



Hadley Wood Primary School

PSHE (Personal, Social, Health Education) Policy

including Relationships Sex Education and Health Education

Date the policy came into effect	September 2022
Date of the next policy review	September 2024
Name of the person responsible for this policy	Fran Worby
Issued to	Staff, governors and parents
Date of consultation	Monday 13th July and Monday 31st August 2020

PSHE (Personal, Social, Health Education) Policy including Relationships Education, Sex Education and Health Education

1. Introduction

At Hadley Wood Primary School, we understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. As a maintained primary school, from 2020, we must provide relationship and health education to all pupils as per section 34 of the Children and Social Work Act 2017. As we already deliver a comprehensive PSHE program; we have reviewed and adjusted it to meet the Department for Education (DfE) expectations (see **PSHE Curriculum Overview and Appendices A – C** for full details) and are due to deliver it from September 2020.

Our school is committed to serving its community and surrounding areas. We recognise the multicultural, multi faith and ever-changing nature of the United Kingdom, and therefore those we serve. We also understand the vital role we have in ensuring that groups or individuals within the school are not subjected to intimidation or radicalisation by those wishing to unduly, or illegally, influence them. At our school we embrace the British Values of: Democracy, The rule of law, Individual liberty, Mutual respect and Tolerance of those of different faiths and beliefs.

Our school considers Relationships and Sex Education (RSE) to be an integral part of the PSHE Education, with elements also contained in the science curriculum. We aim to offer pupils a carefully planned curriculum covering: human development, relationships, sexuality and family life all within a safe, comfortable atmosphere. The programme is set within a moral framework and matched to the pupils' level of maturity. This policy reflects the requirements outlined in the DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (June 2019 – Revised July 2020)

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

We want our children to learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

2. Definition of key terminology:

Throughout this policy there will be reference to RSE and PSHE. (Glossary of abbreviations can be located at the end of this policy.)

Personal, Social, Health and Economic education (PSHE) are an important and necessary part of all pupils' education. Through a planned programme of learning, we aim to equip our pupils with the knowledge, understanding and skills that they need in order to manage their lives both now and in the future. As part of a whole school approach, we aim to develop the attributes our pupils need to thrive as individuals, as part of a family and as a confident member of the wider community.

Relationships and Sex Education (RSE) The current RSE policy was introduced in September 2020 and is a statutory part of the National Curriculum. RSE is part of lifelong learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. RSE, within PSHE, aims to give children and young people essential skills for building positive, enjoyable, respectful and non-exploitive relationships and the skills to stay safe both on and off line.

It enables pupils to explore their own and other’s attitudes and values and builds their self-esteem and confidence to view their own sexuality positively. RSE is not about the promotion of sexual activity and we understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships, sex and health curriculum for all our pupils. This policy sets out the framework for our relationships, sex and health curriculum, providing clarity on how it is informed, organised and delivered.

3. Right to withdraw

Parents do not have the right to withdraw their child from relationship education; however, they do have the right to withdraw their children from the non-statutory/non-science components of sex education within PSHE.

If a parent wishes their child to be withdrawn from the non-statutory/non-science sex education elements of RSE, they should discuss this with the Headteacher, and make it clear which aspects of the programme they do not wish their child to participate in.

Parents should be aware that schools are legally required to provide a broad, balanced curriculum. Sex education topics can arise incidentally and overlap with relationships education lessons and it is not possible to withdraw pupils from these relatively limited and often unplanned discussions.

Requests for withdrawal should be put in writing and addressed to the Headteacher using the parent form found in **Appendix D**. A copy of withdrawal requests will be placed in the pupil’s educational record. The Headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from these lessons.

4. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – members of the senior leadership team, pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Pupil consultation – we investigated what exactly pupils want from their RSE and PSHE lessons via our School Council representatives

5. Statutory outcomes by the end of primary school:

Families and people who care for me	<p>Pupils should know</p> <ul style="list-style-type: none"> • that families are important for children growing up because they can give love, security and stability. • the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives. • that others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are
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	<p>also characterised by love and care.</p> <ul style="list-style-type: none"> • that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. • how to recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice from others if needed.
Caring friendships	<p>Pupils should know</p> <ul style="list-style-type: none"> • how important friendships are in making us feel happy and secure, and how people choose and make friends. • the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. • that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. • that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. • how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful relationships	<p>Pupils should know</p> <ul style="list-style-type: none"> • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • practical steps they can take in a range of different contexts to improve or support respectful relationships. • the conventions of courtesy and manners. • the importance of self-respect and how this links to their own happiness. that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. • what a stereotype is, and how stereotypes can be unfair, negative or destructive. • the importance of permission-seeking and giving in relationships with friends, peers and adults.
Online relationships	<p>Pupils should know</p> <ul style="list-style-type: none"> • that people sometimes behave differently online, including by pretending to be someone they are not. • that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others

	<p>online including when we are anonymous.</p> <ul style="list-style-type: none"> • the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. • how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • how information and data is shared and used online.
Being safe	<p>Pupils should know</p> <ul style="list-style-type: none"> • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. • that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. • how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. • how to recognise and report feelings of being unsafe or feeling bad about any adult. • how to ask for advice or help for themselves or others, and to keep trying until they are heard. • how to report concerns or abuse, and the vocabulary and confidence needed to do so. • where to get advice e.g. family, school and/or other sources

6. Pupil Learning Outcomes

We want our children to develop self-awareness, positive self-esteem and confidence, enabling them to:

- Become confident, capable and caring individuals as outlined in our School Vision
- Have a sense of purpose
- Value self and others
- Make and act on informed decisions
- Have respect for other peoples' views and to celebrate the diversity in society.
- Understand the nature and importance of developing and sustaining healthy, happy relationships in whatever form these may take
- Prepare for puberty both mentally, physically and socially
- Understand the consequences of their actions and behave responsibly within relationships
- Recognise unsafe situations and be able to protect themselves and ask for help and support in both online and in reality
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals

7. Curriculum

We follow a programme of study developed from the You Me & PSHE scheme of work. We have combined this with elements of the Enfield PSHE scheme of work to reflect the specific needs of our pupils. Our curriculum plan is set out in our **PSHE Curriculum Overview** (available under the curriculum tab on our website).

The scheme of work has three core themes, the same for each key stage. Each core theme is divided up into three topic areas:

Core Theme 1: Health and Wellbeing

Topic areas:

- Healthy lifestyles
- Keeping safe
- Growing and changing

Core Theme 2: Relationships

Topic areas:

- Healthy Relationships
- Feelings and emotions
- Valuing difference

Core Theme 3: Living in the Wider World

Topic areas:

- Rights and responsibilities
- Taking care of the environment
- Money matters

Whilst PSHE is split into three separate core themes, in reality there will always be extensive overlap. PSHE education addresses both pupils' direct experience and preparation for their future. Therefore, we feel it is important to provide a spiral programme of knowledge, skills and attribute development, where prior learning is revisited, reinforced and extended in age and key stage appropriate contexts.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so pupils are fully informed and do not seek answers online.

8. Delivery of RSE

RSE is taught within the Personal, Social, Health and Economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

The RSE areas of learning are taught within the context of 'family life' taking care to ensure that there is no stigmatisation of children based on their home circumstances. The RSE scheme of work (**see**

Appendix A for information on coverage of the statutory relationships education criteria)

promotes that families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures and reflects sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Pupils in Years 5 and 6 also receive stand-alone sex education sessions delivered by school staff. When RSE lessons are delivered there are always two members of staff present.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Sex education focuses on teaching fundamental building blocks about children's bodies and how they change including

- Puberty - Preparing boys for the changes that adolescence brings
- Puberty – Preparing girls for the changes that adolescence brings
- How a baby is conceived and born
- How to keep our bodies safe

Throughout the school, the correct scientific language is used for all body parts. Teachers will respond to questions from children in an age-appropriate, sensitive manner. Particularly within Key Stage 2, this will often be done through anonymous questions. See **Appendix B** for full details of the coverage of science within relationships and health education.

All maintained primary schools will be expected to continue teaching reproduction as part of the Science National Curriculum. This includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

All lessons taught through this curriculum, including the supporting materials are in line with Keeping Children Safe in Education (KCSIE) and are updated following the most up to date publication of this document each September.

For more information about coverage of RSE objectives within our PSHE curriculum, see **Appendix A** of this policy.

9. Curriculum Delivery

At Hadley Wood Primary School, RSE, Relationships Education and Health Education are delivered within the context of PSHE in a variety of ways including:

- Discrete weekly curriculum time: allocated lesson times for PSHE
- A discrete half termly P4C lesson
- Circle time activities as and when is required
- Assemblies (*See Collective Act of Worship Policy*)
- Teaching PSHE and Citizenship through and in other subjects/curriculum areas including:

- English: skills in enquiry and communication, stories that illustrate aspects of personal and social development
- Mathematics: aspects of financial capability, counting and sharing
- Science: (including medicines), sex, health, safety and the environment
- Design & Technology: health and safety, healthy eating and use of technology
- ICT: communicating with others via e-mail, finding information on the internet and checking its relevance and keeping safe online
- History: reasons for and results of historical events, diversity within societies, significant people, events, ideas and experiences of people from the past
- Geography: topical issues concerning environment, sustainable development, land use, study of pupils' own locality and places in different parts of the world
- Art and Design: reflecting on and responding to ideas and experiences communicated through works of art, craft and design from different times and cultures
- Music: making the most of abilities in playing or singing, issues of cultural diversity, their value and their expression
- Physical Education: learning about health and safety, development of personal and social skills through team and individual activities, games and sports. The children also recognise the need for rules and motivation
- RE: religious and moral beliefs, values and practices that underpin and influence personal and social issues and relationships. Children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved
- PSHE education activities and school events: Sports events, RE Visits, events that take place with partnership schools and other school or class organised events, e.g. charity work
- PSHE education includes Relationships and Sex Education which contributes significantly to a child's knowledge and understanding of his or her own body, and how it is changing and developing. RSE is the lifelong learning about physical, moral and emotional development. It is about the importance of stable, caring, loving and respectful relationships for family life. The scheme of work for RSE at Hadley Wood (Appendix A: Scheme of work outline) maps out a grid of lessons/units for each year group which progresses and returns to themes as children move through the school.
- Opportunities for KS2 pupils to be a Buddy and or Peer Mediators to support other children
- Whole class and individual mindfulness/meditation lessons using resources such as Headspace
- Theme Weeks such as CREW Week (Creativity, Resilience, Engagement and Wellbeing Week)
- Pastoral Care and Guidance: Daily interaction between staff and children, either one-to-one, in groups or specific times in the Crew Room
- National and local initiatives, e.g. Sugar Smart Enfield

PSHE is taught by class teachers in a safe and nurturing environment. In order to achieve this, ground rules for behaviour will be shared at the beginning of each PSHE lesson.

Each class will establish ground rules based on the following:

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive

Some children may choose to voice concerns and ask questions and others may prefer not to. A worry box is available in all classes in order to enable children to ask questions/share anxieties or concerns they may not feel confident to voice as part of a group or whole class.

10. Special Educational Needs

As far as is appropriate, pupils with special educational needs should follow the same PSHE education programme as all other students. Careful consideration is given concerning the level of differentiation needed, and in some cases the content or delivery will have to be adapted. Teachers and/or learning support assistants work with individual pupils where required, and if appropriate.

It is not the school's policy to withdraw pupils with special educational needs from PSHE education to catch up on other national curriculum subjects: these aspects of personal and social development are as important to all pupils as their academic achievement.

11. Equality and Diversity

At Hadley Wood Primary School, PSHE education is accessible to every pupil. Teaching will take into account the ability, age, readiness, religious and cultural backgrounds of our young people and those with English as a second language to ensure that all can fully access our PSHE education provision, in accordance with the Equality Act 2010.

Relationships Education, PSHE and RSE will be delivered to ensure quality of access for all pupils, regardless of gender, sexual orientation, race or disability, so giving equal opportunities and avoiding discrimination.

12. Harassment and bullying

Pupils come from a variety of backgrounds and all are entitled to learn in a supportive environment, free from fear. Some pupils may use terms which distinguish a person's sexual orientation in a derogatory manner as a way to harass other pupils. This is unacceptable and will be dealt with as any other form of harassment, through the school behaviour and disciplinary procedures.

An understanding of human difference, including sexuality, is an important aspect of RSE education and will be addressed as appropriate through the curriculum. The school will offer support to any child who needs to explore their own feelings and sexuality in a safe and nurturing space. To promote tolerance and acceptance, the school displays the 'Different Families, Same Love' posters in both key stages.

13. RSE and Safeguarding:

At Hadley Wood Primary School we believe that our pupils should be kept safe from harm through safeguarding procedures and educating every pupil about how to care for their bodies and protect themselves from physical and emotional harm. RSE lessons are part of our planned PSHE programme. These support our duty to safeguard pupils. The lessons enable pupils to:

- Know their rights to be protected and kept safe
- Understand potential dangers they could face
- Be encouraged to adopt safe and responsible practices and deal sensibly with risk
- Develop personal skills to protect themselves and others from unsafe influences and physical and emotional harm
- Know when and who to ask for help when needed

Particular issues covered include:

- Bullying, including online bullying (by text message, on social networking sites and so on) and prejudice-based bullying (also in Computing)
- Racist, sexist, disability and homophobic and transphobic abuse and religious intolerance
- Radicalisation and extremist behaviour
- Child sexual exploitation

- Sexting
- Substance misuse (also in Science)
- Issues that may be specific to local area or population, for example, gang activity and youth violence
- Child on child abuse: ensuring that children understand that a zero-tolerance approach will be taken to any form of inappropriate behaviour or 'banter'.
- Particular issues affecting children including domestic violence, sexual exploitation, female genital mutilation (FGM) and forced marriages. We have a duty to report concerns about pupils who we feel are at risk of harm or when we suspect that FGM has already been performed.

14. Prevent Duty

It is the school's duty to report and work with any child who may be exposed to radicalising influences. In our PHSE and Philosophy for Children lessons children will be encouraged to express their own views and if adults hear opinions that cause them concern these will be raised under the school's Safeguarding Policy.

15. Confidentiality

Teachers conduct PSHE lessons, including relationships and sex education lessons in a sensitive manner. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances, the teacher will talk to the child as a matter of urgency. If the teacher has concerns, they will draw these to the attention of the designated person responsible for child protection, or the Headteacher.

Legally, the school cannot offer or guarantee absolute confidentiality in line with the recommendations outlined in the KCSIE documentation. We aim to ensure that pupils' best interests are maintained and try to encourage pupils to talk to their parents or carers to provide support.

16. Working in Partnership with Parents/Carers

We recognise and value the interest, support and involvement of the parents in their children's PSHE Education and keep them up to date with any developments in this area. At Hadley Wood School we actively encourage parents to help their children in learning through discussions and educational visits where possible.

17. Monitoring and evaluation

This policy scheme of work will be regularly reviewed and any feedback from teachers, parents/carers and pupils will be considered. A sample of pupils' PSHE reflections from each class will be collected and progress checked. Alongside this, lesson observations and learning walks will be carried out at regular intervals to ensure we are offering high quality PSHE provision. Each class in the school has a PSHE floor book to record the range of activities and experiences of the class.

In PSHE there are two broad areas for assessment:

- Children's knowledge and understanding. For example, information on effective, respectful relationships both on and off line, physical and mental health, understanding of rules and safety procedures, and the meaning of ideas including democracy and British Values.

- How well children can use their knowledge and understanding in developing skills and attitudes, for example through participating in discussions, group tasks and activities, managing conflict, making decisions and promoting positive relationships.

A pupil's attainment and progress in PSHE may also be discussed at parent consultations where appropriate.

Children also receive certificates for demonstrating one of the Hadley Wood School Values. The Star Class award commends a class on demonstrating values in action and House points or Dojos are awarded within class and around the school for being good role models and demonstrating values in action.

18. Roles and Responsibilities

It is the responsibility of the Governing Body to:

- Approve the PSHE and RSE policy
- Hold the Headteacher to account for its implementation

It is the responsibility of the Headteacher to:

- Ensure that parents and staff are informed about our PSHE policy
- The policy is implemented effectively
- Ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity
- Monitor this policy on a regular basis and reports to governors on the effectiveness of the policy
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It is the responsibility of the PSHE lead to:

- Ensure that PSHE and RSE is taught consistently across the school
- Monitor assessment of PSHE and RSE
- Provide relevant and regular training to all staff

It is the responsibility of all staff to:

- Deliver PSHE and RSE in a sensitive way
- Model positive attitudes to RSE
- Monitor progress
- Respond to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the [non-statutory/non-science] components of PSHE and RSE
- Address concerns about teaching RSE with the Headteacher

Date of Consultation: Monday 13th July and Monday 31st August 2020

This Policy should be read in conjunction with the following Policies:

- Equality Policy
- Inclusion Policy
- Safeguarding Policy
- Behaviour in Schools Policy

- Child Protection Policy and Procedures
- Anti-bullying Policy
- Curriculum guidance documents: Science, PE, RE

Appendix A: Coverage of statutory relationships education within the Hadley Wood PSHE Curriculum

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and people who care for me						
Pupils learn:						
that families are important for children growing up because they can give love, security and stability.	Physical health and wellbeing: Fun times	Relationships and health education: Boys and girls, Families Mental health and emotional wellbeing: Friendship				Relationships and health education: Healthy relationships
the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.		Relationships and health education: Boys and girls, families		Relationships and health education: Growing up and changing		Relationships and health education: Healthy relationships
that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care for them.		Relationships and health education: Boys and girls, families	Identity, society and equality: Celebrating difference			Relationships and health education: Healthy relationships
that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	Physical health and wellbeing: Fun times	Relationships and health education: Boys and girls, Families Mental health and emotional wellbeing: Friendship				Relationships and health education: Healthy relationships
that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.		Relationships and health education: Boys and girls, families				Relationships and health education: Healthy relationships
how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	Keeping safe and managing risk: Feeling safe				Keeping safe and managing risk: Making safer choices Mental health and emotional wellbeing: Dealing with feelings	Relationships and health education: Healthy relationships

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Caring friendships						
Pupils learn:						
how important friendships are in making us feel happy and secure, and how people choose and make friends.		Mental health and emotional wellbeing: Friendship	Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Relationships and health education: Healthy relationships
the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties.		Mental health and emotional wellbeing: Friendship	Identity, society and equality: Celebrating difference Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Relationships and health education: Healthy relationships
that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Identity, society and equality: Me and others	Mental health and emotional wellbeing: Friendship Relationships and health education: Boys and girls, families	Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Relationships and health education: Healthy relationships Mental health and emotional wellbeing: Healthy minds
that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	Identity, society and equality: Me and others	Mental health and emotional wellbeing: Friendship	Mental health and emotional wellbeing: Strengths and Challenges Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Mental health and emotional wellbeing: Healthy minds
how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help or advice from others, if needed.	Keeping safe and managing risk: Feeling safe	Mental health and emotional wellbeing: Friendship	Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Relationships and health education: Healthy relationships Mental health and emotional wellbeing: Healthy minds

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Respectful relationships						
Pupils learn:						
the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or	Identity, society and equality: Me and others	Relationships and health education: Boys and girls, families	Identity, society and equality: Celebrating difference	Relationships and health education: Growing up and changing		Relationships and health education: Healthy relationships

backgrounds), or make different choices or have different preferences or beliefs		Mental health and emotional wellbeing: Friendship				Mental health and emotional wellbeing: healthy minds
practical steps they can take in a range of different contexts to improve or support respectful relationships.	Identity, society and equality: Me and others	Mental health and emotional wellbeing: Friendship	Mental health and emotional wellbeing: Strengths and challenges		Keeping safe and managing risk: Making safer choices	Mental health and emotional wellbeing: Healthy minds
the conventions of courtesy and manners.	Identity, society and equality: Me and others	Mental health and emotional wellbeing: Friendship	Identity, society and equality: Celebrating difference			Relationships and health education: Healthy relationships
the importance of self-respect and how this links to their own happiness	Identity, society and equality: Me and others	Relationships and health education: Boys and girls, families	Mental health and emotional wellbeing: Strengths and challenges			Mental health and emotional wellbeing: Healthy minds
that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	Keeping safe and managing risk: Feeling safe	Relationships and health education: Boys and girls, families	Identity, society and equality: Celebrating difference Mental health and emotional wellbeing: Strengths and challenges	Identity, society and equality: Democracy	Identity, society and equality: Stereotypes, discrimination and prejudice	Keeping safe and managing risk: Keeping safe – out and about Mental health and emotional wellbeing: Healthy minds Relationships and health education: Healthy relationships
about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.		Keeping safe and managing risk: Bullying – see it, say it, stop it	Keeping safe and managing risk: Bullying – see it, say it, stop it		Keeping safe and managing risk: Making safer choices Identity, society and equality: Stereotypes, discrimination and prejudice	
what a stereotype is, and how stereotypes can be unfair, negative or destructive.		Relationships and health education: Boys and girls, families			Identity, society and equality: Stereotypes, discrimination and prejudice	Relationships and health education: Healthy relationships Mental health and emotional wellbeing: Healthy minds Keeping safe

						and managing risk: Keeping safe out and about
The importance of permission-seeking and giving in relationships with friends, peers and adults	Keeping safe and managing risk: Feeling safe Physical health and wellbeing: Fun times	Keeping safe and managing risk: Indoors and outdoors				Keeping safe and managing risk: Keeping safe out and about Relationships and health education: Healthy relationships

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Online relationships						
Pupils learn:						
that people sometimes behave differently online, including by pretending to be someone they are not.		Mental health and emotional wellbeing: Friendship		Keeping safe and managing risk: Playing safe	Keeping safe and managing risk: Making safer choices Physical health and wellbeing: In the media	
that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.			Keeping safe and managing risk: Bullying – see it, say it, stop it Identity, society and equality: Celebrating difference		Keeping safe and managing risk: Making safer choices Physical health and wellbeing: In the media	Relationships and health education: Healthy relationships
the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.		Keeping safe and managing risk: Indoors and outdoors	Keeping safe and managing risk: Bullying – see it, say it, stop it	Keeping safe and managing risk: Playing safe	Keeping safe and managing risk: Making safer choices	
how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.			Keeping safe and managing risk: Bullying – see it, say it, stop it		Physical health and wellbeing: In the media. Keeping safe and managing risk: Making safer choices	
how information and data is shared and used online.				Keeping safe and managing risk: Playing safe	Keeping safe and managing risk: Making safer	

					choices	
					Physical health and wellbeing: In the media.	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being safe						
Pupils learn:						
what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	Keeping safe and managing risk: Feeling safe Physical health and wellbeing: Fun times	Mental health and emotional wellbeing: Friendship	Keeping safe and managing risk: Bullying – see it, say it, stop it	Keeping safe and managing risk: Playing safe	Keeping safe and managing risk: Making safer choices	Keeping safe and managing risk: Keeping safe out and about
about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Keeping safe and managing risk: Feeling safe	Keeping safe and managing risk: Indoors and outdoors		Relationships and health education: Growing up and changing	Keeping safe and managing risk: Making safer choices	Keeping safe and managing risk: Keeping safe out and about (FGM)
that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Keeping safe and managing risk: Feeling safe		Keeping safe and managing risk: Bullying – see it, say it, stop it			Keeping safe and managing risk: Keeping safe out and about (FGM)
how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Keeping safe and managing risk: Feeling safe	Keeping safe and managing risk: Indoors and outdoors				Keeping safe and managing risk: Keeping safe out and about (FGM)
how to recognise and report feelings of being unsafe or feeling bad about any adult.	Keeping safe and managing risk: Feeling safe	Keeping safe and managing risk: Indoors and outdoors			Keeping safe and managing risk: Making safer choices*	Keeping safe and managing risk: Keeping safe out and about (FGM)
how to ask for advice or help for self and for others, and to keep trying until they are heard.	Keeping safe and managing risk: Feeling safe	Keeping safe and managing risk: Indoors and outdoors	Keeping safe and managing risk: Bullying – see it, say it, stop it	Keeping safe and managing risk: Playing safe		
how to report concerns or abuse, and the vocabulary and confidence needed to do so.	Keeping safe and managing risk: Feeling safe		Keeping safe and managing risk: Bullying – see it, say it, stop it		Keeping safe and managing risk: Making safer choices*	Keeping safe and managing risk: Keeping safe out and about (FGM)
where to get advice e.g. family, school and/or other sources. <i>All lessons include a 'Help, advice</i>	Keeping safe and managing risk: Feeling safe	Mental health and emotional wellbeing: Friendship	Keeping safe and managing risk: Tobacco is a drug	Keeping safe and managing risk: Making choices	Keeping safe and managing risk: Making safer choices	Relationships and health education: Healthy relationships

<p><i>and support' section – 'Pupils should be encouraged to talk to someone who helps keep them safe, such as their parent, teacher or other adult they trust' – the strands included here have a specific activity/ outcome relating to help and advice.</i></p>	<p>Physical health and wellbeing: Fun times</p> <p>Physical health and wellbeing: What do we put into our bodies?</p> <p>Mental health and emotional wellbeing: Feelings</p>	<p>Keeping safe and managing risk: Indoors and outdoors</p> <p>Physical health and wellbeing: Medicines and me</p>	<p>Mental health and emotional wellbeing: Strengths and challenges</p> <p>Careers: financial capability and economic wellbeing: Saving, spending and budgeting</p>	<p>Keeping safe and managing risk: Playing safe</p> <p>Relationships and health education: Growing up and changing</p>	<p>Physical health and wellbeing: In the media</p> <p>Identity, society and equality: Stereotypes, discrimination and prejudice</p> <p>Keeping safe and managing risk: Making safer choices</p> <p>Mental health and emotional wellbeing: Dealing with feelings</p> <p>Careers: financial capability and economic wellbeing: Borrowing and earning money</p>	<p>Keeping safe and managing risk: Weighing up risk</p> <p>Identity, society and equality: Human rights</p> <p>Mental health and wellbeing: Healthy minds</p> <p>Keeping safe and managing risk: Keeping safe out and about</p>
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Appendix B: Coverage of science within the relationships and health education strand in the Hadley Wood PSHE curriculum

	Year 2	Year 4	Year 6
identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense (Animals including humans, Y1).	<p>Relationships and health education: Boys and girls, families Lesson 3 further develops this science learning to include pupils learning about the biological differences between male and female children. This lesson is sex education.</p>		
notice that animals, including humans, have offspring which grow into adults (Animals including humans, Y2)	<p>Relationships and health education: Boys and girls, families In lesson 2 pupils learn about the biological differences between male and female animals and their role in the life cycle.</p>		
describe the life process of reproduction in some plants and animals (Living things and their habitats, Y5)			<p>Relationships and health education: Healthy relationships Lesson 4 and 5 further develop this learning and are sex education: 4. Pupils about human reproduction in the context of the human life cycle 5. Pupils learn how a baby is made and grows (conception and pregnancy)</p>
describe the changes as humans develop to old age (Animals including humans, Y5)		<p>Relationships and health education: Growing up and changing In lesson 1 pupils learn about the way we grow and change throughout the human life cycle</p>	<p>Relationships and health education: Healthy relationships Lessons 1 and 5 further develop this learning: 1. Pupils learn about the changes that occur during puberty (<i>this is statutory health education</i>) 5. Pupils learn how a baby is made and grows (conception and pregnancy) (this is sex education)</p>

Appendix C: Coverage of statutory health education in the Hadley Wood PSHE curriculum

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Mental wellbeing						
Pupils learn:						
that mental wellbeing is a normal part of daily life, in the same way as physical health	Mental health and emotional wellbeing: Feelings				Mental health and emotional wellbeing: Dealing with feelings	Mental health and emotional wellbeing: Healthy minds
that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	Mental health and emotional wellbeing: Feelings				Mental health and emotional wellbeing: Dealing with feelings	Mental health and emotional wellbeing: Healthy minds
how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Mental health and emotional wellbeing: Feelings		Mental health and emotional wellbeing: Strengths and challenges		Mental health and emotional wellbeing: Dealing with feelings	Mental health and emotional wellbeing: Healthy minds
how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	Mental health and emotional wellbeing: Feelings			Relationships and health education: Growing up and changing	Mental health and emotional wellbeing: Dealing with feelings	Mental health and emotional wellbeing: Healthy minds
the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?			Mental health and emotional wellbeing: Healthy minds
simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.		Physical health and wellbeing: What keeps me healthy?		Physical health and wellbeing: What is important to me?		Mental health and emotional wellbeing: Healthy minds
isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.		Mental health and emotional wellbeing: Friendship	Mental health and emotional wellbeing: Strengths and challenges		Keeping safe and managing risk: Making safer Choices Mental health and emotional	Mental health and emotional wellbeing: Healthy minds Relationships and health education:

					wellbeing: Dealing with feelings	Healthy relationships
that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.			Keeping safe and managing risk: Bullying – see it, say it, stop it			
where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	Mental health and emotional wellbeing: Feelings	Mental health and emotional wellbeing: Friendship	Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Mental health and emotional wellbeing: Dealing with feelings Keeping safe and managing risk: Making safer choices	Mental health and emotional wellbeing: Healthy minds
it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	Mental health and emotional wellbeing: Feelings					Mental health and emotional wellbeing: Healthy minds

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Internet safety and harms						
Pupils learn:						
that for most people the internet is an integral part of life and has many benefits.		Keeping safe and managing risk: Indoors and outdoors		Keeping safe and managing risk: Playing safe Relationships and health education: Growing up and changing	Physical health and wellbeing: In the media Keeping safe and managing risk: Making safer choices Identity, society and equality: Stereotypes, discrimination and prejudice Drug, alcohol and tobacco education: Different influences	Relationships and health education: Healthy relationships

about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.		Keeping safe and managing risk: Indoors and outdoors		Keeping safe and managing risk: Playing safe Physical health and wellbeing: What is important to me?	Keeping safe and managing risk: Making safer choices	
how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private		Keeping safe and managing risk: Indoors and outdoors	Keeping safe and managing risk: Bullying – see it, say it, stop it		Keeping safe and managing risk: Making safer choices	Keeping safe and managing risk: Keeping safe out and about
why social media, some computer games and online gaming, for example, are age restricted.				Keeping safe and managing risk: Playing safe		
that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.			Keeping safe and managing risk: Bullying – see it, say it, stop it		Keeping safe and managing risk: Making safer choices	
how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.			Physical health and wellbeing: What helps me choose?	Keeping safe and managing risk: Playing safe	Keeping safe and managing risk: Making safer choices Physical health and wellbeing: In the media	
where and how to report concerns and get support with issues online.		Keeping safe and managing risk: Indoors and outdoors	Keeping safe and managing risk: Bullying – see it, say it, stop it		Keeping safe and managing risk: Making safer choices	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physical health and fitness						
Pupils learn:						
the characteristics and mental and physical benefits of an active lifestyle.		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?			Mental health and emotional wellbeing: Healthy minds

the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?			
the risks associated with an inactive lifestyle (including obesity).		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?			
how and when to seek support including which adults to speak to in school if they are worried about their health.	Physical health and wellbeing: Fun times DATE: What do we put into our bodies? Keeping safe and managing risk: Feeling safe Mental health and emotional wellbeing: Feelings	Physical health and wellbeing: What keeps me healthy? Mental health and emotional wellbeing: Friendship Keeping safe and managing risk: Indoors and outdoors	Keeping safe and managing risk: Bullying – see it, say it, stop it DATE: Tobacco is a drug	DATE: Making choices Keeping safe and managing risk: Playing safe Relationships and health education: Growing up and changing	Keeping safe and managing risk: Playing safe: Making safer choices Mental health and emotional wellbeing: Dealing with feelings	DATE: Weighing up risk Relationships and health education: Healthy relationships Mental health and emotional wellbeing: Healthy minds

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy eating						
Pupils learn:						
what constitutes a healthy diet (including understanding calories and other nutritional content).		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?	Physical health and wellbeing: What is important to me?	Physical health and wellbeing: In the media	
the principles of planning and preparing a range of healthy meals.		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?	Physical health and wellbeing: What is important to me?	Physical health and wellbeing: In the media	
the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?	Physical health and wellbeing: What is important to me?	Physical health and wellbeing: In the media DATE: Different influences	DATE: Weighing up risk

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Drugs, alcohol and tobacco						
Pupils learn:						
the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	DATE: What do we put into our bodies?	DATE: Medicines and me	DATE: Tobacco is a drug	DATE: Making choices	DATE: Different influences	DATE: Weighing up risk

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and prevention						
Pupils learn:						
how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.		Physical health and wellbeing: What keeps me healthy?				Mental health and emotional wellbeing: Healthy minds
about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	Physical health and wellbeing: Fun times			Physical health and wellbeing: What is important to me?		
the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.		Physical health and wellbeing: What keeps me healthy?		Physical health and wellbeing: What is important to me?		Mental health and emotional wellbeing: Healthy minds
about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.		Physical health and wellbeing: What keeps me healthy?				
about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.		Physical health and wellbeing: What keeps me healthy?				
the facts and science relating to allergies, immunisation and vaccination.		Physical health and wellbeing: What keeps me healthy? DATE: Medicines and me		Physical health and wellbeing: What is important to me?		

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Basic first aid						
Pupils learn:						
how to make a clear and efficient call to emergency services if necessary.				Keeping safe and managing risk: Playing safe		
concepts of basic first-aid, for example dealing with common				Keeping safe and managing		

injuries, including head injuries.				risk: Playing safe		
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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Changing adolescent body						
Pupils learn:						
key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.		Relationships and health education: Boys and girls, families		Relationships and health education: Growing up and changing		Relationships and health education: Healthy relationships
about menstrual wellbeing including the key facts about the menstrual cycle.				Relationships and health education: Growing up and changing		Relationships and health education: Healthy relationships

Appendix D: Parent form - Withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	
Headteacher signature	

Appendix E: Government Expectations

EYFS Ages and Stages:

30-50 Months	Personal, Social and Emotional Development	Self-Confidence and Self-Awareness	<ul style="list-style-type: none"> • To select and use activities and resources with help. • To welcome and value praise for what they have done. • To enjoy the responsibility of carrying out small tasks. • To be more outgoing towards unfamiliar people and more confident in new social situations. • To be confident talking to other children when playing and communicate freely about own home and community. • To show confidence in asking adults for help.
		Managing Feelings and Behaviour	<ul style="list-style-type: none"> • To be aware of own feelings and know that some actions and words can hurt others' feelings. • To begin to accept the needs of others and to take turns and share resources, sometimes with support from others. • To usually tolerate delay when needs are not immediately met, and understand wishes may not always be met. • To usually adapt behaviour to different events, social situations and changes in routine.
		Making Relationships	<ul style="list-style-type: none"> • To play in a group, extending and elaborating play ideas, e.g. building up a role-play activity with other children. • To initiate play, offering cues to peers to join them. • To keep play going by responding to what others are saying or doing. • To demonstrate friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults.
	Physical Development	Health and Self-Care	<ul style="list-style-type: none"> • To tell adults when hungry or tired, or when they want to rest or play. • To gain more bowel and bladder control and can attend to toileting needs most of the time themselves. • To usually manage washing and drying hands. • To dress with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.
	Understanding the World	People and Communities	<ul style="list-style-type: none"> • To show interest in the lives of people who are familiar to them. To remember and talk about significant events in their own experiences. • To recognise and describe special times or events for family or friends. • To show interest in different occupations and ways of life. • To know some of the things that make them unique and talk about some of the similarities and differences in relation to friends or family.
40-60 Months	Personal, Social and Emotional Development	Self-Confidence and Self-Awareness	<ul style="list-style-type: none"> • To be confident to speak to others about own needs, wants, interests and opinions. • To describe self in positive terms and talk about abilities.
		Managing	<ul style="list-style-type: none"> • To explain own knowledge and understanding, and ask

		Feelings and Behaviour	<p>appropriate questions of others.</p> <ul style="list-style-type: none"> To take steps to resolve conflicts with other children, e.g. finding a compromise.
		Making Relationships	<ul style="list-style-type: none"> To understand that own actions affect other people. For example, becomes upset or tries to comfort another child when they realise they have upset them. To be aware of the boundaries set and of behavioural expectations in the setting. To begin to be able to negotiate and solve problems without aggression, e.g. when someone has taken their toy.
	Physical Development	Health and Self-Care	<ul style="list-style-type: none"> To eat a healthy range of foodstuffs and understand a need for variety in food. To usually be dry and clean during the day. To show some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. To show understanding of the need for safety when tackling new challenges, and consider and manage some risks. To practice some appropriate safety measures without direct supervision.
ELG	Personal, Social and Emotional Development	Self-Confidence and Self-Awareness	<ul style="list-style-type: none"> To be confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.
		Managing Feelings and Behaviour	<ul style="list-style-type: none"> To talk about how they and others show feelings, talk about their own and others' behaviour and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.
		Making Relationships	<ul style="list-style-type: none"> To play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings and form positive relationships with adults and other children.
	Physical Development	Health and Self-Care	<ul style="list-style-type: none"> To know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.

Physical Health and Mental Wellbeing
By the end of primary school:

Mental Wellbeing	<p>Pupils should know:</p> <ul style="list-style-type: none"> • That mental wellbeing is a normal part of daily life, in the same way as physical health • That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations • How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate • The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness • Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests • Isolation and loneliness can affect children and that it is very important for children to
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	<p>discuss their feelings with an adult and seek support</p> <ul style="list-style-type: none"> • That bullying (including online bullying) has a negative and often lasting impact on mental wellbeing • Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) • It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough
Internet safety and harms	<p>Pupils should know:</p> <ul style="list-style-type: none"> • That for most people the internet is an integral part of life and has many benefits. • about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing • How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private • Why social media, some computer games and online gaming, for example, are age restricted • That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted • where and how to report concerns and get support with issues online
Physical health and fitness	<p>Pupils should know:</p> <ul style="list-style-type: none"> • The characteristics and mental and physical benefits of an active lifestyle • the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise • The risks associated with an inactive lifestyle (including obesity). • How and when to seek support including which adults to speak to in school if they are worried about their health
Healthy eating	<p>Pupils should know:</p> <ul style="list-style-type: none"> • What constitutes a healthy diet (including understanding calories and other nutritional content)? • The principles of planning and preparing a range of healthy meals • the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)
Drugs, alcohol and tobacco	<p>Pupils should know:</p> <ul style="list-style-type: none"> • The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking
Health and prevention	<p>Pupils should know:</p> <ul style="list-style-type: none"> • How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body • About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer • The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn • About dental health and the benefits of good oral hygiene, including visits to the dentist • About personal hygiene and germs including bacteria, viruses, how they are spread and the importance of hand washing • About immunisations
Basic first aid	<p>Pupils should know:</p> <ul style="list-style-type: none"> • know how to make a clear and efficient call to emergency services if necessary

	<ul style="list-style-type: none"> • Concepts of basic first-aid, for example dealing with common injuries, including head injuries
Changing adolescent body	<p>Pupils should know:</p> <ul style="list-style-type: none"> • Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes • About menstrual wellbeing including the key facts about the menstrual cycle

Relationship Education
By the end of primary:

Families and people who care for me	<p>Pupils should know:</p> <ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<p>Pupils should know:</p> <ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed
Respectful friendships	<p>Pupils should know:</p> <ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships <ul style="list-style-type: none"> • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online	<p>Pupils should know:</p>

relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online
Being safe	<p>Pupils should know:</p> <ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult. • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so. • Where to get advice e.g. family, school and/or other sources