



Progression in knowledge and skills for “fake is a mistake”

Year 1

I can suggest an amazing fact about myself.
 I can explain why we don't need to lie about ourselves.
 I am beginning to understand that I don't need to pretend to be anything I am not - I can be myself!
 I can describe what being 'see-through' means.
 I am beginning to understand some reasons why being 'see-through' in friendship is important.
 I can suggest some ways to look after my teeth.
 I can name a person I can talk to when I feel upset.
 I am beginning to understand that small lies can have a big impact.
 I can complete the phrase “I am...” with a positive characteristic.

Year 2

I can suggest a couple of amazing facts about myself.
 I can explain why we don't need to lie about ourselves.
 I can name something unique about myself.
 I can name an unkind thought that I have about myself.
 I can name a kind thought I have about myself.
 I can describe how an emotion feels.
 I can describe times when I have felt different emotions.
 I can suggest some ways to demonstrate good manners.
 I can demonstrate different ways to greet another person.
 I can describe some ways to stay safe in the sun.
 I can use positive words to describe myself and complete the phrase ‘I am...’

Year 3

I can suggest a couple of amazing facts about myself.
 I can explain why we don't need to lie about ourselves.
 I am beginning to know the real me is the best me.
 I can give a simple explanation of what shame is.
 I can suggest appropriate and inappropriate types of touch.
 I can suggest safe people to talk to if I am concerned.
 I can explain why telling the truth is important to build a friendship.
 I can explain what an allergy is.
 I can list what I have learned about why ‘Fake is a Mistake’.

Year 4

I can explain why we don't need to lie about ourselves.
 I can list 3 great things about myself.

	I can explain that I am not what I 'do'. I can identify some important voices in my life. I can recognise the difference between kind and unkind voices in my life. I am growing in courage to always tell the truth. I can give examples of when I have been afraid to tell the truth. I can explain when dares are no longer fun. I can explain the consequences of dares. I can list some of the risks associated with smoking. I can list what I have learned about why 'Fake is a Mistake'
Year 5	I can explain why we don't need to lie about ourselves. I can list 5 great things about myself. I can discuss how unrealistic images can make me feel. I can explain some things I can do when I feel like I need to hide how I really feel. I can give a simple description of what vulnerability is. I can identify qualities that build trust for vulnerability. I can explain why growing feedback is important. I can identify the difference between 'No Entry' and 'Welcome' responses to feedback. I can list some risks associated with alcohol use in young people. I can give some advice against drinking alcohol. I can list what I have learned about why 'Fake is a Mistake'
Year 6	I can present different opinions respectfully. I can explain how to communicate the truth lovingly. I understand we are loved just as we are. I understand how to replace negative self-talk with positive self-talk. I can define what a boundary is. I can explain how using boundaries means we can have respectful friendships. I can find out facts about vaccinations from credible sources. I can suggest ways to discern if information online is credible. I can know some physical and mental health risks associated with taking drugs. I can suggest some ways to avoid drug taking. I can list what I have learned about why 'Fake is a Mistake'?