?	Fast fashion and the throw away culture
What am I learning now to help my future?	Simple budgeting
	Why do some people gamble?
	Feeling sad about money

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Theme

Ages 7-9

Ages 9-11

Values, rights  
and  
responsibilities

Celebrating differences	Why do we have school rules?
The United Nations Conventions of the Rights of the Child	What are food miles?
How can I care for the environment?	What is Fair Trade?
Being kind to animals	Making decisions
What is a community?	Manners
What are rights?	Rewards and sanctions
	Wants and needs
	Making good choices

What is racism?	What are human rights?
What is discrimination?	Celebrating diverse communities
What happens if a law is broken?	What is stereotyping?
What happens to someone in court?	Challenging prejudice
What is climate change?	Volunteering
What can I do about climate change?	My new class (Ages 9-10)
	My new class (Ages 10-11)

Personal  
skills  
development

Listening skills	Being assertive
Group work	Going for goals
Managing arguments in a group	Working together
Learning styles	

Active listening	Accepting responsibility
Being assertive	
Compromising	
Debating skills	

Health and  
fitness

Ways to stay healthy	Feeling poorly
Fit and active	Hygiene
The food pyramid	Visiting the doctor and dentist
Oral health	

What's a healthy balance?	Physical activity choices
Personal hygiene	What influences healthy choice?
Sleep	Healthy and less healthy habits
A healthy diet	Bacteria & viruses
Vaccination	Allergies

Chameleon  
Compass

Chameleon Compass is our separate resource library that specifically focuses on the transition from primary to secondary school. For students in their final year of primary education, any of these activities could be freely mixed with any or all of the Chameleon Explore packs above.

See <https://www.chameleonpde.com/products/17-chameleon-compass>

We are aware that some schools may require packs on more sensitive issues. The packs below can be made available on request.

Additional  
packs available  
on request

Carrying a knife is dangerous  
Cannabis  
Deets & squares (a form of child exploitation)  
I'm worried about someone who uses drugs  
Food & feelings (disordered eating)  
Unhealthy thoughts, feelings & behavior (self-harm)  
Managing family break up  
Forced marriage is illegal  
FGM (Female Genital Mutilation)  
Adult choices & contraception  
What does trans mean?  
What does being gay mean?  
Antisocial behaviour

**The topics here are not usually included within a Primary PSHE programme. However, depending on your cohort it may be applicable that one or more of these topics are needed. You know your children's needs best.**

**The packs are written age-appropriately with primary children in mind and can be requested as part of your library subscription as required.**

## Building your programme

Using the library to build your programme means you can tailor your provision more closely to the needs of your children and school community.

### What about mixed aged classes?

Because we offer a PSHE library rather than a fixed programme, mixed aged classes are easier to accommodate. The library is spiral and progressive, and contains more activity packs than your school will ever need. Therefore, if you have the occasional year where you need to find additional lessons that children haven't experienced previously, there is plenty of material to create a programme for these classes without the need to make major changes to the rest of your scheme.

**If you have any questions drop us an email: [info@chameleonpde.com](mailto:info@chameleonpde.com). We're also happy to arrange a time for a phone call or virtual chat if that works for you.**