



myHappyMind Plus Curriculum Update 2026

An overview of the updates to myHappyMind Plus to support full coverage of the PSHE Association Programme of Study (2026).



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Preparing for the New PSHE Programme of Study

The PSHE Association Programme of Study (2026) has introduced an updated structure for PSHE education, organised into two key areas:

- Relationships, Sex and Health Education (RSHE / Health Education)
- Economic Wellbeing and Careers Education

The updated Programme of Study strengthens progression across Key Stages 1 and 2 and reflects the changing experiences and needs of children and young people today.

To support schools with these changes, **myHappyMind Plus is being updated and mapped to the new Programme of Study**. This will help schools deliver a curriculum that is engaging, age-appropriate and aligned with statutory expectations.

Existing lessons are being reviewed and updated to reflect the new guidance, and additional lessons are being introduced to ensure **full coverage of all objectives**, including new **RSE content**.

All updates to myHappyMind Plus will be available before the end of the school year in July, giving schools as much time as possible to review materials ahead of the new academic year.

In the meantime, we would like to share:




- An overview of the updated content covered in each key stage, mapped to myHappyMind Plus
- An overview of the new additional RSE lessons
- Suggested best-fit long-term overview
- A link to a sample lesson

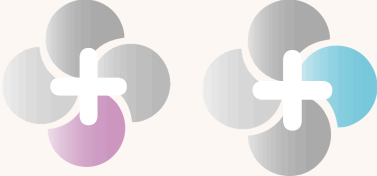


We hope this document helps answer some of the questions you may have about the new myHappyMind Plus updates. We have also included a list of frequently asked questions that may be helpful.



PSHE Association (2026) Coverage



This table shows how the PSHE Association Programme of Study (2026) is delivered through myHappyMind Plus modules. It outlines the progression of learning from Key Stage 1 to Key Stage 2 across Relationships, Sex and Health Education and Economic Wellbeing.

Section 1: Relationships, Sex and Health Education (RSHE / Health Education)			
	KS1 – What is taught	KS2 – What is taught	myHappyMind Plus Module
Families	Learn what a family is and who is in their family. Understand that families can be different (e.g. single parents, adoptive families) and that families care for each other. Know who to talk to if something feels upsetting.	Understand different family structures (including blended, foster, adoptive and LGBT+ families). Learn about roles, responsibilities and committed relationships (e.g. marriage, civil partnerships), and how families support and protect children.	myHappyRelationships 
Friendships	Learn what makes a good friend. Understand that friends can fall out and how to resolve simple disagreements. Know how to ask for help.	Learn how to build healthy friendships (trust, respect, loyalty), manage conflict, deal with peer pressure, and recognise unhealthy or controlling friendships. Learn how friendships can change over time and how to ask for help if a friendship makes them feel unsafe or unhappy.	myHappyRelationships 
Respecting self and others	Learn that everyone is unique, to respect differences and show kindness. Understand that words and actions can hurt others and know to tell an adult if worried.	Learn about identity (culture, beliefs, ethnicity), diversity and equality. Understand stereotypes, prejudice and discrimination and how to challenge them. Develop respectful communication and conflict resolution skills.	myHappyRelationships 

	KS1 – What is taught	KS2 – What is taught	myHappyMind Plus Module
Safe relationships: consent, boundaries and trust	Learn that their body belongs to them. Use correct names for body parts (e.g. penis, vulva). Understand private parts, safe/unsafe touch, and trusted adults.	Learn about consent, boundaries and appropriate contact. Recognise pressure, coercion and unsafe relationships. Understand safeguarding issues, that Female Genital Mutilation is against British Law and how to report concerns if they are concerned about their own safety or the safety of others.	myHappyRelationships/ myHappybody 
Mental health and wellbeing	Recognise and name basic feelings and understand that feelings affect behaviour. Learn simple strategies to manage emotions and who can help.	Understand a wide range of emotions and how they change. Learn everyday strategies to manage stress, worry and change, build resilience, and recognise when support is needed.	myHappyBody 
Keeping healthy and well	Learn basic hygiene, sleep routines and sun safety. Know who helps keep them healthy and who to talk to if they are worried about their health.	Understand how to maintain health through hygiene, sleep, dental care and preventing illness (including bacteria, viruses and vaccination). Know the role of medical professionals and how to access help when needed.	myHappyBody 
Physical activity and nutrition	Learn that being active and eating a range of foods helps keep us healthy.	Understand balanced diets, the impact and risks of high-sugar and ultra-processed foods, and the importance of regular exercise. Learn how to prepare healthy meals and be supported to make healthy choices.	myHappyBody 

	KS1 – What is taught	KS2 – What is taught	myHappymind Plus Module
Changing and growing up	Learn that people grow and change as they get older.	Learn about puberty (periods, wet dreams, body changes), reproduction and identity. Understand that attraction can be to the same or different sex.	myHappyBody 
Personal safety and first aid	Learn simple safety rules (road, water, home), how to get help and how to call 999 in an emergency.	Learn to assess risk, stay safe in different situations, and respond to emergencies. Learn basic first aid for common injuries and how to make a clear and efficient call to the emergency services.	myHappyBody 
Online life and safety	Learn how people use the internet and that not everything online is true. Learn to be kind online. Learn how age restrictions protect wellbeing online and follow basic online rules. Learn how to speak to a trusted adult.	Learn how online content is created, targeted and sometimes false, sometimes involving AI. Understand misinformation and how to think critically about what they see online. Learn about online harms (cyberbullying, scams, harmful content) and how to report concerns.	myHappyWorld 
Drug education	Learn that medicines can help but some substances can be harmful. Understand basic safety around substances.	Learn about drugs (including alcohol, tobacco and vaping), their effects, risks and laws. Understand influences on behaviour and where to get help.	myHappyBody 

Section 2 - Economic Wellbeing and Careers Education

	KS1 – What is taught	KS2 – What is taught	myHappyMind Plus Module
Economic wellbeing	<p>Learn what money is, where it comes from and how it is used. Begin to understand saving, spending and needs vs wants.</p>	<p>Learn how to budget, save and track money. Understand how money affects emotions, decisions, other people and the environment, and how to keep money safe.</p>	<p>myHappyWorld</p> 
Careers education: aspirations, learning and work	<p>Learn about different jobs and begin to recognise their own strengths and interests.</p>	<p>Learn to recognise their achievements, strengths and how to set targets to achieve their goals. Identify how these skills might help in their future career. Learn about a wide range of careers and pathways. Develop skills, set goals, and challenge stereotypes about jobs.</p>	<p>myHappyWorld</p> 



Overview of the New RSE Lessons

To support schools with full statutory coverage we have introduced 8 new RSE lessons across KS1 and KS2. The table below provides an overview of the new lessons and where they fit within the curriculum.

Key Stage	Number of Lessons	Lesson focus	Objective covered
KS1 – Year 1&2	1	<ul style="list-style-type: none"> My Amazing Body 	<ul style="list-style-type: none"> That some parts of the body are private; to be able to name these private parts of the body e.g. penis, testicles, scrotum, nipples, vulva, vagina.
Lower KS2 – Year 3&4	2	<ul style="list-style-type: none"> Bodies Growing Up Looking After Yourself 	<ul style="list-style-type: none"> The external genitalia and internal reproductive organs in males and females. The facts about the menstrual cycle and menstrual wellbeing, including what period products are available; where to get help and advice for menstrual wellbeing.
Upper KS2 - Year 5&6	5	<ul style="list-style-type: none"> The Big Change Understanding FGM All kinds of Love How Life Begins Caring for Babies and Making Choices 	<ul style="list-style-type: none"> The emotional and physical changes that occur during puberty in both males and females (e.g. mood swings, wet dreams, periods, body hair); strategies to prepare for and manage these changes. That female genital mutilation (FGM) is against British law; what to do and who to tell if they think they or someone they know might be at risk. That people can develop crushes and be attracted to others romantically; that people may be attracted to someone of the same sex or different sex to them. About the processes of reproduction and birth as part of the human lifecycle. How babies are conceived and born (and that there are ways to prevent a baby being made). How babies need to be cared for.

All lessons are age-appropriate, inclusive and aligned with statutory guidance and the PSHE Association Programme of Study (2026).



Best Fit Long Term Plan

myHappyMind Plus modules are organised by Key Stage, giving schools the flexibility to tailor objectives and lessons to meet the needs of their pupils and curriculum. The new RSE lessons will work in the same way, allowing schools to deliver the content in a way that best suits their cohort and timetable.

We will also update our suggested Best Fit Long-Term Plan for schools that would like additional guidance. Even with the new RSE lessons, there is still sufficient time across the school year to deliver myHappyMind, existing myHappyMind+ content and the new additional lessons.

Below is an overview of the suggested year groups for the additional lessons:

Key Stage	Lesson	Suggested Year Group
KS1	KS1 - My Amazing Body	Year 2
LKS2	KS2 - Bodies Growing Up	Year 3 and/or Year 4 – Optional to repeat across both year groups.
LKS2	LKS2 - Looking After Yourself	Year 4
UKS2	UKS2 - The Big Change	Year 5
UKS2	UKS2 - All Kinds of Love	Year 5
UKS2	UKS2 - Understanding FGM	Year 6
UKS2	UKS2 - How Life Begins	Year 6
UKS2	UKS2 -Caring for Babies and Making Choices	Year 6



Has myHappymind Plus been updated to cover the new Programme of Study?

Yes. myHappymind Plus has been reviewed and is being updated to align with the PSHE Association Programme of Study (2026). A new curriculum mapping document will be available soon.

Does myHappymind Plus cover all objectives, including RSE?

Yes. To ensure full coverage of the updated PSHE Association Programme of Study (2026), myHappymind Plus is updating existing lessons and introducing additional RSE lessons across KS1 and KS2. These lessons support schools in delivering all statutory and recommended objectives in an age-appropriate and progressive way, including updated content around body parts, puberty, FGM and sex education.

Where will I find the new lessons?

The new lessons will be delivered through our myHappyBody module.

Do schools have to teach the RSE lessons?

Relationships Education and Health Education are statutory in primary schools. The new myHappymind Plus RSE lessons have been designed to support schools with full coverage of statutory content and progression across KS1 and KS2.

Should schools consult with parents about their RSHE curriculum and the right to withdraw?

Yes. Schools are encouraged to share their RSHE curriculum with parents and communicate how content is taught in an age-appropriate and supportive way. Open communication helps build understanding and confidence around the curriculum.

Parents have the right to request withdrawal from some or all non-statutory sex education lessons; however, pupils cannot be withdrawn from statutory Relationships Education, Health Education or content taught as part of the science curriculum.

Will schools be provided with parent communication and consent materials?

Yes. We will provide schools with supporting documents and parent communication materials to help explain RSHE content, support consultation with parents, and communicate information on consent and the right to withdraw.

Are the lessons age-appropriate?

Yes. All content has been carefully designed to be developmentally and age-appropriate for each key stage, with progression built across the primary years.



FAQs

How are schools expected to timetable the additional lessons?

Schools can deliver myHappymind Plus flexibly to suit their curriculum. We provide an example long-term “best fit” plan to support sequencing and progression across the year.

Can schools adapt the long-term plan?

Absolutely. The long-term plan is designed as guidance and can be adapted to meet the needs, timetable and context of individual schools.

How does myHappymind Plus support the new online safety and digital wellbeing objectives?

Online safety and digital wellbeing lessons are being updated to align with the new Programme of Study (2026). Updated content will include topics such as AI and chatbots, online relationships, misinformation, privacy and consent, digital wellbeing, online gaming and reporting concerns online.

Is LGBT+ content included?

Yes. The curriculum will reflect inclusive relationships and families, including LGBT+ families and identities, in an age-appropriate and respectful way, in line with statutory guidance.

How does myHappymind Plus support safeguarding?

The curriculum includes explicit safeguarding content on consent, boundaries, trusted adults, online safety, and recognising unsafe situations. Lessons are designed to help pupils stay safe and know how to seek support.

Are parent resources available?

Yes. Parent resources will be available to help schools communicate curriculum content and support conversations at home. These resources are being designed to help parents understand what is being taught and why.

When will the new content be fully available to view?

All updated content will be available on the portal before the end of the school year, giving schools time to review and plan ahead before the summer break. New content and resources will continue to be added to the portal as they become available, so please keep an eye out for updates throughout the rollout period.



If you have any questions, please contact your Customer Happiness Manager for more details or email hello@myHappyMind.org

You can share these with us over on our social media channels below:

