



Backed by NHS

myHappymind Plus Parent and Carer Information

An introduction to how myHappymind Plus
supports RSHE Guidance



Contents

- About myHappymind
- About myHappymind Plus
- Why Do We Teach RSHE?
- Updates to Parents
- What is Taught: Early Years
- What is Taught: Lower KS1
- What is Taught: Upper KS2
- Sex Education in KS2
- Frequently Asked Questions



About myHappymind

myHappymind is an award winning, NHS backed whole school and nursery curriculum. It teaches children preventative habits that support positive mental health, resilience and self esteem.

Taught to every child in a school from Early Years through to Year 6, myHappymind is delivered via an innovative technology platform making learning easy and fun.

All of the concepts we teach are based in science and research and grounded in Neuroscience and positive psychology.

We are passionate about supporting teacher wellbeing too and so all schools using the programme have access to a teacher wellbeing programme.

We are also proud to support parents by providing them with a free app to continue the learning at home.



Our Approach

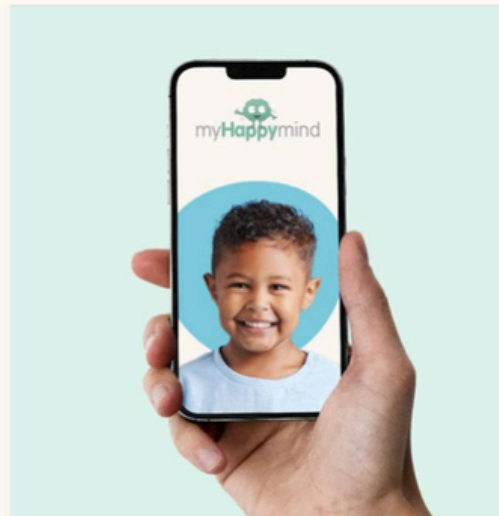
The myHappymind program is built on a systemic approach and contains three key programs.

A program for children which is largely made up of digital lessons but supported with physical resources. A Parent App to support parents from home and a CPD certified Staff Wellbeing Program which supports the wellbeing of all staff in the school (teaching and non-teaching).

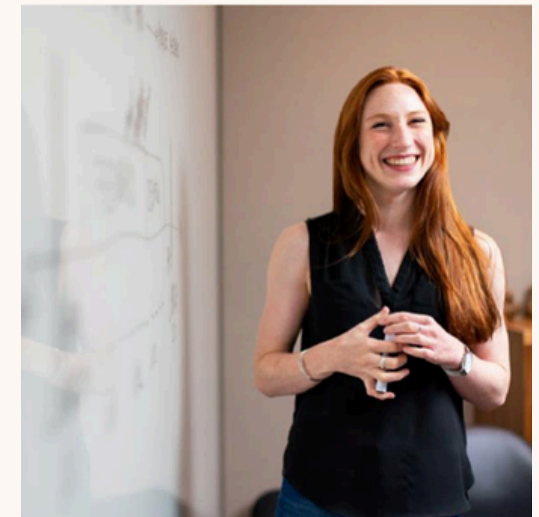
Children



Parents



Staff



What is taught in myHappymind

Meet Your Brain

Children learn how their brain works, how emotions happen, and simple ways to calm, focus and manage big feelings.

Celebrate

Children learn to recognise their character strengths, celebrate what makes them unique, and build confidence and self-esteem.

Appreciate

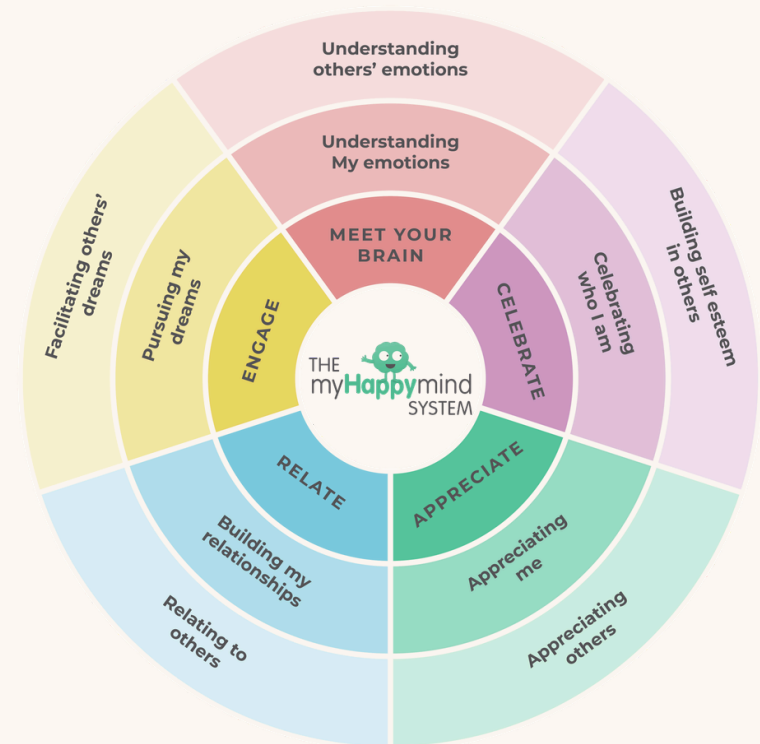
Children learn about gratitude and how noticing positive things can support wellbeing, resilience and a happier mindset.

Relate

Children learn why positive relationships matter and how to build friendships through kindness, empathy, respect and understanding others.

Engage

Children learn how to set meaningful goals, stay motivated and keep going when things feel challenging.



myHappymind Plus

myHappymind Plus is our school's PSHE Programme. The programme is compliant with the Statutory Guidance for Relationships, Sex, Health Education (RSHE) and it also teaches non-statutory PSHE objectives, providing a well-rounded curriculum.

myHappymind Plus is made up of **3 core content pillars** which run alongside the myHappymind core programme:

myHappymind – Core programme

myHappybody - Section 1 - Section 1: Relationships (Sex) and Health Education (RSHE)

myHappyrelationships - Section 1: Relationships (Sex) and Health Education (RSHE)

myHappyworld - Section 2: Economic Wellbeing and Careers Education

Lessons have been reviewed and developed to support schools in delivering age-appropriate, progressive and statutory Relationships, Sex and Health Education.

All objectives are mapped across the curriculum so schools can see where key learning is covered from Early Years to Year 6.



What is covered?

myHappymind

Core programme that teaches children preventive habits to look after their mental health.

myHappyworld

Maps to:

Section 2: Economic Wellbeing and Careers Education

Covers:

Online Life and safety
Economic Wellbeing
Careers Education: aspirations, learning and work
Drug Education



myHappyrelationships

Maps to:

Section 1: Relationships (Sex) and Health Education (RSHE)

Covers:

Families
Friendships
Respecting self and others
Safe relationships

myHappybody

Maps to:

Section 1: Relationships (Sex) and Health Education (RSHE)

Covers:

Mental Health and Wellbeing
Keeping Healthy and Well
Physical Activity and Nutrition
Changing and growing up
Personal Safety and First Aid

Why Do We Teach RSHE?

Relationships, Sex and Health Education (RSHE) helps children understand themselves, build positive relationships and develop the knowledge and skills they need to stay safe.

Children are growing up in a world where they need to understand relationships, emotions, online safety, health, personal safety and how to ask for help. These lessons help children make safe choices, build confidence, show respect for others and know where to go for support.

Through myHappymind Plus, RSHE is taught through the lens of wellbeing, belonging and safety. Learning is carefully planned to be age-appropriate, inclusive and responsive to the needs of children as they grow and develop. Lessons are delivered in a supportive environment where children are encouraged to ask questions, think critically and develop confidence in themselves and others.

Children will see familiar myHappymind concepts woven throughout lessons, including Happy Breathing, Team H-A-P and reflection opportunities. These help children feel calm, safe and ready to learn about important topics.



Update to Parents

The **updated DfE guidance** means you will see a stronger focus on areas such as online safety, AI, misinformation, privacy, consent, safeguarding, mental wellbeing, healthy lifestyles and age-appropriate teaching.

We want you to feel informed, reassured and confident about what your child is learning.

myHappymindPlus helps your child learn how to stay healthy, safe and respectful, while developing a better understanding of themselves, others and the world around them.

This document gives you an **overview of what your child will be learning and when each topic will be taught**. We will clearly **highlight any sensitive content**, such as naming body parts, puberty, grief, different types of relationships and reproduction, so that you feel informed and confident about what will be covered. Where applicable, we will **also explain which lessons you have the right to request withdrawal** from, in line with statutory guidance and school policy. Some content, such as puberty, body changes and learning covered through statutory Science, Relationships Education and Health Education, is part of the curriculum for all pupils. Parents do not have the right to withdraw their child from these areas.



What is Taught? Early Years





myHappybody

Early Years

Lessons	What is taught
3 myHappymind Places Lessons	These are our whole-school self-regulation lessons. Through myHappymind Places, children learn to notice and name their feelings, understand how emotions can affect behaviour, and use simple strategies to manage big feelings. They also learn when and how to ask a trusted adult for help.
Healthy Heroes	Children learn how to look after their bodies and make healthy choices. This includes becoming more independent with personal care, such as brushing teeth, using the toilet and washing hands, as well as learning about healthy eating, physical activity, sensible screen time and good sleep routines.
Safety Stars	Children learn to understand and follow rules more independently, including why rules help keep everyone safe. They also learn how to stay safe when walking near roads and being a safe pedestrian.
Self-Care Heroes	Children learn to become more independent with their personal care, including getting dressed, using the toilet, washing their hands and brushing their teeth. They also learn why healthy food choices are important.



myHappyrelationships Early Years

Lessons	What is taught
Learning and Playing Together	Children learn to build confidence in social situations, play positively with others and develop respectful relationships. They also learn to value differences between people and show kindness towards others.
Feelings and Friendship	Children learn how to manage feelings, solve conflicts and understand other people's perspectives. They practise being assertive in a respectful way, showing resilience when things are difficult, and finding positive ways to work through challenges with others.



myHappyworld Early Years

Our Local Community	Children learn about different jobs and the people who help in their community. They begin to talk about familiar people, what they do, and show interest in different occupations.
Our Classroom Community	Children learn to make choices, use resources to achieve goals and take responsibility within their setting. They also begin to understand how to care for the natural world and see themselves as a valued member of their community.

What is Taught?

KS1 - Year 1 and Year 2





myHappybody

KS1 - Year 1 and Year 2

Lessons	What is taught
3 myHappymind Places Lessons	These are our whole-school self-regulation lessons. Through myHappymind Places, children learn to notice and name their feelings, understand how emotions can affect behaviour, and use simple strategies to manage big feelings. They also learn when and how to ask a trusted adult for help.
2 Healthy Choices Lessons	Children learn simple ways to stay healthy and feel good, including being active, sleeping well, relaxing, keeping clean, looking after their teeth, making healthy food and drink choices, and knowing who can help if they feel unwell or worried.
2 Changing and Growing Lessons (Including loss)  Sensitive content	Children learn that people grow and change throughout life, and that their needs can change too. They also learn about different types of change and loss, including death, how this can affect feelings, and who can help.
Changing and Growing Lesson (My Amazing Body)  Sensitive content	Children learn that some parts of the body are private and are taught the correct names for these body parts using clear, age-appropriate language. They also learn that their body belongs to them, how to understand privacy and personal boundaries, how to recognise safe and unsafe touch, and who to tell if they ever feel worried or uncomfortable.
2 Safe Choices Lessons	Children learn simple ways to keep themselves safe and well in everyday situations. This includes sun safety, road and water safety, staying safe in busy places, recognising hazards at home and outside, using medicines safely, keeping personal information private online, and knowing how to get help or call 999 in an emergency.
Transition Lesson	Children learn how to prepare for moving to a new class and simple ways to manage their thoughts and feelings during change.



myHappyrelationships

KS1 - Year 1 and Year 2

Lessons	What is taught
2 Families and Trusted Relationships Lessons	Children learn that families can look different, and that every family is unique. They explore how families show love and care, who trusted adults are, and how to ask for help if they ever feel worried, unsafe or unsure.
Friendships and Showing Respect Lesson (Bullying)	Children learn how to recognise bullying and hurtful behaviour and understand how this can affect people's feelings. They learn the importance of being kind and telling a trusted adult if they see or experience bullying.
2 Friendships and Showing Respect Lessons	Children learn what makes a good friend, how to be kind, include others, share and take turns. They explore how to manage friendship problems calmly, respect differences, express their needs, and ask for help if a friendship makes them feel unhappy.
2 Safe relationships Lessons	Children learn about asking for and giving permission in everyday situations, such as play and sharing space or toys. They also learn how to say no, resist pressure, and tell a trusted adult if a secret makes them feel worried, uncomfortable or unsafe.



myHappyworld

KS1 - Year 1 and Year 2

Lessons	What is taught
2 Protecting Our Communities Lessons	Children learn about the different groups and communities they belong to, the roles and responsibilities they have within them, and the important jobs people do to help others in the community. They also explore how caring for people, animals and the environment contributes to a positive society, and how rules help to protect and support the world around us as part of active citizenship.
1 Online Safety Lesson	Children learn how to use the internet safely and respectfully. They explore that not everything online is true, people may not always be who they say they are, and rules, age limits and screen-time breaks help keep them safe and well.
2 Economic Wellbeing Lessons	Children learn what money is, how it can be earned, saved and spent, and the difference between needs and wants. They also explore different jobs, community roles, and the strengths and interests people may use in the world of work.

What is Taught?

Lower KS2 - Year 3 and Year 4





myHappybody

Lower KS2 - Year 3 and Year 4

Lessons	What is taught
3 myHappymind Places Lessons	These are our whole-school self-regulation lessons. Children learn to notice and name their feelings, understand how emotions can affect behaviour, and use simple strategies to manage big feelings. They also learn when and how to ask a trusted adult for help.
2 Healthy Choices Lessons	Children learn how everyday choices can support their health and wellbeing, including sleep, rest, exercise, time outdoors, hobbies, healthy food, and spending time with others. They also learn how these choices affect their body, feelings and learning, and who to speak to if they are worried about their health.
Changing and Growing (Grief) Lesson  Sensitive content	Children learn that families can go through changes and difficult times, and that families can support each other. They also learn about loss and grief, including bereavement, and explore simple ways to cope and ask for help.
Changing and Growing (Our Bodies Growing Up) Lesson  Sensitive content	Children learn the correct scientific names for external genitalia and internal reproductive organs, and understand that some body parts are private. They also learn that everyone's body belongs to them, how to respect personal boundaries, how to recognise inappropriate or unwanted touch, and who to tell if they feel worried, unsafe or uncomfortable.



myHappybody

Lower KS2 - Year 3 and Year 4

Lessons	What is taught
Changing and Growing (Period) Lesson  Sensitive content	Children learn about periods as part of puberty, including the physical and emotional changes that can happen. They also learn simple ways to prepare for periods, look after themselves and ask for support if needed.
First Aid Lesson	Children learn what first aid is and simple ways to respond to common injuries. They also learn when and how to call emergency services, and why getting help and staying safe is more important than filming an incident.
Safe Choices Lesson	Children learn how to spot hazards, understand risks and make safe choices at home, outdoors and when travelling. They explore simple ways to keep themselves safe around things like fire, electricity, roads, water, railways and unfamiliar places.
Transition Lesson	Children learn how to prepare for moving to a new class and simple ways to manage their thoughts and feelings during change.



myHappyrelationships

Lower KS2 - Year 3 and Year 4

Lessons	What is taught
Families and Trusted Relationships Lessons  Sensitive content	Children learn that families can look different, including single-parent, blended, adoptive, foster and LGBT+ families, and that all families should be respected. They also learn that families should provide love, care and safety, and who to talk to if they ever feel worried or unsafe.
Friendships and Showing Respect Lesson	Children learn why positive friendships matter and how they can support wellbeing. They also learn how to recognise healthy friendships, include others, manage peer pressure, work through disagreements safely, and cope with disappointment or frustration in relationships.
Safe Relationships Lesson	Children learn about privacy, personal boundaries, safe relationships, and asking for or giving permission. They also practise what to do if someone pressures them to do something unsafe or uncomfortable.
Friendships and Showing Respect (Bullying) Lesson	Children learn how to recognise bullying and hurtful behaviour and understand how this can affect people's feelings. They learn the importance of being kind and telling a trusted adult if they see or experience bullying.



myHappyworld

Lower KS2 - Year 3 and Year 4

Lessons	What is taught
2 Protecting Our Communities	Children learn about diverse communities and how to care for others, animals and the environment with respect, empathy and compassion.
Online Safety Lesson	Children learn how to use the internet safely and responsibly, including how to protect their privacy, understand personal data, recognise targeted content and misinformation, and make positive choices online, including when using AI.
2 Economic Wellbeing (Money) Lessons	Children learn that people make different choices about saving and spending money, and that these choices can be influenced by their needs, wants and priorities. They also learn how to keep money safe, keep track of it, and understand that spending choices can affect other people and the environment.
Careers and Aspirations Lesson	Children learn to recognise their strengths, achievements and goals, and think about the skills they may need in the future. They also learn about different jobs and career paths, including how people's interests, values, choices and changes in the world can influence the work they may do.

What is Taught?

Upper KS2 - Year 5 and Year 6



Sex Education in Upper KS2

In Upper Key Stage 2, children learn about human reproduction as part of the wider curriculum on growing and changing.

This includes conception, pregnancy, birth, caring for babies and the responsibilities that come with parenthood.

Learning is delivered using clear scientific language and is always age-appropriate, factual and sensitive.

Some content, such as puberty and changes to the body, forms part of the statutory Science, Relationships Education and Health Education curriculum. There is no right to withdraw from these areas.

Parents have the right to request that their child is withdrawn from Sex Education taught outside of the statutory Science curriculum. myHappymind Plus has 2 lessons that cover these objectives.

If you would like to discuss the curriculum or your child's participation in lessons, please contact the school.



myHappybody

Upper KS2 - Year 5 and Year 6

Lessons	What is taught
3 myHappymind Places Lessons	These are our whole-school self-regulation lessons. Children learn to notice and name their feelings, understand how emotions can affect behaviour, and use simple strategies to manage big feelings. They also learn when and how to ask a trusted adult for help.
2 Healthy Choices Lessons	Children learn how to make healthy choices that look after their bodies, including dental care, personal hygiene, sun safety, being active and using medicines safely. They also learn how to prevent illness and who to speak to if they are worried about their health.
Changing and Growing (Transition)	Children learn how to prepare for moving to a new class and simple ways to manage their thoughts and feelings during change.
Changing and Growing Lesson (Grief)  Sensitive content	Children learn that families can go through changes (e.g. new siblings, moving home) and experience difficult times, and can support each other through these about change, loss and grief, including bereavement; that people feel, express, and manage grief in different ways; strategies that can help with change, loss and grief.
Changing and Growing Lesson (Puberty)  Sensitive content	Children learn about the emotional and physical changes that happen during puberty, such as changes in mood, body hair, periods and wet dreams. They also learn simple ways to prepare for and manage these changes, and how to ask for support if needed.
First Aid Lesson	Children learn what first aid is and simple ways to respond to common injuries. They also learn when and how to call emergency services, and why getting help and staying safe is more important than filming an incident.
Safe Choices Lesson (Drug Education)  Sensitive content	Children learn about the risks and effects of drugs that may be part of everyday life, such as alcohol, nicotine, caffeine and medicines. They also learn about drug laws, what can influence people's choices, how habits can form, and where to get help if they are worried.
2 Changing and Growing (Sex Education) Lessons  Sensitive content	Children learn about reproduction and birth as part of the human lifecycle. This includes how babies are conceived and born, that there are ways to prevent pregnancy, and how babies need to be cared for.



myHappyrelationships

Upper KS2 - Year 5 and Year 6

Lessons	What is taught
Families and Trusted Relationships	Children learn that families and relationships can look different, and that all families should be respected. They also learn that families should provide love, care and safety, and who to talk to if they ever feel worried or unsafe.
Friendships and Showing Respect	Children learn how positive friendships can support their wellbeing and how to recognise when a friendship feels unsafe, uncomfortable or unhealthy. They also explore how friendships can change, how to manage peer pressure, and how to treat others respectfully both online and offline.
Friendships and Showing Respect (Bullying)	Children learn how to recognise different types of bullying, including online, and understand how bullying can affect everyone involved. They also learn how to report concerns, seek help, and communicate kindly and respectfully online.
Safe relationships Lesson	Children learn about privacy, personal boundaries and respectful relationships. They also learn how to recognise unsafe or uncomfortable situations, respond to pressure, understand when secrets should be shared, and keep asking trusted adults for help until they are heard.
Safe Relationship (All Kinds of Love) Lesson  Sensitive content	Children learn that as they grow up, people may develop crushes or romantic feelings for others. They also learn that people can be attracted to someone of the same sex or a different sex, and that this should be understood respectfully.
Safe Relationships (Understanding FGM)  Sensitive content	Children learn that FGM is illegal and harmful, and that they should tell a trusted adult if they are worried that they or someone they know may be at risk. This is taught sensitively, without graphic detail, as part of wider learning about body safety, privacy and trusted adults.



myHappyworld

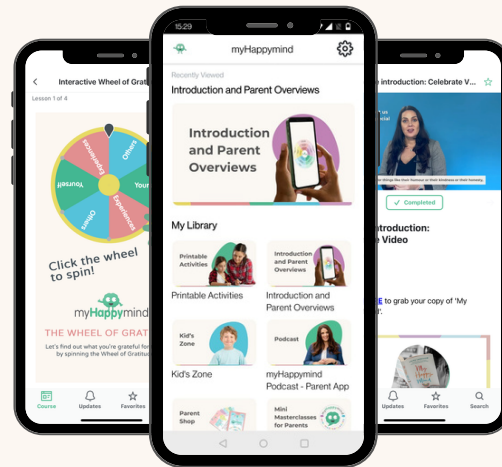
Upper KS2 - Year 5 and Year 6

Lessons	What is taught
2 Online Safety Lessons	Children learn how to use the internet safely, responsibly and kindly. They explore online privacy, sharing information, age restrictions, AI, misinformation, screen time, online relationships, gaming risks, scams, and how to get help if anything online worries or upsets them.
1 Economic Wellbeing (Money) Lesson	Children learn that people make different choices about saving and spending money, and that these choices can affect feelings and wellbeing. They also explore different ways to pay for things, and who to talk to if money worries arise.
2 Careers and Aspirations Lessons	Children learn to recognise their strengths, achievements and goals, and think about the skills they may need for the future. They also explore different jobs and career routes, what can influence career choices, and why stereotypes should not limit aspirations.
3 Protecting Our Communities Lessons	Children learn about respect, diversity and shared responsibility. They explore what makes people unique, why stereotypes and discrimination are harmful, how to challenge unfair behaviour, and how rules and laws help keep people safe.

myHappymind Parent App

Download our myHappymind Parent App to help you use the same language and strategies at home. myHappymind and how to support these habits at home. The app includes videos, activities, Happy Breathing, music, stories and other family resources.

Search 'myHappymind' in your App Apple or Google Play store.



myHappymind for Parents

Exclusively for parents with children at a myHappymind School.



Learn all about what your children are learning in school



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

Frequently Asked Questions

What is myHappymind Plus?

Plus is our PSHE/RSHE programme. It helps children learn how to stay healthy, safe and respectful, while developing the knowledge and skills they need for everyday life.

What topics will my child learn about?

Children will learn about health and wellbeing, friendships, families, online safety, privacy, personal boundaries, money, careers, respect, diversity and preparing for change.

How will sensitive topics be taught?

Sensitive topics are taught in an age-appropriate, factual and respectful way. We will highlight sensitive content in advance so you know what will be covered.

Will my child be taught about FGM?

FGM is not a statutory requirement to teach explicitly in primary school. However, schools may choose to include it as part of wider safeguarding learning to help equip children to keep themselves and others safe.

Will my child learn about reproduction?

In Upper Key Stage 2, children learn about human reproduction as part of growing and changing. This includes conception, pregnancy, birth, caring for babies and the responsibilities that come with parenthood.

Can I withdraw my child from lessons?

Parents can request to withdraw their child from sex education taught outside the statutory Science curriculum. There is no right to withdraw from Relationships Education, Health Education or statutory Science content.

Who can I speak to if I have questions?

Please contact the school if you would like to discuss the curriculum, sensitive content, or your child's participation in lessons.

Can I download the myHappymind app?

Yes. Parents and carers at myHappymind schools can access the myHappymind Parent App to learn more about myHappymind and how to support these habits at home. The app includes videos, activities, Happy Breathing, music, stories and other family resources. Your school will share the information you need to access the app.



**If you have any questions, just get in touch with your
Customer Happiness Manager, or contact us at
hello@myhappymind.org or 01625 447547.**

Don't forget to follow us:



myHappymind



myHappymind



myHappymind_



@myhappymind