



PSHE and RSHE curriculum: Keeping children safe





What will my children learn in PSHE lessons?

We cover 6 important themes in every year group:

Me and My Relationships

Explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognise the qualities of healthy friendships and how to manage them.

Valuing Difference

Includes a strong focus on British Values, supports children to develop respectful relationships with others, recognise bullying and know their responsibilities as a bystander. We will also be thinking about the importance of staying safe online.

Keeping Safe

Covers a number of safety aspects, including being able to identify trusted adults in their lives, what to do when faced with a dilemma and recognising appropriate and inappropriate touch.





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We cover 6 important themes in every year group:

Rights and Respect

Explores broader topics including looking after the environment, economic education and the changing rights and responsibilities children have as they grow older. We teach the 'protected characteristics' under the Equality Act 2010, as the Government state *'All children should gain an understanding of the world they are growing up in, and learn how to live alongside, and show respect for, a diverse range of people.'* At Devonshire, we want all staff, children and families to feel safe and belong to our community. We are committed to ensuring equality of education, irrespective of race, gender, disability, belief, religion, socio-economic background or sexual orientation.

Being My Best

Includes a focus on keeping physically and mentally healthy, building resilience and setting goals and ways to achieve them.

Growing and Changing (RSHE)

Has age-appropriate plans to cover the physical and emotional changes that happen as children as they grow older, including changes at puberty, menstruation and how to approach this with confidence. Age-appropriate lessons on relationships and health education are also included.





What is RSHE?

RSHE, also known as Relationships, Sex and Health Education, teaches the fundamental building blocks and characteristics of positive relationships, as well as emotional, social and physical aspects of growing up in an age-appropriate way (the majority of which is already covered in PSHE and National Curriculum for Science).

It is broken down in to 2 areas:

Relationships and Health Education (Pre-school through to Year 6)

Sex Education (Year 6)

Our lessons help children and young people to be safe, healthy and happy, both as they grow, and in their future lives. These lessons help to meet safeguarding, and emotional wellbeing requirements, as well as ensuring that schools cover the requirements of the Government's guidance.





DfE's requirements for teaching RSHE

We make sure we teach the children all of the **DfE Relationships Education and Health Education statutory requirements**, including:

- *The importance of respecting others, even when they are very different from them.*
- *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.*
- *How to report concerns or abuse, and the vocabulary and confidence needed to do so.*
- *That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.*





Reception lessons

Content:

- Seasons and change
- Life stages in plants, animals and humans
- Where do babies come from?
- Getting bigger
- Me and my body
- Looking after my special people
- Looking after my friends

Sample Learning Activities

- Role play how you can help your special people at home
- Read a book together about getting bigger
- Using the pairs cards, match up the baby animal with its adult equivalent
- Draw pictures of a friend. At the bottom of the picture write how they look after that friend or how their friend looks after them.



Year 1 lessons

Extending learning from Reception

New content includes:

- Our special people
- Caring behaviour
- Respecting others
- Safe touch
- Unsafe secrets
- Friendship
- Communication
- Bullying
- Boundaries
- Privacy including naming the genitals
- Feelings

Sample Learning Outcomes

- Recognise and name some of the qualities that make a person special to them
- Identify simple qualities of friendship
- Identify things they could do as a baby, a toddler and can do now
- Explain the difference between appropriate and inappropriate touch
- Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep
- Identify parts of the body that are private





Year 2 lessons

Extending learning in Year 1

New content to include:

- How my behaviour (positive or negative) affects others
- Becoming more independent
- Keeping themselves and others safe
- Growing from young to old and how people's needs change

Sample Learning Outcomes

- Identify some of the ways that good friends care for each other
- Know and use words and phrases that show respect for other people
- Explain where someone could get help if they were being upset by someone else's behaviour
- Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.
- Identify the types of touch they like and do not like
- Explain that our genitals help us make babies when we are older



Year 3 lessons

Extending learning in Year 2

New content to include:

- Change including bereavement
- Images in the media
- Protecting personal information online
- Different types of relationships
- Healthy and unhealthy relationships (friendships),
- Discrimination and its consequences
- Understanding risk
- Making informed choices
- Resisting pressure
- Menstruation

Sample Learning Outcomes

- Explain some of the feelings someone might have when they lose something important to them
- Recognise and describe appropriate behaviour online as well as offline
- Identify when it is appropriate or inappropriate to allow someone into their body space
- Recognise who they have positive healthy relationships with
- Recognise that repeated name calling is a form of bullying
- Understand that for girls, periods are a normal part of puberty





Year 4 lessons

Extending learning in Year 3

New content to include:

- Body changes in puberty
- Conflicting emotions
- Good and not so good feelings
- Marriage and other relationships
- Consequences of our actions
- Recognise and challenge stereotypes
- Pressures to behave in an unacceptable, unhealthy or risky way

Sample Learning Outcomes

- Understand and explain why puberty happens
- Suggest reasons why young people sometimes fall out with their parents
- Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony
- Define what is meant by 'being responsible'
- Understand and identify stereotypes, including those promoted in the media
- Understand that we can be influenced both positively and negatively





Year 5 lessons

Extending learning in Year 4

New content to include:

- Body changes and feelings during puberty
- Changing feelings and the effect on those we live with
- Unhealthy relationships
- Risky behaviour
- Using social media safely
- Types of bullying including homophobic
- Keeping personal information private online

Sample Learning Outcomes

- Identify some products that they may need during puberty and why
- Recognise some of the feelings associated with feeling excluded or 'left out'
- Identify what things make a relationship unhealthy
- Explore and share their views about decision making when faced with a risky situation
- Recognise that people aren't always who they say they are online
- Recognise that some people can get bullied because of the way they express their gender
- Know how to protect personal information online





Year 6 lessons

Extending learning in Year 5

New content to include:

- Body image
- Sharing images online
- Forced marriage
- Conception, reproduction & birth (with a right to withdraw the child)

Sample Learning Outcomes

- Recognise that photos can be changed to match society's view of perfect
- Explore the risks of sharing photos and films of themselves with other people directly or online
- Describe ways in which people show their commitment to each other
- Know a variety of ways in which the sperm can fertilise the egg to create a baby