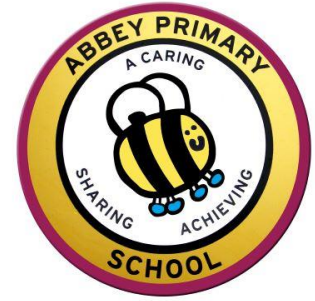




Personal, Social, Health and Economic
Education (PSHE)
and
Relationships and Sex Education (RSE)
at Abbey Primary School

Aims of the presentation



- To clarify what personal, social, health and economic education and relationships and sex education really looks like at Abbey Primary School
- To explain how this is delivered across school
- To introduce the resources that are used

The benefits of our tailored curriculum are many:

- helping all children understand how to build healthy and positive relationships in an age-appropriate way
- raising awareness of attitudes and values, developing personal and social skills, promoting knowledge and understanding
- helping children develop self-esteem, responsibility and the acquisition of understanding and attitudes which prepare them to develop caring, stable and healthy relationships
- encouraging appreciation of the value of consent, self-respect, dignity, marriage, civil partnership and parental duty
- developing sensitivity and understanding of the needs of others, loyalty and acceptance of responsibility
- developing understanding and appreciation of diversity and inclusion



How is PSHE and RSE taught and by who?

- Each term we focus on a different school value. We begin each term with a Values Afternoon designed to explore and deepen children's understanding of our school values, how they align with British Values and the importance of positive relationships
- Careful adaptations are made to ensure lessons are accessible to all, including those with SEND
- Weekly 'Values' phase and class assemblies and science lessons further develop children's understanding
- Our Relationships and Sex Education lessons are delivered by either their class teachers or a teacher the children know well

PSHE/RSE Long Term Overview



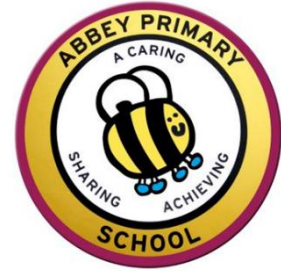
This comprises of 3 major themes that encompass statutory requirements:

Relationships

Living In The Wider World

Health and Wellbeing

Constant throughout all themes run our contextual focus on consent, identity, prejudice, diversity and e-safety



Within each theme there are 3 sub themes:

Relationships:

Families and Friendships

Safe Relationships

Respecting Ourselves and Others

Living In The Wider World:

Belonging To A Community

Media Literacy and Digital Resilience

Money and Work

Health and Wellbeing:

Physical Health and Mental Wellbeing

Growing and Changing

Keeping Safe



Abbey Primary School PSHE/RSE Long Term Curriculum Overview



	Relationships			Living in the Wider World			Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
In addition to the 5 key concepts of British Values (democracy, rule of law, individual liberty, mutual respect, tolerance of others), diversity, identity, prejudice, consent and e-safety have been carefully identified as contextual aspects which are taught and revisited progressively within a variety of learning opportunities across all aspects of PSHE/RSE									
FS	Describe themselves and people in their family	Be confident to say, "Stop it, I don't like it; ask for help when needed"	How our actions affect others; know some behaviour is unacceptable; manners	Understand that dropping litter is bad for the environment; name some places in the local area	Know SMART rules; begin to understand that everything on computers has been created by a person	Different jobs, why we come to school; earning money	Why sleep is important; name some healthy foods; changes when we exercise	Know that living things live, grow and die	Be confident to say, "stop it, I don't like it"
Y1	Roles of different people; families, feeling cared for	Recognising privacy, staying safe; seeking permission	How behaviour affects others being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Y2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working co-operatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important for good health; medicines and keeping healthy; keeping teeth healthy, managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Y3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights; freedoms and responsibilities	How the internet is used; assessing information on-line	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re-framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Y4	Positive friendships; including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia, personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Y5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types; their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Y6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss/bereavement, managing time online	Human reproduction and birth; increasing independence, managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

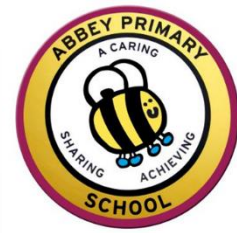
The background of the slide is a light gray gradient. It is decorated with several realistic water droplets of various sizes. Some droplets are at the top left, some at the top right, and a cluster of larger droplets is at the bottom right. The droplets have highlights and shadows, giving them a three-dimensional appearance.

Looking more closely at physical
health and wellbeing
(including Relationships and
Sex Education) ...

Physical Health and Wellbeing



Year Group	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
Foundation Stage	Why sleep is important; name some healthy foods; changes when we exercise	Know that living things live, grow and die	Be confident to say, "stop it, I don't like it"
Year 1	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Why sleep is important for good health; medicines and keeping healthy; keeping teeth healthy, managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Year 3	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re-framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia, personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Year 5	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia, personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Year 6	What affects mental health and ways to take care of it; managing change, loss and bereavement, managing time online	Human reproduction and birth; increasing independence, managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media



At Abbey Primary School we use the following to develop children's understanding of relationships and sex education:

- PSHE Association quality assured interactive learning platform, "Growing up with Yasmine and Tom"

<https://www.fpa.org.uk/growing-up-with-yasmine-and-tom/>

- stories, books
- discussion with question and answer sessions



LESSON OBJECTIVES

Module one

(Key stage 1)

1. **Introducing Yasmine and Tom***
2. **Friendships and feelings***
3. **Different families***
4. My brilliant body
5. Keeping clean and taking care of myself
6. Naming body parts
7. Keeping safe

Module two

(Lower key stage 2)

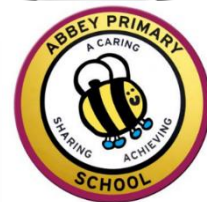
1. Introducing Yasmine and Tom
2. Gender stereotypes and aspirations
3. Me, myself and I
4. What makes a good friend?
5. Families and getting on with our families
6. **My personal and private body parts and keeping safe***
7. **Body care***
8. **Is it risky?***
9. People who can help us on and offline

Module three

(Upper key stage 2)

1. Introducing Yasmine and Tom
2. On and offline friendships
3. Friendships and secrets
4. Friendships and pressure
5. Keeping safe – safe and unsafe touch
6. Keeping safe – online images
7. Changes at puberty
8. **Periods (menstruation)***
9. **Wet dreams and masturbation***
10. **Making babies – sexual intercourse***
11. Making babies – assisted fertility and multiple births
12. Making babies – pregnancy and birth
13. Identity and prejudice
14. Equality and the law
15. Getting help

* All lessons are taught in a sensitive, age-appropriate manner, taking into account the individual needs of all children



Children are curious by nature and sometimes they may have questions that they would prefer to ask privately. All children's questions are valued and in addition to lessons, we provide opportunity for the children to ask for 1:1 teacher time.

Parents will be informed of children's questions if necessary



Should you have any questions about the way in which personal, social, health and economic education and relationships and sex education are taught at Abbey Primary School, please contact the school office.