

# Bramham and Shadwell Federation

## PSHE Policy (Personal, Social, Health and Economic)

Recommended Policy

Adopted by the Governing Body: February 2022

Date to be reviewed: 2023

Signed: \_\_\_\_\_

Chair of Sub-Committee



# **Personal, Social, Health and Economic (PSHE) Education Policy**

## **1. Context, including national and local policy and legislation**

The policy supports a whole school approach to PSHE in the curriculum, and throughout the life of the school and its community. It is consistent with current legislative frameworks and statutory and non-statutory guidance.

### **Duty to promote wellbeing:**

The Education and Inspections Act 2006 place a requirement on schools to promote pupils' wellbeing (as identified in the Children Act 2004) as well as their academic achievement. We are committed to promoting the health and wellbeing of pupils, and of the whole school community, and fully recognise the important cyclical relationship between wellbeing and learning.

### **National Curriculum:**

The National Curriculum states that all schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. It must also:

- Promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- Prepare pupils at the school for the opportunities, responsibilities and experiences of later life.

The National Curriculum Framework (2013) states specifically that 'all schools should make provision for PSHE, drawing on good practice.'

### **Relationships Education and Health Education**

The Statutory Guidance for Relationships Education and Health Education (2019) states that "To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support."

### **Health and wellbeing promoting schools/Healthy Schools:**

At Bramham Shadwell Federation we are committed to providing a 'health and wellbeing climate and culture'. This means that we place teaching and learning in the wider context of our approach to:

- Leadership, management and managing change
- Policy development

- Curriculum, planning, resourcing and impact
- Teaching and learning
- Assessment, recording and reporting progress and achievement
- Pupil voice
- Pupils' support services
- Staff professional development needs
- Partnerships with parents/carers, the community and external agencies
- School culture and environment

## **2. Consultation process**

This policy was drafted by the PSHE Lead in consultation with the Executive Deputy Head teacher and in consultation with pupils, staff, parents and Governors. The members of staff responsible for overseeing and reviewing this policy are Jo Hall and Karen Barrett. It will be reviewed in full every 2 years.

## **3. Location and Dissemination**

This policy document is freely available on request to the whole school community. The policy is referred to in relevant areas of the curriculum. A copy of the policy can be found on the school website and a physical copy of the policy is available from the school office.

## **4. Relationship to other policies**

This policy links to:

- Child Protection/Safeguarding
- Relationships and Sex Education (RSE)
- Equal Opportunities
- SEND/Inclusion
- Positive Behaviour and Anti-bullying
- Health and Safety
- Assessment, Recording and Reporting
- Teaching and Learning
- Visitors in School
- E-safety/IT
- Medicines
- SMSC

## **5. Definition**

PSHE is a curriculum subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy, safe and prepared for life and work.

It provides a whole school strategy for working in partnership with parents and others to help children to overcome the social pressures they face and the barriers that present to learning and achievement.

PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. PSHE education also helps pupils to develop skills and aptitudes — like teamwork, communication, and resilience — that are crucial to navigating the challenges and opportunities of the modern world.

As part of a whole school approach, PSHE education helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. PSHE education helps pupils manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

## **6. Overall aims and intent for PSHE Education**

The Bramham Shadwell Federation believes that PSHE is a vital part of school life and ultimately our children's future health and wellbeing. Our approach to PSHE consists of a comprehensive and developmental programme of teaching and learning, which is delivered in the context of a Healthy School where the health and wellbeing of pupils and of the whole school community are actively promoted.

Our PSHE programme helps pupils to develop the knowledge, understanding, skills and attitudes they need to live confident, healthy, independent lives now and in the future, as individuals, parents/carers, workers and members of society. It is embedded within the wider learning offered by the school to ensure that pupils experience positive relationships with adults and with each other and feel valued, and that those who are most vulnerable are identified and supported. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of our school and community.

Our PSHE programme has a positive influence on the ethos, learning and relationships throughout the Federation. PSHE is central to our values and to achieving our Federation's stated aims and objectives.

The overarching aim for PSHE education is to provide pupils with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills, language and strategies they need in order to lead healthy, safe, fulfilling, responsible and balanced lives

Within this, the Bramham Shadwell Federation aims to develop pupils' understanding of:

- identity, including personal qualities, attitudes, skills, attributes and achievements and what influences these
- relationships, including different types and in different settings, both online and offline
- a healthy lifestyle, including physically, emotionally and socially
- a balanced lifestyle, including within relationships, work-life, exercise and rest, spending and saving and diet
- risk, including identification, assessment and how to manage risk rather than simply the avoidance of risk for self and others
- safety, both offline and online, including behaviour and strategies to employ in different settings
- diversity and equality in all its forms
- rights, including the notion of universal human rights, responsibilities including fairness and justice and consent in different contexts
- change and resilience, the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance
- power in a variety of contexts including persuasion, bullying, negotiation and 'win-win' outcomes
- career, including enterprise, employability and economic understanding

## **7. To whom the policy applies**

The policy applies to:

- The head teacher
- All school staff
- The governing body
- Pupils
- Parents/carers
- Health professionals
- Partner agencies working in or with the school

## **8. Implementation of PSHE**

### **i. Entitlement and Progression**

PSHE is a non-statutory subject. However, there are aspects of it we are required to teach:

- We must teach relationships education under the Children and Social Work Act 2017, in line with the terms set out in the statutory guidance.
- We must teach health education under the same statutory guidance.

Please refer to our RSE policy for details of what we teach in this subject (a copy of this can be found on the school website).

We are also required to teach what is contained within the National Curriculum Science for Drug Education which is as follows:

Key Stage	Content
One	N/A
Two  (Upper Key Stage 2 only) Year 6 Programme of study	Animals including humans <ul style="list-style-type: none"> <li>Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function</li> </ul>

We are committed to ensuring that all pupils receive high quality PSHE lessons, including health education, which are planned, sequenced and mapped out using the You, Me and PSHE primary scheme of work recommended by the Leeds Healthy Schools team, together with Mindmate and the “Growing up with Yasmin and Tom” scheme produced by the Family Planning Association.

For details about all aspects of PSHE we teach in each year group, including health education, please see Appendix 1 (long term curriculum map). Intended learning outcomes for each key stage can be found in Appendix 2.

Half-termly SMSC themes and weekly ethos statements are used to enhance our whole school approach to PSHE and weekly whole school and class assemblies reinforce these themes. The development of pupils’ character and personal skills such as resilience and self-confidence are further supported by the positive behaviour policy, access to extra-curricular enrichment activities and residential trips.

## ii. Curriculum Organisation

Pupils receive their entitlement for learning PSHE through a broad and balanced spiral curriculum which demonstrates progression and ensures breadth across all year groups. The PSHE programme is delivered through a variety of opportunities including:

- designated PSHE time (at least one session per week)
- circle time
- whole school and class assemblies
- school ethos
- small group work (including nurture groups)
- cross curricular links
- launch days and exit days at the beginning and end of each half term
- residential trips

- use of external agencies/services
- whole school events
- visitors in school who are experts in a specific area
- extra-curricular enrichment activities (such as theatre in education performances)

See Appendix 3 for a list of interactive teaching methods.

### iii. **Resources**

We use primarily the scheme of work recommended by the **Leeds Healthy Schools team** (You, Me and PSHE) and the resources recommended within it. This scheme is supplemented by use of **Mindmate** lessons and **Growing up with Yasmin and Tom** (fpa.org resource). We carefully select resources which meet the pupils' needs as well as our planned learning objectives. We evaluate teacher resources, leaflets, online resources and videos before using them.

We use books, both fiction and non-fiction, extensively within our PSHE programme. Teachers read and assess the books before using them to ensure they are appropriate for the planned work. They also consider the needs and circumstances of individual pupils in their class when reading texts, in case they need to have a preparatory conversation with a pupil before the teaching takes place, for instance.

### iv. **Working with visitors and other external agencies**

Where appropriate, we may use visits and visitors from external agencies or members of the community to support PSHE. This is an enrichment of our programme and not a substitute for our core provision which is based upon the strong relationships between teachers and pupils. It may be the case that the subject under discussion is better coming from an expert or experienced health professional who can challenge pupils' perceptions. When visitors are used to support the programme, the school's policy on use of visitors will be used. A teacher will be present throughout these lessons. Visitors will be given a copy of this policy, and any other relevant policies, and are expected to comply with the guidelines outlined within it.

Examples of such visitors to the Federation include professionals who work within the areas of First Aid, Bikeability, guide dogs for the blind and road safety.

Residential trips can make a significant contribution to pupils' personal development. When planning such visits, we use opportunities to promote pupils' learning in relevant areas of the PSHE curriculum. Our partnership with the local community is also a priority, and we recognise and value its contribution to the PSHE programme.

Before involving visitors in any aspect of PSHE, teachers will ensure that:

- the visitor understands the Federation confidentiality policy, values and approach to the educational programme

- there is appropriate planning, preparatory and follow up work for the sessions
- the visitor understands the emotional, intellectual, cultural, religious, social and ability level of the pupils involved, including where there may be a specific issue relating to child protection
- the teacher needs to be part of the experience in order for the pupils to value the lessons and to build on the pupils' learning after the session/s as well as answer any questions the pupils may subsequently have

#### v. **Roles and Responsibilities**

##### **The Governing Body:**

The Governing Body as a whole plays an active role in monitoring, developing and reviewing the policy and its implementation in school. When aspects of PSHE appear in the School Improvement Plan, Governors will reflect on, monitor and review the work as appropriate.

##### **Staff:**

Staff are responsible for:

- Ensuring that they are up to date with school policy and curriculum requirements regarding PSHE
- Delivering PSHE in a sensitive way, ensuring that their personal beliefs and attitudes will not prevent them from providing balanced PSHE in school
- Tailoring their lessons to suit the needs of all pupils in their class, across the whole range of abilities, faiths, beliefs, culture, gender identity and sexual orientations, including SEND
- Ask for support in this from the SENDCO or the PSHE lead should they need it
- Following the school's reporting systems if a pupil comes to a member of staff with an issue that they feel they are not able to deal with alone
- Monitoring progress
- Attend and engage in professional development training around PSHE provision, including individual and whole staff training/inset, where appropriate
- Attend staff meetings to be introduced to any new areas of work and review the effectiveness of the approaches used
- Report back to the PSHE Lead on any areas that they feel are not covered or are inadequately provided for in the school's PSHE provision
- Encourage pupils to communicate concerns regarding their social, personal and emotional development in confidence and listen to their needs and support them seriously

## **Pupils:**

All pupils:

- Should support one another with issues that arise through PSHE by, for example, alerting relevant members of staff to any potential worries or issues
- Will listen in class, be considerate of other people's feelings and beliefs and comply with the ground rules that are set in class
- Will be made to feel comfortable to talk to a member of staff, in confidence, regarding any concerns they have in school related to PSHE or otherwise
- Be asked for feedback on the school's PSHE provision annually and be expected to take this responsibility seriously; opinions on provision and comments will be reviewed by the lead member/s of staff for PSHE and taken into consideration when the curriculum is prepared for the following year's pupils

## **Parents/carers:**

The Federation recognises the key role that parents/carers fulfil in supporting their children through their personal development and the emotional and physical aspects of growing up. We seek to work in partnership with parents/carers when planning and delivering PSHE.

The Bramham Shadwell Federation will encourage this partnership by:

- keeping parents/carers informed **through half termly curriculum** newsletters about all aspects of the PSHE curriculum, including when it is going to be delivered
- providing access to resources and information being used in class and do everything to ensure that parents/carers are comfortable with the education provided to their children in school through **information evenings/zoom meetings / providing information on the website and through the half termly curriculum newsletters**
- encouraging parents/carers to create an open home environment where pupils can engage, discuss and continue to learn about matters that have been raised through PSHE
- providing support and encourage parents/carers to seek additional support in this from the school where they feel it is needed

### vi. **Staff Support and CPD**

In order to achieve our intention of all pupils receiving high quality PSHE lessons, the school, through the PSHE subject leader, supports staff to gain confidence and competence in teaching high quality PSHE. This ensures that the ambitious curriculum, which is planned and sequenced, is well resourced in terms of staff competence, subject knowledge and pedagogy.

The Bramham Shadwell Federation provides regular professional development training in how to deliver PSHE.

CPD needs are identified and met through the following ways:

- training and support is organised by the Head teacher and the Deputy Head teacher
- all members of the teaching and non-teaching staff will be offered generic PSHE training which includes sessions on: *confidentiality, setting ground rules, handling controversial issues, responding to awkward questions, an introduction to the rationale of why teaching PSHE is so important, learning outcomes, conflict resolution and school policy*
- teaching and non-teaching staff involved in the delivery of PSHE issues seen as potentially more sensitive will be offered appropriate training to encourage confidence in dealing with matters of confidentiality, child protection, sensitive issues, and with potentially difficult questions

## vii. **Equality and Inclusion**

All children and young people, whatever their experience, background or identity, are entitled to good quality PSHE that helps them build confidence and a positive sense of self and to stay healthy. Respect for themselves and each other is central to all teaching. All classes include pupils with different abilities and aptitudes, experiences and religious/cultural backgrounds, gender and sexual identities. To encourage pupils to participate in lessons, teachers will ensure content, approach and use of inclusive language reflects the diversity of the school community, and helps each and every pupil to feel valued and included in the classroom.

### **Protected Characteristics**

We have a clear duty under the **Equality Act 2010** to ensure that our PSHE teaching is accessible to all pupils and we do not unlawfully discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership or sexual orientation (collectively known as the protected characteristics). We also make reasonable adjustments to alleviate disadvantage and be mindful of the SEND Code of Practice when planning for these subjects.

PSHE lessons help pupils to explore discrimination, prejudice, bullying, aggressive behaviour and other unhealthy relationships. Teachers of PSHE agree to work within the Federation's framework for PSHE as described in this policy. Teacher's personal beliefs, values and attitudes will not affect their teaching of PSHE.

The school will ensure:

- Approaches to teaching and learning take into account all needs of the pupils to ensure all can access the full PSHE provision
- Staff approach PSHE sensitively, as pupils are all different, with different types of family
- Staff encourage pupils to explore topics from different gender viewpoints and never assume that relationships are between opposite sexes
- PSHE caters for all pupils and teachers and teaching materials are respectful of the rights of pupils with disabilities and how pupils choose to identify themselves
- Links between PSHE and the school's inclusion policy are made

**Ethnicity, religion and cultural diversity:**

Our policy values the different backgrounds of all pupils within the Federation and, in acknowledging and exploring different views and beliefs, seeks to promote respect and understanding. We encourage respect for all religions and cultures. We do not ask pupils to represent the views of a particular religious or cultural group to their peers, unless they choose to do so.

**SEND:**

We ensure that all pupils receive PSHE and we offer provision appropriate to the particular needs of our pupils, taking specialist advice where necessary. Staff will differentiate lessons to ensure that all members of the class can access the information fully. The Federation will use a variety of different strategies to ensure that all pupils have access to the same information. Some pupils will be more vulnerable to exploitation, bullying and other issues than their peers, and others may be confused about what is acceptable public behaviour. These pupils will need help to develop skills to reduce the risks of being abused and exploited, and to learn what sorts of behaviour are, and are not, acceptable.

**Sexual identity and sexual orientation:**

We have a clear duty under the Equality Act 2010 to ensure that our teaching is accessible to all pupils, including those who are lesbian, gay, bisexual and transgender (LGBT). Inclusive PSHE will foster good relations between pupils, tackle all types of prejudice, including homophobia, and promote understanding of the importance of equality and respect. LGBT content will be fully integrated into our PSHE programme in a sensitive and age appropriate way.

**Pupils who are new to English**

The Federation will take into account the language skills of individual pupils, ensuring that all pupils have equal access to the PSHE provision and resources.

**viii. Learning environment and ground rules**

If pupils are to benefit fully from a PSHE programme, they need to be confident speakers, good listeners and effective, sensitive communicators. A set of ground rules will help staff to create a safe and relaxed environment in which they do not feel embarrassed or anxious about unexpected questions or comments from the pupils. They also reduce the possibility of inappropriate behaviour and the disclosure of inappropriate personal information.

At the beginning of each academic year, teachers will establish a set of ground rules for PSHE lessons in consultation with their new class. These ground rules will be displayed in classrooms and will be referred to at the beginning of every PSHE lesson.

Our usual PSHE ground rules are:

- We listen to each other.
- We do not say or do anything that would hurt another person
- We do not use people's names within an open forum.
- We signal when we want to say something.
- We may say pass.

- If a game involves touch, we may sit and watch before making a decision to join in.
- We can explore beliefs or misunderstandings about a subject without fear of being judged

#### ix. **Answering questions**

We acknowledge that sensitive and potentially difficult issues will arise in PSHE as pupils will naturally share information and ask questions. When spontaneous discussion arises, it is guided in a way that reflects the stated school aims and curriculum content for PSHE.

As a first principle, we answer questions relating to taught, planned curriculum for that age group to the whole class. We answer questions relating to areas beyond the taught, planned curriculum for that age group, in a sensitive and age appropriate way, only to the pupil or pupils who have asked the question.

If a member of staff is uncertain about the answer to a question, or indeed whether they should answer it, they will seek guidance from the PSHE leader or a Designated Safeguarding Lead. Questions may be referred to parents/carers if it is not appropriate to answer them in school. We may use a question box where questions may be asked anonymously.

When answering questions, we ensure that sharing personal information by adults, pupils or their families is discouraged. Where a question or comment from a pupil in the classroom indicates the possibilities of abuse or risk of harm, teachers will pass this information to a Designated Safeguarding Lead, in line with school policy and procedures.

Ground rules are essential when discussing sensitive subject matters. Staff will establish clear parameters about what is appropriate and inappropriate in a whole-class setting by for example:

- staff will set the tone by speaking in a matter-of-fact way
- pupils will be encouraged to write down questions, anonymously if desired, and post them in a question box or ask-it basket
- staff will have time to prepare answers to all questions before the next session, and will choose not to respond in a whole-class setting to any questions that are inappropriate or need one-to-one follow up
- if a verbal question is too personal, staff will remind the pupils of the ground rules
- if a question is too explicit, feels too old for a pupil, is inappropriate for the whole-class, or raises concerns, staff will acknowledge it and promise to attend to it later on an individual basis
- staff will not provide more information than is appropriate to the age of the pupil
- if staff are concerned that a pupil is at risk of abuse, the Designated Safeguarding Lead will be informed and the usual child protection procedures followed

#### x. **The needs of pupils**

We recognise that an interactive approach to PSHE will better develop the skills of our pupils, and also that, it is more likely to meet their needs. We involve pupils in the evaluation and development of their PSHE in ways appropriate to their age.

We will involve pupils through:

- discussions with small groups of pupils
- questionnaires/surveys (e.g. the My Health My School Survey)
- draw and write activities
- self-assessment activities
- pre and post assessment activities for PSHE
- school council meetings
- full class consultation activities which ensure all pupils have a voice in the process

#### **xi. Confidentiality in the context of PSHE lessons**

The nature of PSHE means that pupils may disclose personal information that staff will respond to appropriately. The classroom is never a confidential place to talk, and that remains true in PSHE. Pupils will be reminded that lessons are not a place to discuss their personal experiences and issues, or to ask others to do so, through the establishment of ground rules. Any visitor to the classroom will be bound by the Federation Child Protection and Safeguarding Policy regardless of whether they have, or their organisation has, a different policy. We will make sure visitors are aware of this, and make sure there are enough opportunities for pupils to access confidential support after the lesson if they need it.

Any information disclosed to a staff member or other responsible adult, which causes concern about the pupil's safety, will be communicated to one of the Designated Safeguarding Leads as soon as possible, in line with our Child protection and Safeguarding Policy.

If a pupil tells a health professional, such as the school nurse, something personal on a one-to-one basis outside of the classroom, our Child Protection and Safeguarding Policy will help us to decide whether that person can keep that information confidential, or whether they need to seek help, advice, or refer to someone else. We will also signpost pupils and their families, where appropriate, to on and offline community, health and counselling services so pupils know where to go for confidential help and advice.

Techniques used in school to minimise the chance of pupils making a disclosure in class include:

- depersonalising discussion
- puppets
- using role play to 'act out' scenarios
- appropriate DVDs and TV extracts
- case studies with invented characters
- visits to/from outside agencies

#### **xii. Child Protection and Safeguarding**

PSHE helps pupils to know and understand how to keep themselves and others safe, make informed decisions and manage risk and equips them with the knowledge and skills to get help if they need it. When teaching any sensitive issue, pupils may give cause for concern; if this happens then procedures will be followed according to our Child Protection and Safeguarding Policy.

## **9. Impact of PSHE**

### **i Assessment and Recording**

PSHE lessons are planned by starting with establishing what pupils already know. In this way teachers can also address any misconceptions that pupils may have.

Pupils' learning in PSHE is assessed in line with approaches used in the rest of the curriculum (including assessment for learning). For example:

- Pupil reflective learning sheets at the end of each topic
- Written or oral assignments
- Quizzes
- Pupil self-evaluation
- One to one discussion

Assessments are used to inform planning and address misconceptions. Children who fall below expected outcomes are targeted for specific interventions to address areas of weakness.

The PSHE lead will consult with staff regarding assessments in order to identify areas where additional resources or staff training may be necessary and to offer advice on interventions.

We report to parents/carers at the end of the school year on pupils' learning and progress within PSHE.

### **ii. Monitoring**

The priorities set out in the PSHE plan are monitored and reported upon to ensure impact is maximised. The PSHE Lead works collaboratively with Governors and the Senior Management Team to scrutinise pupil health and wellbeing data, eg the My Health My School/ Wellbeing Survey, to assess the impact of PSHE and identify emerging priorities.

The delivery of PSHE is monitored by the Senior Leadership Team through:

- A system of lesson observations and peer support
- A system for regular review of the PSHE policy and programme
- Staff interviews/questionnaires
- Pupil voice
- Book scrutiny

The delivery of PSHE is evaluated through:

- Evidence from lesson observations
- Feedback and evaluation by pupils
- Scrutiny of assessment records
- Sampling pupils' work and portfolios

The PSHE Lead also monitors the impact of staff CPD ensuring that the desired outcomes in terms of improved provision for PSHE are met. Where possible, practice is shared, disseminated and developed.

## **10 Support**

We hope that pupils will feel safe in the school environment to talk to any member of staff in confidence about any areas of concern regarding their personal, social and emotional development. We promote the school ethos as one of inclusion and acceptance throughout all areas of school activity and hope that pupils respond to this by feeling comfortable to ask questions and continue their learning both in and outside the classroom.

## **11 Complaints**

Parents/carers who have complaints or concerns regarding the PSHE provision should contact the school and follow the school's Complaints Policy.

APPENDIX 1 Please see separate document

## APPENDIX 2

### Intended Learning Outcomes for PSHE

#### Key Stage 1

1. **Developing confidence and responsibility and making the most of their abilities**
  - a. to recognise what they like and dislike, what is fair and unfair, and what is right and wrong
  - b. to share their opinions on things that matter to them and explain their views
  - c. to recognise, name and deal with their feelings in a positive way
  - d. to think about themselves, learn from their experiences and recognise what they are good at
  - e. how to set simple goals.
2. **Preparing to play an active role as citizens**
  - a. to take part in discussions with one other person and the whole class
  - b. to take part in a simple debate about topical issues
  - c. to recognise choices they can make, and recognise the difference between right and wrong
  - d. to agree and follow rules for their group and classroom, and understand how rules help them
  - e. to realise that people and other living things have needs, and that they have responsibilities to meet them
  - f. that they belong to various groups and communities, such as family and school
  - g. what improves and harms their local, natural and built environments and about some of the ways people look after them
  - h. to contribute to the life of the class and school
  - i. to realise that money comes from different sources and can be used for different purposes.
3. **Developing a healthy, safer lifestyle**
  - a. how to make simple choices that improve their health and wellbeing
  - b. to maintain personal hygiene
  - c. how some diseases spread and can be controlled
  - d. about the process of growing from young to old and how people's needs change
  - e. the names of the main parts of the body
  - f. that all household products, including medicines, can be harmful if not used properly
  - g. rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.
  - h. how to call the emergency services
  - i. how to stay safe online.
4. **Developing good relationships and respecting the differences between people**
  - a. to recognise how their behaviour affects other people

- b. to listen to other people, and play and work cooperatively
- c. to identify and respect the differences and similarities between people
- d. that family and friends should care for each other
- e. know that families sometimes look different to their own families
- f. know that other children's families are also characterised by love and care
- g. that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.

## **Key Stage 2**

1. **Developing confidence and responsibility and making the most of their abilities**
  - a. to talk and write about their opinions, and explain their views, on issues that affect themselves and society
  - b. to recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals
  - c. to face new challenges positively by collecting information, looking for help, making responsible choices, and taking action
  - d. to recognise, as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way
  - e. about the range of jobs carried out by people they know, and to understand how they can develop skills to make their own contribution in the future
  - f. to look after their money and realise that future wants and needs may be met through saving.
  
2. **Preparing to play an active role as citizens**
  - a. to research, discuss and debate topical issues, problems and events
  - b. why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules
  - c. to realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities
  - d. that there are different kinds of responsibilities, rights and duties at home, at school and in the community, and that these can sometimes conflict with each other
  - e. to reflect on spiritual, moral, social, and cultural issues, using imagination to understand other people's experiences
  - f. to resolve differences by looking at alternatives, making decisions and explaining choices
  - g. what democracy is, and about the basic institutions that support it locally and nationally
  - h. to recognise the role of voluntary, community and pressure groups
  - i. to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom
  - j. that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of

the environment

k. to explore how the media present information.

**3. Developing a healthy, safer lifestyle**

a. what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices

b. that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread

c. about how the body changes as they approach puberty

d. which commonly available substances and drugs are legal and illegal, their effects and risks

e. to recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable

f. that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong

g. school rules about health and safety, basic emergency aid procedures and where to get help.

**4. Developing good relationships and respecting the differences between people**

a. that their actions affect themselves and others, to care about other people's feelings and to try to see things from their points of view

b. to think about the lives of people living in other places and times, and people with different values and customs

c. to be aware of different types of relationship, including marriage and those between friends and families, and to develop the skills to be effective in relationships

d. to realise the nature and consequences of racism, teasing, bullying and aggressive behaviours, and how to respond to them and ask for help

e. to recognise and challenge stereotypes

f. that differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability

g. where individuals, families and groups can get help and support.

## **Appendix 3 – Interactive teaching methods**

### Buzz group

Small groups of three to four. Groups are asked to discuss a dilemma or situation for a short, specified time, and then return to the large group to discuss ideas.

### Circle time / Circle discussion

Structured discussion where all participants sit in a circle – representing an inclusive and safe environment within which to discuss an issue or idea. Uses strategies such as silent statements (change places if you think that...), stem sentences (what I'm looking forward to most about becoming an adult is...), optional rounds (thumbs up if you'd like to say something about...) and open forum discussion.

### Consequences

Each group considers the possible options and consequences of a situation. It is important to consider realistic consequences, both positive and negative.

### Continuum

An imaginary line is drawn down the room. Pupils are told that one end of the line represents one extreme viewpoint, and the other end represents the opposite view. Statements relating to a particular issue are read out, and pupils stand along the continuum according to what they think. Pupils may discuss their view with someone else nearby, and/or with someone who has a different view.

### Corridor of conscience/conscience alley

Class line up in two lines as 'corridor' through which individual walks down. Each pupil in the corridor shouts out suggestions/advice/feelings to the individual walking. Could be used to explore a moral dilemma, hot seat a book/film character etc.

### Data search

Pupils search through a selection of resources to find out information and answers to questions. Pupils could devise their own questions, or set questions for another group to answer.

### Debate - active

Pupils have to decide to agree or disagree with a statement and move to the corresponding part of the room. They then discuss their opinion with other people in their group and decide upon the three main reasons why they have chosen to take that side; these are then shared with the class. Everyone is given an opportunity to change sides if convinced by the arguments of another group. Can be expanded into strongly agree, agree, disagree, strongly disagree. Consider use of online blogs, votes /& discussion forums.

### Debate - formal

A motion is decided on for discussion. Two opposing views are then presented to the pupils with relevant information or supporting evidence. After a question-and-answer

session and discussion, the group votes for or against the motion. Consider use of online blogs, votes /& discussion forums

#### Diamond 9

Small groups are given prepared cards (nine or more), each with a statement relating to an issue for discussion, e.g. 'The qualities of a good friend'. Each group arranges nine cards in the shape of a diamond to represent their views on the relative importance of each statement. Pupils can also be given the opportunity to suggest their own statements for cards.

#### Discussion

In pairs, small groups, larger groups. Consider use of online blogs, votes /& discussion forums Drama / Role play/simulations Can be facilitated by theatre in education groups.

#### Draw and write

Pupils are asked to draw and/or write in response to a specific question, (e.g. in the box draw yourself showing how your body will change when you reach puberty. Write about these changes.) Can be used as needs assessment before a unit of work and/or assessment afterwards; see 'Health for life' Nelson

#### Thornes envoys

Various groups of pupils are formed, each with a different task or issue to discuss or research. After a given amount of time, a representative from each group goes to another group to relate the key points or findings to them.

#### Film /TV

For example, films or TV soaps with substance misuse storylines supported by follow-up discussion, hot-seating of characters.

#### Fishbowl

One group performs an activity while the others sit around them and observe. The audience may be asked to observe generally, or to look for specific things. They could have a checklist of things to look for.

#### Graffiti boards

Pupils are asked to write comments/opinions/facts onto a large piece of paper that can then be displayed. Alternatively, each person may be given a piece of card, which can then be part of a 'wall' to which they all contribute. Consider use of online blogs, votes /& discussion forums

#### Interactive ICT

Educational software can be used. Pupils can also be given use of iPads to prepare presentations on a given topic.

#### Literature

Pupils' literature can be combined with techniques such as hot-seating of characters/ agony aunt letters.

### Matching

This activity requires cards to be made up which can then be matched together by the pupils. For example, cards with the names of body parts may be matched to body functions.

### Media analysis

For example, consider gender issues reported in newspapers, how different types of family groupings are portrayed in TV soaps. Consider use of a range of video resources including those on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

### Mind maps

Write an issue, topic or problem in the middle of a page. Branch out from the centre with the main themes and continue to branch out the ideas as far as possible.

### Peer education

Individuals of the same or similar ages act as educators or mentors, e.g. small groups could research different topics and then teach the other groups about their topic.

### Puppets

A distancing technique to use with younger pupils

### Question boxes / Ask-it baskets

Pupils write down questions, anonymously if preferred, and post them in a question box or ask-it basket. The teacher/nurse may choose to answer the questions in the next lesson/session having had time to consider appropriate responses. Consider use of online blogs, votes /& discussion forums

### Question display

What questions do we want to find the answers to? Display the questions and refer to them as the questions are answered. Pupils to decide: How can we find out the information? How can we display the results? Consider use of online blogs, surveys, votes /& discussion forums.

### Questionnaires / Quizzes

Can be done individually, in pairs or small groups. Can be teacher/nurse led or researched and written by pupils for peers. Consider use of online blogs, surveys, votes /& discussion forums.

### Role play

Pupils take on the role of another person and act out a scenario. The audience can rewind the action, fast-forward, freeze-frame and explore different consequences and decisions. They can also 'spotlight' certain characters and question them in role.

## Rounds

Everyone is given the opportunity to express a view or opinion about a particular situation. This works well at the beginning or end of sessions.

## Snowballing

Everyone works alone for a few minutes, listing ideas related to a task. They then form pairs and share views. The pairs then double up and share their ideas.

## Syndicates

A type of role play where pupils formed into groups to represent a view, opinion or organisation. The group has to enter negotiations with another group representing a different view.

## Tour

Groups of pupils prepare visual material in the form of posters to display on the wall. They then tour the displays and discuss the materials.

## Triad

A pupil engages in an activity with another individual while a third observes, maybe writes notes, and gives feedback. Roles can then be changed.

## Word storm / Thought shower

Individuals offer spontaneous suggestions regarding any issue. This is a short, quick activity where suggestions are recorded, but not discussed or challenged. Recorded material can be used later.