



Relationships and Sex Education Policy

Member of staff responsible: Anastasia Neocleous
Ratified by Governors: October 2023
Next Review Date: July 2023
Review Cycle: Annually

Contents

<u>1. Aims</u>	2
<u>2. Statutory requirements</u>	3
<u>3. Policy development</u>	4
<u>4. Definition</u>	4
<u>5. Curriculum</u>	5
<u>6. Delivery of RSE</u>	5
<u>7. Use of external organisation and materials</u>	8
<u>8. Roles and responsibilities</u>	9
<u>Withdrawal from Sex and Relationships Education</u>	9
<u>Monitoring and Evaluation</u>	10
<u>Appendix 1: Curriculum map</u>	1-2
<u>Appendix 2: By the end of primary school pupils should know</u>	3-5

1. Aims

This policy covers Bush Hill Park primary school's approach to the teaching and learning of Relationships and Sex Education (RSE). The policy was produced by the RSHE lead in consultation with children, staff and governors. It will be reviewed in May 2023. The policy will be made available to all members of our school's community on our school website and translated copies will be available upon request. The policy should be read alongside the PSHE Policy.

The law was changed with effect from September 2020 so that primary schools in England must teach relationships education and health education (*The Children and Social Work Act 2017*).

- The relationships education part of the new curriculum teaches what children need to learn to build positive and safe relationships with family and friends and online.
- The health education part of the new curriculum covers both physical health and mental wellbeing and teaches children how to make good decisions about their own health and wellbeing; how to recognise issues in themselves and in others; and how to seek support as early as possible when issues arise.

Sex education is not compulsory in primary schools, but:

- The new curriculum for relationships education and health education does include content on puberty.
- The national curriculum for science 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.

We teach RSE on the understanding that:

- It is taught in the context of family life and loving relationships;
- It is part of a wider process of social, personal, spiritual and moral education;
- Children should be taught to have respect for their own bodies;
- Children should learn about their responsibilities to others, and be aware of the consequences of sexual activity;
- It is important to build positive relationships with others, involving trust and respect
- Children need to learn the importance of self-control.
- RSHE supports children and young people

This policy should be read in conjunction with the Equality, Diversity and Inclusion, safe to learn, Online Safety and Safeguarding and Child Protection policies.

We believe and support the following educational aims in respect of RSE through developing positive attitudes, modelling personal and social skills, and providing necessary knowledge:

- To ensure that pupils develop an understanding of how their bodies work and will/ may grow, change and develop
- To encourage a sense of self-esteem in pupils
- To enable pupils to be aware of choices available to them and so to make responsible and informed decisions concerning personal issues
- For pupils to be aware of relationships and emotions, how to react positively to them and how to cope with stressful and unhappy situations
- To enable pupils to value and respect that there are many kinds of diverse relationships
- To value confidentiality, trust, security and respect
- To provide a framework in which sensitive discussions can take place
- To prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- To help pupils develop feelings of self-respect, confidence and empathy
- To teach pupils the importance of respect for other people in the family and in relationships
- To create a positive culture around issues of sexuality and relationships
- To teach pupils the correct vocabulary to describe themselves and their bodies
- To avoiding prejudice and assumptions about children's abilities, desires, background and experiences.
- To assessing and build on existing knowledge and experiences.
- To ensure that learning is engaging, using a range of activities, including structured discussion and problem-solving.
- To Provide a range of opportunities to learn, practise and demonstrate knowledge, skills and attitudes.
- To allow time for reflection.

- To Providing adapted learning

These aims are fulfilled through aspects of our RSE, Science, and PSHE curriculum. Other opportunities may occur in other parts of the curriculum. The school actively co- operates with other agencies.

2. Statutory requirements

As a maintained primary school, it is our duty to provide relationships education to all pupils as per section 34 of the Children and Social work act 2017.

In teaching RSE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

In teaching RSE, we must have regard to guidance issued by the secretary of state, as outlined in section 403 of the Education Act 1996.

We must also have regard to our legal duties set out in:

- Sections 406 and 407 of the Education Act 1996
- Part 6, chapter 1 of the Equality Act 2010
- The Public Sector Equality Duty (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

This RSHE policy also supports legal requirements relating to the following:

- *The Equality Act 2010.*
- *The Education Act 1996.*
- *Statutory guidance, Keeping Children Safe in Education 2022*

Under the *Equality Act 2010*, the school is under a legal duty to eliminate discrimination, advance equality of opportunity and foster good relationships between those with protected characteristics and those without. The protected characteristics are:

- Age.
- Marriage and Civil partnership.
- Disability.
- Race.
- Religion and belief.
- Sexual orientation.
- Sex.
- Pregnancy and maternity.
- Gender reassignment.

In addition, the school must consider the needs of those with Special Educational Needs and Disabilities (SEND).

The RSHE programme will meet the needs of all children. Lessons will include content that will tackle discrimination and foster good relationships.

3. 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 – a working party pulled together all relevant information including relevant national and local guidance, existing provision and existing policies and curriculum offer in regards to RSE
2. Staff consultation – all school staff were given the opportunity to feedback their thoughts and opinions of RSE generally, our current offer – including how lessons are taught and what effective practice looks like, staff members were then all invited to join our working party.
3. Parent/stakeholder consultation – all parents were invited to feedback their thoughts and opinions of RSE generally, our current offer and our current policy and all parents subsequently were invited to join our working party comprising of school staff, governors and parents.
4. Our RSE working party was formed and met to ensure the provision on offer at Bush Hill Park Primary School conforms to statutory requirements and is reflective of the sensitivities of our local community and provides the best outcomes for pupils.
5. Ratification – once all the relevant amendments were made the policy was submitted to Governors for ratification.

4. Definition

RSHE supports children and young people's personal development including their spiritual, moral, social and cultural development. Its aims are to help children and young people to deal with the real-life issues they face as they grow up and that they will encounter as adults. Their learning will support them both online and offline, to make informed choices about their safety, physical and mental health, enabling them to live positive and fulfilled lives. RSE involves a combination of sharing information, and exploring issues and values. RSE is not about the promotion of sexual activity and acts only to educate.

5. Curriculum

The school has chosen to use the *Kapow Primary RSE scheme of work*, which provides full curriculum coverage, including all the statutory content, for each year group.

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, pupils and governors, considering 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 they are fully informed and don't seek answers online.

Primary sex education where taught in year 6 and outside the scope of compulsory science lessons will focus on:

- Conception
- Pregnancy

For more information about our curriculum, see our curriculum map in Appendix 1. The two lessons highlighted within Year 6 are the two lessons that sit outside the compulsory scope of science, PSHE and RSE

6. Delivery of RSE

RSE is taught within the personal, social, and health education (PSHE) curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

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

Across all Key Stages, pupils will be supported with developing the following skills:

- Communication, including how to manage changing relationships and emotions
- Recognising and assessing potential risks
- Assertiveness and managing conflict
- Seeking help and support when required
- Informed decision-making skills
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Discussion and group work

These skills are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers). In the early curriculum for RSE children explore different family types.

High Quality Teaching and Learning

RSE is delivered by the class teachers. High quality teaching and learning and CPD for teachers around the delivery of RSE ensures that teachers are well prepared, tasks are adapted accordingly, and that the curriculum is made accessible for all.

Children learn about RSE through different aspects of the curriculum. In PSHE children learn about relationships, and we encourage children to discuss issues. Children learn to name the parts of the body, and understand how these work. We explain to the children what will happen to their bodies during puberty as part of the science curriculum. For example, we teach the children that boys' voices will change during puberty, and we explain menstruation to both boys and girls. The teacher will always use correct biological terminology whilst also allowing children to share colloquial terms.

In Key Stage 1 we teach children about how animals, including humans, move, feed and grow, and we also teach them about the main parts of the body. Children learn to appreciate the fact that people are not all the same, and that we need to respect each other.

In Key Stage 2 we teach about life processes, and the main stages of the human life cycle, in greater depth. Teachers do their best to answer all questions with sensitivity and care, including using an 'ask it basket' for children who wish to remain anonymous. By the end of Key Stage 2, we ensure that both boys and girls know how babies are born, how children's bodies change during puberty, what menstruation is, and about personal hygiene issues.

Teachers will select any additional resources carefully, and the subject leader will oversee the selection.

Additional resources will be:

- Up-to-date.
- Relevant to children.
- Consistent with the aims and values of the school.

Answering Children's Questions

As well as the 'ask it basket', which promotes openness about all queries, concerns or suggestions, we believe that questions around sex and relationships should only be invited from the children in the context of work they have been involved in.

Where a question is deemed inappropriate either because it is not connected to the subject matter being dealt with or because it goes beyond the scope of the school RSE policy / age / stage of development of the pupils, the teacher must either decide to leave those questions to the end and invite children who have not had their questions answered to speak to the teacher on their own and

explain that they are only answering questions on a particular topic. In either case the most appropriate action may be for the teacher to suggest that the child asks his / her parents/careers

Where a child asks a question about sex, out of the context of sex education lessons or a related topic the teacher should speak to the child individually to try to ascertain what has prompted the question e.g. "Why did you want to know that?" The teacher can then respond in one of the ways suggested above.

A Values Framework for Sex Education

Teachers and those involved in the delivery of RSE at Bush Hill Park will adhere to the following values in order that children will be taught RSE within a framework that models and encourages the following:

- A respect for self
- A respect for others
- Non-exploitation in relationships
- Commitment, trust and bonding within relationships
- Mutuality in relationships
- Honesty with self and others
- A development of critical awareness for themselves and for others
- An exploration of the rights, duties and responsibilities involved in sexual relationships
- An acknowledgement and understanding of diversity regarding religion, culture and sexual orientation

Inclusivity

We will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel:
 - Safe and supported
 - Able to engage with the key messages

We will also:

Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:

- A whole-class setting
- Small groups or targeted sessions
- 1-to-1 discussions
- Digital formats
- Carefully consider the level of adaptations needed

Use of resources

We **will** consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age, developmental stage and background of our pupils

- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress
- Are up to date

7. Use of external organisations and materials

We will make ensure that any employed external agencies and any materials used are appropriate and in line with our legal duties around political impartiality.

The school remains responsible for what is said to pupils. This includes making sure that any speakers, tools and resources used don't undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

We will:

- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSE is balanced, and it and the resources they intend to use:
 - Are age-appropriate
 - Are in line with pupils' developmental stage
 - Comply with:
 - This policy
 - The Teachers' Standards
 - The Equality Act 2010
 - The Human Rights Act 1998
 - The Education Act 1996
- Only work with external agencies where we have full confidence in the agency, its approach and the resources it uses
- Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
- Review any case study materials and look for feedback from other people the agency has worked with
- Be clear on:
 - What they're going to say
 - Their position on the issues to be discussed
 - Ask to see in advance any materials that the agency may use
 - Know the named individuals who will be there, and follow our usual safeguarding procedures for these people
 - Conduct a basic online search and address anything that may be of concern to us, or to parents and carers
 - Check the agency's protocol for taking pictures or using any personal data they might get from a session
 - Remind teachers that they can say "no" or, in extreme cases, stop a session
 - Make sure that the teacher is in the room during any sessions with external speakers

- We won't, under any circumstances:
 - Work with external agencies that take or promote extreme political positions
 - Use materials produced by such agencies, even if the material itself is not extreme

8. Roles and Responsibilities

The governing board

The governing board will approve the RSE policy, and hold the Headteacher and staff to account for its implementation.

The Headteacher

The headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from [non-statutory/ non-science] components of RSE.

Staff

Staff are responsible for:

- Delivering RSE in a sensitive way and in line with the agreed curriculum
- Implement the RSHE policy
- Modelling positive attitudes to RSHE
- Assess and monitoring progress
- Responding 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 RSE

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher. All qualified teachers are responsible for the delivery of the RSE curriculum.

Pupils

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity.

Working with parents

At Bush Hill Park we recognise the importance of the role of parents with regards to RSHE and we welcome parental discussion around this. RSHE is taught as part of the National Curriculum. We do not teach beyond the statutory requirements of this other than the two lessons outlined in Year 6 and therefore children should not be withdrawn from any sessions. Any queries should be directed in the first instance to the PSHE Co-co-ordinator and Curriculum Lead. In year 6, parents are informed of the upcoming RSHE lessons that teach beyond the statutory requirements up to two weeks before they are taught, this provides an opportunity to view the resources that will be used and to ask any questions regarding lesson content.

Withdrawal from Sex and Relationships Education

Parents do not have the right to withdraw their children from relationships education. Parents do however have the right to withdraw their children from the [non-statutory/ non-science] components of RSE which for Bush Hill Park Primary School forms only two lessons in Year 6.

Requests for withdrawal should be put in writing and addressed to the Deputy Headteacher for curriculum. Parents will be invited to meet the PSHE co-ordinator/ Curriculum Lead or Headteacher to discuss concerns and to ensure that there is no misunderstanding as to the nature of the programme at our school.

If parents wish to proceed, a copy of withdrawal requests will be placed in the pupil's educational record. Alternative PSHE related work will be given to pupils who are withdrawn from RSHE.

Procedure for Advising Parents

- Children cannot be withdrawn from any RSE that is part of the statutory science curriculum (i.e. human growth and reproduction)
- The school will be unable to avoid the child receiving second hand information from his/her peers or have any control over what a child may search online for outside of school.

Monitoring and Evaluation

The delivery of RSHE is monitored by the school curriculum lead and the subject lead through:

- Scrutiny of planning.
- Lesson observations.
- Learning walks.
- Evidence of learning.
- Feedback from staff.
- Feedback from parents/carers.
- Feedback from children.







Pupils' development in RSHE is monitored by class teachers as part of our internal assessment systems.






Dissemination of this Policy

This policy will be reviewed annually. At every review, the policy will be approved by the curriculum lead. All staff members and governors will have access to this policy. In addition, copies will be available on our school website and by request through the school office.

Appendix 1: RSHE Long Term Plan

RSHE Long Term Plan 2022 - 2023

<p><i>RSHE is taught with a new whole school theme every half term. There is at least one lesson or circle time activity per week- these should cover key events, themes, current times</i></p>						
	<p>Autumn 1 Self -Regulation: My feelings</p> 	<p>Autumn 2 Building relationships: special relationships</p> 	<p>Spring 1 Managing self: Taking challenges</p> 	<p>Spring 2 Self-regulation: Listening and following instructions</p> 	<p>Summer 1 Building relationships: My family & friends</p> 	<p>Summer 2 Managing self: My well being</p> 
<p><i>Alternate between lesson structure and circle time themes:</i> NSCPCC PANTS British Values School Values Responding to key class themes Mental Health Assembly Theme follow up Celebrating key events e.g., Mental Health week, Anti-bullying week, Black History Month (see calendar)</p>						
EYFS	<p>Lesson 1: identify my feelings Lesson 2: Feelings jars Lesson 3: Coping strategies Lesson 4: Describing feelings Lesson 5: Facial expressions Lesson 6: Creating a calm corner</p>	<p>Lesson 1: My family Lesson 2: Special people Lesson 3: Sharing Lesson 4: I am unique Lesson 5: My interest Lesson 6: Similarities and differences</p>	<p>Lesson 1: Why do we have rules? Lesson 2: Building towers Lesson 3: Team den building Lesson 4: Grounding Lesson 5: Team races Lesson 6: Circus skills</p>	<p>Lesson 1: Simon says Lesson 2: Listening to a story Lesson 3: Pass the whisper Lesson 4: Obstacle race Lesson 5: Blindfold walk Lesson 6: Treasure hunt</p>	<p>Lesson 1: Festivals Lesson 2: Sharing Lesson 3: What makes a good friend? Lesson 4: Being a good friend Lesson 5: Teamwork Lesson 6: Celebrating friendships</p>	<p>Lesson 1: What is exercise Lesson 2: Yoga & relaxation Lesson 3: Looking after ourselves Lesson 4: Being safe pedestrian Lesson 5: Eating healthily Lesson 6: A rainbow of food</p>

	<p style="text-align: center;">Autumn 1&2 Introductory and Family & Relationships</p> 	<p style="text-align: center;">Spring 1 Health & Wellbeing</p> 	<p style="text-align: center;">Spring 2 Safety and the Changing Body</p> 	<p style="text-align: center;">Summer 1 Citizenship</p> 	<p style="text-align: center;">Summer 2 Economic wellbeing</p> 
	<p><i>Alternate between lesson structure and circle time themes:</i> NSCPCC PANTS British Values School Values Responding to key class themes Mental Health Assembly Theme follow up Celebrating key events e.g., Mental Health week, Anti-bullying week, Black History Month (see calendar)</p>				
<p>Year 1</p>	<p>Introduction: Setting Ground Rules for RSE & PSHE Lessons Family & Relationships Lesson 1: What is family? Lesson 2: What are friendships? Lesson 3: Recognising other people’s emotions Lesson 4: Working with others Lesson 5: Friendship’s problems Lesson 6: Healthy friendships Lesson 7: Gender stereotypes</p>	<p>Lesson 1: Understanding my emotions Lesson 2: What am I like? Lesson 3: Ready for bed Lesson 4: Relaxation Lesson 5: Handwashing and personal hygiene Lesson 6: Sun safety Lesson 7: Allergies Lesson 8: People who help keep us healthy</p>	<p>Lesson 1: Adults in school Lesson 2: Adults outside school Lesson 3: Getting lost Lesson 4: Making an emergency phone call Lesson 5: Appropriate contact Lesson 6: Safety with substances Lesson 7 Safety at home Lesson 8: People who help to keep us safe</p>	<p>Lesson 1: Rules Lesson 2: Caring for others: animals Lesson 3: The needs of others Lesson 4 Similar, yet different Lesson 5 Belonging Lesson 6: Democratic decisions</p> <p>Visit a farm/ animal centre</p>	<p>Lesson 1: Introduction to money Lesson 2: Looking after money Lesson 3: Banks & building societies Lesson 4: Saving and spending Lesson 5: jobs in school</p> <p>Visit to local bank/invite key speaker in to talk about money, Children get involved with jobs and responsibilities around school.</p> <p>Transition Lesson: individual strengths & new skills</p>

Year 2	<p>For Autumn term alternate between lesson structure and circle time themes: NSCPCC PANTS British Values School Values Responding to key class themes Mental Health Celebrating key events eg Mental Health week, Anti-bullying week, Black History Month (see calendar) Introduction: Setting Ground Rules for RSE & PSHE Lessons Family & Relationships Lesson 1: Families offer stability and love Lesson 2: Families are all different Lesson 3: Other people’s feelings Lesson 4: Unhappy friendships Lesson 5: Introduction to manners and courtesy Lesson 6: Change and loss Lesson 7: Gender stereotypes: Careers & jobs</p>	Lesson 1: Experiencing different emotions Lesson 2: Being active Lesson 3: Relaxation: Breathing exercises Lesson 4: Steps to success Lesson 5: Developing a growth mindset Lesson 6: Healthy diet Lesson 7: Looking after our teeth	Lesson 1: Introduction to the internet Lesson 2: Communicating online Lesson 3: Secrets and surprises Lesson 4: Appropriate contact: My private parts Lesson 5: Appropriate contact: My private parts Lesson 6: My personal boundaries Lesson 7: Road Safety Lesson 8: Crossing roads safely Lesson 9: Staying safe with medicine	Lesson 1: Rules beyond school Lesson 2: Our school environment Lesson 3: Our local environment Lesson 4: Job roles in our local community Lesson 5: Similar yet different-my local community Lesson 6: School council Lesson 7: Giving my opinion Practise some improvements to school environment-litter picking, planting in the garden	Lesson 1: Where money comes from Lesson 2: Needs & wants Lesson 4: Looking after money Lesson 5: jobs Invite key speakers: parents/ Careers/member of the community to talk about their jobs Transition Lesson: Change
Year 3	<p>For Autumn term alternate between lesson structure and circle time themes: NSCPCC PANTS British Values School Values Responding to key class themes Mental Health Celebrating key events eg Mental Health week, Anti-bullying week, Black History Month (see calendar) Introduction: Setting Ground Rules for RSE & PSHE Lessons Family & Relationships Lesson 1: Healthy families Lesson 2: Friendship conflict Lesson 3: Friendship conflict versus bullying Lesson 4: Effective communication Lesson 5: Learning who to trust</p>	Lesson 1: My healthy diary Lesson 2: Relaxation Lesson 3: Wonderful me Lesson 4: My Superpowers Lesson 5: Resilience breaking down barriers Lesson 6: Communicating my feelings Lesson 7: Diet and dental health	Lesson 1: First Aid: Emergencies Lesson 2: First aid: Bites & stings Lesson 3: Be kind online Lesson 4: Cyberbullying Lesson 5: Fake emails Lesson 6: Making choices Lesson 7: Influences Lesson 8: Keeping safe out & about	Lesson 1: Rights of a child Lesson 2: Rights & Responsibilities Lesson 3: Recycling Lesson 4: Local community Lesson 5: Charity Lesson 6: Local democracy Lesson 7: Rules Set up a mock election to demonstrate how democracy works	Lesson 1: Ways of paying Lesson 2: Budgeting Lesson 3: How spending affects others Lesson 4: Impact of spending Lesson 5: Jobs and careers Lesson 6: Gender and careers Transition Lesson: Coping Strategies

	Lesson 6: Respecting differences in others Lesson 7: Stereotyping gender Lesson 8: Stereotyping age				
Year 4	<p>Introduction: Setting Ground Rules for RSE & PSHE Lessons</p> <p>Family & Relationships</p> <p>Lesson 1: Respect and manners</p> <p>Lesson 2: Healthy friendships</p> <p>Lesson 3: How my behaviour affects others</p> <p>Lesson 4: Bullying</p> <p>Lesson 5: Stereotypes: Gender</p> <p>Lesson 6: Stereotypes: Disability</p> <p>Lesson 7: Families in the wider world</p> <p>Lesson 8: Change & loss</p>	<p>Lesson 1: Looking after our teeth</p> <p>Lesson 2: Relaxation: Visualisation</p> <p>Lesson 3: Celebrating mistakes</p> <p>Lesson 4: Meaning & purpose: My role</p> <p>Lesson 5: My happiness</p> <p>Lesson 6: Emotions</p> <p>Lesson 7: Mental Health</p>	<p>Lesson 1: Internet safety: Age restrictions</p> <p>Lesson 2: Share aware</p> <p>Lesson 3: First Aid: Asthma</p> <p>Lesson 4: Privacy and secrecy</p> <p>Lesson 5: Consuming information online</p> <p>Lesson 6: Growing up</p> <p>Lesson 7: Introducing puberty</p> <p>Lesson 8: Tobacco</p> <p>Extend the unit, or allow children time to explore the</p> <p>https://www.thinkuknow.co.uk/</p> <p>website about online safety</p>	<p>Lesson 1: What are human rights?</p> <p>Lesson 2: Caring for the environment</p> <p>Lesson 3: Community</p> <p>Lesson 4: Contributing</p> <p>Lesson 5: Diverse communities</p> <p>Lesson 6: Local councillors</p> <p>Ask a local counsellor to come and speak to year grp/class about their role</p>	<p>Lesson 1: Spending choices</p> <p>Lesson 2: Keeping track of money</p> <p>Lesson 3: Looking after money</p> <p>Lesson 4: Influences on career choices</p> <p>Lesson 5: Changing job</p> <p>Transition Lesson: Setting goals</p>
Year 5	<p>Introduction: Setting Ground Rules for RSE & PSHE Lessons</p> <p>Family & Relationships</p> <p>Lesson 1: Build a friend</p> <p>Lesson 2: Friendship skills</p> <p>Lesson 3: Marriage</p> <p>Lesson 4: Respecting myself</p> <p>Lesson 5: Family life</p> <p>Lesson 6: Bullying</p> <p>Lesson 7: Stereotype: gender</p> <p>Lesson 8: Stereotypes: Race and religion</p>	<p>Lesson 1: Relaxation yoga</p> <p>Lesson 2: The importance of rest</p> <p>Lesson 3: Embracing failure</p> <p>Lesson 4: Going for goals</p> <p>Lesson 5: Taking responsibility for my feelings</p> <p>Lesson 6: Healthy meals</p> <p>Lesson 7: Sun safety</p>	<p>Lesson 1: Online friendships</p> <p>Lesson 2: Staying safe online</p> <p>Lesson 3: Puberty</p> <p>Lesson 4: Menstruation</p> <p>Lesson 5: Emotional changes in puberty</p> <p>Lesson 6: First Aid: Bleeding and head injuries</p>	<p>Lesson 1: Breaking the law</p> <p>Lesson 2: Rights & responsibilities</p> <p>Lesson 3: Protecting the planet</p> <p>Lesson 4: Contributing to the community</p> <p>Lesson 5: Pressure groups</p> <p>Lesson 6: Parliament</p>	<p>Lesson 1: Borrowing</p> <p>Lesson 2: Income 7 expenditure</p> <p>Lesson 3: Risks with money</p> <p>Lesson 4: Prioritising spending</p> <p>Lesson 5: Stereotypes in the workplace</p> <p>Extend unit: invite parent/careers/community to speak about</p>

			Lesson 7: Alcohol, drugs and tobacco: Making decisions Lesson 8: Tobacco	See Parliament booklets available form Kapaw	their careers: local bank Transition lesson: Roles and responsibilities
Year 6	Introduction: Setting Ground Rules for RSE & PSHE Lessons & signposting Family & Relationships Lesson 1: Respect Lesson 2: Respectful relationships Lesson 3: Stereotypes: Attitudes Lesson 4: Challenging stereotypes Lesson 5: Resolving conflict Lesson 6: Change & loss	Lesson 1: What can I be? Lesson 2: Relaxation: Mindfulness Lesson 3: Taking responsibility for my health Lesson 4: The impact of technology on health Lesson 5: Resilience toolbox Lesson 6: Immunisation Lesson 7: Good and bad habits Lesson 8: Physical health concerns	Lesson 1: Alcohol Lesson 2: Critical digital consumers Lesson 3: social media Lesson 4: Physical and emotional changes of puberty Lesson 5: Conception (parents have a right to withdraw their child from this lesson) Lesson 6: Pregnancy and birth (parents have a right to withdraw their child from this lesson) Lesson 7: First Aid: choking Lesson 8: First Aid Basic life support	Lesson 1: Human rights Lesson 2: Food choices and the environment Lesson 3: Caring for others Lesson 4: Prejudice and discrimination Lesson 5: Valuing diversity Lesson 6: National democracy	Lesson 1: Human rights Lesson 2: Food choices and the environment Lesson 3: Caring for others Lesson 4: Prejudice Lesson 5: Career routes Identity: Lesson 1: What is identity? Lesson 2: Identity and body image Transition lesson: Dealing with change

Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<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	<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

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<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	<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

TOPIC	PUPILS SHOULD KNOW
Being safe	<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