

# COGNITA



## **Breaside Preparatory School**

### **PSHE Policy** ***(including Health, Relationship and Sex Education)***

## **September 2023**

## Context

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

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

## Introduction

“Today’s children young people are growing up in an increasingly complex world and living their lives seamlessly both on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.”

***Department for Education; Relationships and Sex Education and Health Education,  
June 2019***

Personal, social, health and economic education promotes pupils’ personal social and emotional development, as well as their health and well-being. It helps to give children the knowledge and skills they need to lead confident, healthy and independent lives. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. It gives children an understanding of the rights and responsibilities that are part of being a good citizen.

The national curriculum states that ‘all schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.’ PSHE education contributes to schools’ statutory duties outlined in the Education Act 2002 and the Academies Act 2010 to provide a balanced and broadly-based curriculum which:

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

PSHE provision is essential to inspection judgements in relation to personal development, behaviour, well-being and safeguarding. The relationships and health aspects of PSHE education will be compulsory in all schools from 2020. In June 2019, the Department for Education launched the final statutory guidance to accompany the introduction of compulsory health education, relationships education and relationships and sex education (RSE) in 2020.

This PSHE policy is informed by existing DfE guidance on **Sex and Relationships Education** (Sex and Relationship Education Guidance, July 2000), **Preventing and tackling bullying** (Preventing and tackling bullying: Advice for head teachers, staff and governing bodies, revised November 2014), **Drug and Alcohol Education** (DfE and ACPO drug advice for schools: Advice for local authorities, headteachers, school staff and governing bodies, September 2012), **Safeguarding** (Working Together to Safeguard Children: A guide to inter-agency working to safeguard and promote the welfare of children, March 2015) and **equality** (Equality Act 2010: Advice for school leaders, school staff, governing bodies and local authorities, revised June 2014).

Links to these documents:

- <http://www.education.gov.uk/aboutdfe/statutory/g00214676/sex-and-relationships-education-guidance>
- <http://www.education.gov.uk/aboutdfe/advice/f0076899/preventing-and-tackling-bullying>
- <https://www.gov.uk/government/publications/dfe-and-acpo-drug-advice-for-schools>
- <https://www.gov.uk/government/publications/working-together-to-safeguard-children--2>
- <http://www.education.gov.uk/aboutdfe/advice/f00215460/equality-act-2010-departmental-advice>

The information in this policy should be taken in conjunction with information set out in the DfE’s

Statutory guidance for RSE, relationships education and health education.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/805781/Relationships\\_Education\\_Relationships\\_and\\_Sex\\_Education\\_RSE\\_and\\_Health\\_Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

### Aim of the PSHE Policy

At Breaside Preparatory School, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

The 1decision Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. The overview of the programme can be seen on the school website.

This also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

"In primary schools, we want the subjects to put in place the key building blocks of health, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy."

***Department for Education; Relationships and Sex Education and Health Education, June 2019***

Breaside Preparatory School's PSHE provision provides pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community. 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 their school and communities. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.

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

Teaching about mental wellbeing is central to all subjects and a priority of both the school and parents is children's happiness. Children are increasingly experiencing challenges and are at risk of feeling lonely as well as other negative mental emotions. The new subject knowledge outlined in this policy works towards giving children the knowledge and capability that they need to take care of themselves and receive support if problems arise.

Breaside's PSHE provision supports the wider work and ethos of the school in helping pupils to foster a sense of wellbeing and develop resilience and strength of character to ensure that they go on to become happy, successful and productive members of society. We aim to instill in pupils that they are capable of achieving their goals and that they can recover from challenging periods in their lives. PSHE provision encourages the development of personal attributes including kindness, integrity, generosity and honesty.

The knowledge and attributes gained support their own and others' wellbeing and attainment and help our children to go on to become successful and happy young people who make a meaningful contribution to society.

Our PSHE policy is informed by existing DfE guidance:

- [Keeping Children Safe in Education](#) (statutory guidance)
- [Respectful School Communities: Self Review and Signposting Tool](#) (a tool to support a whole school approach that promotes respect and discipline)

- [Behaviour and Discipline in Schools](#) (advice for schools, including advice for appropriate behaviour between pupils)
- [Equality Act 2010 and schools](#)
- [SEND code of practice: 0 to 25 years](#) (statutory guidance)
- [Alternative Provision](#) (statutory guidance)
- [Mental Health and Behaviour in Schools](#) (advice for schools)
- [Preventing and Tackling Bullying](#) (advice for schools, including advice on [cyberbullying](#))
- [Sexual violence and sexual harassment between children in schools](#) (advice for schools)
- [The Equality and Human Rights Commission Advice and Guidance](#) (provides advice on avoiding discrimination in a variety of educational contexts)
- [Promoting Fundamental British Values as part of SMSC in schools](#) (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC))
- [SMSC requirements for independent schools](#) (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development).

The 1decision Programme is aligned to the PSHE Association Programmes of Study for PSHE and is Kitemark quality assured by the PSHE Association.

### Religion and Belief within PSHE

Breaside encourages a good understanding of pupils' faith backgrounds and works hard to maintain positive relationships between the school and local faith communities. The religious background of pupils is taken into account when planning teaching and in compliance with the Equality Act 2010, under which religion and belief are amongst protected characteristics.

### Equality

Breaside complies with the relevant requirements of the Equality Act 2010 under which schools must not unlawfully discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment or sexual orientation (protected characteristics). Reasonable adjustments are also made to alleviate disadvantage and be mindful of our SEND Code of Practice when planning.

The DfE Guidance 2019 (p. 15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics..."

At the point at which the school considers it appropriate to teach our pupils about LGBT (Lesbian, Gay, Bisexual, Transgender), we will ensure this content is fully integrated into our programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. At Breaside Preparatory School we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education.

### Pupil Outcomes

At Breaside Preparatory School, PSHE is taught using the **1decision scheme of work**. 1decision supports the development of key skills, attitudes, values and behaviour, which enable pupils to:

- Have a sense of purpose;
- Value self and others;
- Form relationships;

- Make and act on informed decisions;
- Communicate effectively;
- Work with others;
- Respond to challenge;
- Be an active partner in their own learning;
- Be active citizens within the local community;
- Explore issues related to living in a democratic society; and
- Become healthy and fulfilled individuals.

### PSHE Content / Schemes of Work

To ensure effective provision, the new compulsory, statutory elements of PSHE are integrated within the broad and balanced 1decision PSHE education programme. *Please refer to Appendix 1 for a summary of statutory PSHE outcomes for each year group.*

#### 1decision

1decision covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the unit names and content of the topics taught across the 1decision 5-8 and 8-11 phases.

5-8 Unit name	8-11 Unit name	Content
Keeping/Staying Safe	Keeping/Staying Safe	<ul style="list-style-type: none"><li>• Road safety</li><li>• Staying safe at home</li><li>• Staying safe outside the home</li><li>• Cycle safety</li><li>• Water safety</li><li>• Peer pressure.</li></ul>
Keeping/Staying Healthy	Keeping/Staying Healthy	<ul style="list-style-type: none"><li>• Healthy eating</li><li>• Brushing teeth</li><li>• Washing hands</li><li>• Medicine</li><li>• Healthy living</li><li>• Alcohol</li><li>• Smoking.</li></ul>
Relationships	Growing and Changing	<ul style="list-style-type: none"><li>• Friendship</li><li>• Bullying</li><li>• Touch</li><li>• Body language</li><li>• Relationships</li><li>• Puberty</li><li>• Conception (not currently taught within the school's PSHE curriculum).</li></ul>
Being Responsible	Being Responsible	<ul style="list-style-type: none"><li>• Water spillage</li><li>• Practice makes perfect</li><li>• Helping someone in need</li><li>• Stealing</li><li>• Looking out for others</li><li>• Coming home on time.</li></ul>
Feelings and Emotions	Feelings and Emotions	<ul style="list-style-type: none"><li>• Jealousy</li><li>• Worry</li><li>• Anger</li><li>• Grief</li></ul>
Computer Safety	Computer Safety	<ul style="list-style-type: none"><li>• Online bullying</li><li>• Image sharing</li><li>• Making friends online.</li></ul>

Our World	The Working World	<ul style="list-style-type: none"><li>• Growing in our world</li><li>• Living in our world</li><li>• Working in our world</li><li>• Looking after our world</li><li>• Chores at home</li><li>• In-App purchases</li><li>• Enterprise.</li></ul>
Hazard Watch (stand-alone unit)	A World Without Judgement	<ul style="list-style-type: none"><li>• Breaking down barriers</li><li>• Inclusion and acceptance</li><li>• British values</li></ul>
Fire Safety	First Aid	<ul style="list-style-type: none"><li>• Hoax calling</li><li>• Petty arson</li><li>• Texting whilst driving</li><li>• At the fire station</li><li>• First aid (Year 4-6)</li></ul>

In order to teach the PSHE knowledge and skills in a developmental and age-appropriate way, in Years 1 and 2 we allocate one half hour slot of discrete teaching time to PSHE each week and in Years 3-6 we allocate two half an hour slots.

These explicit lessons are reinforced and enhanced in many ways:

Assemblies and collective worship, praise and reward system, Learning Charter, through relationships child to child, adult to child and adult to adult across the school. We aim to 'live' what is learnt and apply it to everyday situations in the school community.

Class teachers deliver the weekly lessons to their own classes.

**Relationships, Health and Sex Education (RSE) Content / Schemes of Work** *(please refer to the school's separate RSE Policy for more detailed information relating to the school's provision for relationship and sex education)*

Definition of Relationship and Sex Education (RSE): RSE is a lifelong learning process of acquiring information, developing skills and forming positive beliefs and attitudes about sex, sexuality, relationships and feelings. RSE focuses on exploring the emotional, social and physical aspects of growing up, having relationships, engaging in sex, and learning about human sexuality and sexual health.

Effective RSE can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain positive relationships. It also enables children and young people to make responsible and informed decisions about their personal physical and mental health and well-being.

"The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education...They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education(PSHE) continues to be compulsory in independent schools."  
DfE Guidance p.8

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

“This is why we have made Relationships Education compulsory in all primary schools in England...as well as making Health Education compulsory in all state-funded schools.”

“In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.”

“These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others’ wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society.”  
Secretary of State Foreword DfE Guidance 2019 p.4-5

“Schools are free to determine how to deliver the content set out in the DfE guidance 2019 in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons.”  
DfE Guidance p.8

“All schools must have in place a written policy for Relationships Education and RSE.”  
DfE Guidance p.11

Here, at Breaside Preparatory School we value PSHE as one way to support children’s development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

To ensure progression and both an engaging and interactive PSHE curriculum, we use 1decision, as our chosen teaching and learning programme and tailor it to your children’s needs. The mapping document: <https://www.1decision.co.uk/images/1decision-mapping-document-rse-he-updated-2020-Version4.pdf> shows exactly how 1decision and therefore our school, meets the statutory Relationships and Health Education requirements.

The 1decision online portal and the support offered by 1decision staff, ensures we are always using the most up to date teaching materials, that we are working in line with statutory requirements and that our teachers are well-supported in delivering the PSHE curriculum.

### **Relationship Education Content / Schemes of Work**

#### **Relationship Education is statutory in all primary schools from September 2020.**

Relationships Education in primary schools will cover ‘Families and people who care for me’, ‘Caring friendships’, ‘Respectful relationships’, ‘Online relationships’, and ‘Being safe’.

The expected outcomes for each of these elements can be found below. The way the 1decision Programme covers these is explained in the mapping document: <https://www.1decision.co.uk/images/1decision-mapping-document-rse-he-updated-2020-Version4.pdf> (these can be found in the shared school planning folders or for external visitors, obtained from the school’s PSHE coordinator).

It is important to explain that whilst the Relationships and the Growing and Changing units in 1decision cover most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in 1decision e.g. the Our World and A World Without Judgement units help children appreciate that



there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

Topic and Objectives	KS1 Outcomes	KS2 Outcomes
<p><b>Families and people who care for me</b></p> <p>That families are important for children growing up because they can give love, security and stability</p> <p>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</p> <p>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</p> <p>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</p> <p>That marriage* represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</p>	<ul style="list-style-type: none"> <li>To identify and respect the differences and similarities between people</li> <li>Identify special people (family, friends, carers), what makes them special and how special people should care for one another</li> <li>Belonging to different groups and communities such as family and school</li> <li>Discuss people who look after them, their family networks, who to go to if they are worried and how to attract their attention</li> </ul>	<ul style="list-style-type: none"> <li>Recognise different types of relationships, including those between acquaintances, friends, relatives and families</li> <li>Understand marriage and civil partnerships as public demonstrations of commitment</li> <li>Recognise ways in which a relationship can be unhealthy and whom to talk to if they need support</li> </ul>
<p><b>Caring Friendships</b></p> <p>How important friendships are in making us feel happy and secure, and how people choose and make friends</p> <p>The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p>	<ul style="list-style-type: none"> <li>Identify special people (family, friends, carers), what makes them special and how special people should care for one another</li> <li>Recognise that their behaviour can affect other people</li> <li>Recognise what is fair and unfair, kind and unkind, what is right and wrong</li> <li>People's bodies and feelings</li> </ul>	<ul style="list-style-type: none"> <li>Recognise what constitutes a positive, healthy relationship and develop skills to form and maintain healthy and positive relationships</li> <li>Recognise ways in which a relationship can be unhealthy and whom to talk to if they need support</li> <li>Develop strategies to</li> </ul>

<p>That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p> <p>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</p> <p>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</p>	<p>can be hurt (including what makes us feel comfortable and uncomfortable)</p> <ul style="list-style-type: none"> <li>• Recognise when people are being unkind to them and how to respond</li> <li>• Recognise different types of teasing and bullying and understand that these are wrong and unacceptable</li> <li>• Listen to other people and play cooperatively</li> </ul>	<p>resolve disputes and conflict through negotiation and appropriate compromise</p>
<p><b>Respectful Relationships</b></p> <p>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</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>The conventions of courtesy and manners</p> <p>The importance of self-respect and how this links to their own happiness</p> <p>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</p> <p>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</p> <p>What a stereotype is, and how stereotypes can be unfair, negative or destructive</p>	<ul style="list-style-type: none"> <li>• Identify and respect the differences and similarities between people</li> <li>• That people and living things have rights and everyone has responsibility to protect those rights</li> <li>• Recognise different types of teasing and bullying and understand that these are wrong and unacceptable</li> <li>• Strategies to resist teasing or bullying and how to seek help</li> </ul>	<ul style="list-style-type: none"> <li>• Listen and respond respectfully and feel confident to raise own concerns; care about people's feelings and constructively challenge others' points of view</li> <li>• Understand personal boundaries and respect others' rights to privacy</li> <li>• Recognise and challenge stereotypes</li> <li>• Realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours including cyber—bullying, prejudice-based language and 'trolling'; how to respond and seek help</li> <li>• Recognise bullying and abuse in all its forms (including online and social media)</li> <li>• Realise the consequences of anti-social, aggressive and harmful behaviours and develop strategies for support for themselves and others at risk</li> </ul>

<p>The importance of permission-seeking and giving in relationships with friends, peers and adults</p>		
<p><b>Online Relationships</b></p> <p>That people sometimes behave differently online, including by pretending to be someone they are not</p> <p>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</p> <p>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p> <p>How information and data is shared and used online.</p>	<ul style="list-style-type: none"> <li>• Rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety</li> <li>• Recognise that they share a responsibility for keeping themselves and others safe</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise how images online do not always reflect reality</li> <li>• How pressure to behave in unacceptable, unhealthy or risky ways can come from online sources / media</li> <li>• Realise the nature and consequences of cyber—bullying including prejudice-based language and ‘trolling’; how to respond and seek help</li> <li>• Critically examine what is presented on social media and understand that it can misrepresent or mislead; importance of being careful about what is forwarded to others</li> <li>• Strategies for keeping safe online; protecting personal information including passwords, addresses and photos</li> </ul>
<p><b>Being Safe</b></p> <p>What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</p> <p>About the concept of privacy and the implications of it for both children and adults; that it is not always right to keep secrets if they relate to being safe</p> <p>That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</p> <p>How to respond safely and appropriately to adults they may</p>	<ul style="list-style-type: none"> <li>• What is meant by ‘privacy’ and the right to keep things ‘private’</li> <li>• Difference between secrets and ‘nice surprises’; not keeping secrets that make us feel uncomfortable, anxious or afraid</li> <li>• Judge what kind of physical contact is acceptable and comfortable and how to respond to contact that is unacceptable or uncomfortable</li> <li>• How to get the attention of the people who look after us when we are worried; how to attract attention</li> </ul>	<ul style="list-style-type: none"> <li>• Concept of confidentiality, when they should agree to this or not, when it is right to break a confidence</li> <li>• Understand personal boundaries</li> <li>• How to manage requests for information and what is appropriate to share</li> <li>• Judge what kind of physical contact is acceptable and comfortable and how to respond to contact that is unacceptable or uncomfortable</li> <li>• Taking care of your body and the right to protect body from unwanted or</li> </ul>

<p>encounter (in all contexts, including online) whom they do not know</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult</p> <p>How to ask for advice or help for themselves or others and to keep trying until they are heard</p> <p>How to report concerns or abuse and the vocabulary and confidence needed to do so</p> <p>Where to get advice from, e.g. family, school and / or other sources</p>		<p>inappropriate or uncomfortable contact</p> <ul style="list-style-type: none"> <li>Identify those people who can help keep us healthy and safe</li> </ul>
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### Physical Health and Mental Wellbeing Education Content / Schemes of Work

The focus is on teaching the characteristics of good physical health and mental wellbeing. Mental wellbeing is reinforced as a normal part of daily life, in the same way as physical health. Emphasis is placed on the positive two-way relationship between good and physical health and good mental wellbeing. Pupils are taught that we are social beings and that spending time with others and taking part in structured activities are beneficial for health and wellbeing.

Health Education in primary schools will cover 'Mental wellbeing', 'Internet safety and harms', 'Physical health and fitness', 'Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic First Aid', 'Changing adolescent body'.

The expected outcomes for each of these elements can be found in the table below. The way the 1decision Programme covers these is explained in the mapping document:

<https://www.1decision.co.uk/images/1decision-mapping-document-rse-he-updated-2020-Version4.pdf>

It is important to explain that whilst the Keeping/Staying Healthy unit covers most of the statutory Health Education, some of the outcomes are taught elsewhere in 1decision e.g. emotional and mental health is nurtured through the Feelings and Emotions units and the First Aid units teach age-appropriate first aid to children within years 4-6.

Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in 1decision this is taught as part of the Growing and Changing unit.

Again, the mapping document transparently shows how the 1decision whole-school approach spirals the learning and meets all statutory requirements and more.

Topic and Objectives	KS1 Outcomes	KS2 Outcomes
<b>Mental Wellbeing</b>	<ul style="list-style-type: none"> <li>How to get help from family networks and those who look after us</li> </ul>	<ul style="list-style-type: none"> <li>Recognise when you need help and who to ask</li> </ul>

<p>That mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p>How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>How to judge whether what they are feeling and how they are</p> <p>The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</p> <p>Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p>Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p>That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing</p> <p>Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)</p> <p>It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough</p>	<ul style="list-style-type: none"> <li>• Awareness about good and not good feelings; vocabulary to describe their feelings to others and develop strategies to manage feelings</li> <li>• Recognise different types of bullying and teasing and understand that these are wrong and unacceptable</li> <li>• Recognise how others show feelings and how to respond</li> </ul>	<ul style="list-style-type: none"> <li>• Realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination</li> <li>• Realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, 'trolling', how to respond and ask for help)</li> <li>• What positively and negatively affects physical, mental and emotional health</li> <li>• Recognise the role of voluntary, community and pressure groups</li> <li>• Recognise that you may experience conflicting emotions and when and how to overcome these</li> <li>• How to make informed choices and live a 'balanced lifestyle'</li> </ul>
<p><b>Internet Safety and Harms</b></p>	<ul style="list-style-type: none"> <li>• Understand the rules for</li> </ul>	<ul style="list-style-type: none"> <li>• Responsible use of</li> </ul>

<p>That for most people the internet is an integral part of life and has many benefits</p> <p>About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing</p> <p>How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private</p> <p>Why social media, some computer games and online gaming, for example, are age restricted</p> <p>That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</p> <p>How to be a discerning consumer of information, including that from search engines is ranked, selected and targeted</p> <p>Where and how to report concerns and get support with issues online</p>	<p>staying safe online</p>	<p>mobile phones and safer using habits</p> <ul style="list-style-type: none"> <li>• Strategies for keeping safe online and importance of protecting personal information</li> <li>• How rules and laws can protect them and how they are enforced</li> <li>• Online actions can affect yourself and others</li> <li>• How to recognise bullying and abuse online</li> <li>• How pressure to behave in unacceptable, unhealthy or risky ways can come from online sources</li> <li>• Critically examine what is presented online including social media and how the information can be misinterpreted or misleading</li> </ul>
<p><b>Physical Health and Fitness</b></p> <p>The characteristics and mental and physical benefits of an active lifestyle</p> <p>The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise</p> <p>The risks associated with an inactive lifestyle (including obesity)</p> <p>How and when to seek support including which adults to speak to in school if they are worried about their health</p>	<ul style="list-style-type: none"> <li>• Benefits and importance of physical activity</li> <li>• Making informed choices to improve physical health</li> <li>• How to build regular physical activity into lifestyle</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits and importance of physical activity and risks associated with inactive lifestyle (including obesity)</li> <li>• How to build regular physical activity into lifestyle</li> <li>• Taking care of your body and understanding that you have the right to protect your body from unwanted or inappropriate contact; understand that actions such as FGM constitute abuse and are a crime</li> </ul>

<p style="text-align: center;"><b>Healthy Eating</b></p> <p>What constitutes a healthy diet (including understanding calories, and other nutritional content)</p> <p>The principles of planning and preparing a range of healthy meals.</p> <p>The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)</p>	<ul style="list-style-type: none"> <li>• What constitutes and how to maintain a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the skills to make their own choices about food, understand the impact of food choices and the benefits of eating a 'balanced diet'</li> <li>• What positively negatively affects physical, mental and emotional health</li> <li>• Impact of drugs on health</li> </ul>
<p style="text-align: center;"><b>Drugs, Alcohol and Tobacco</b></p> <p>The facts about legal and illegal substances and associated risks, including smoking, alcohol use and drug-taking</p>	<ul style="list-style-type: none"> <li>• That household products, including medicines, can be harmful if not used properly</li> </ul> <p><i>Please see information below for additional guidance on our drug and alcohol policy</i></p>	<ul style="list-style-type: none"> <li>• Which, why and how commonly available substances and drugs (including alcohol, tobacco and 'energy drinks' can damage immediate and future health and safety); that some are restricted and some are illegal to own, use and give to others</li> </ul> <p><i>Please see information below for additional guidance on our drug and alcohol policy</i></p>
<p style="text-align: center;"><b>Health and Prevention</b></p> <p>How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body**</p> <p>About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer</p> <p>The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</p> <p>About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist</p> <p>About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing</p>	<ul style="list-style-type: none"> <li>• What constitutes and how to maintain a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health</li> <li>• Importance of and how to maintain personal hygiene</li> <li>• How some diseases are spread and can be controlled; responsibility for how health; preventing diseases spreading</li> </ul>	<ul style="list-style-type: none"> <li>• That bacteria and viruses and affect health and that following simple routines can reduce their spread</li> <li>• How to make informed choices and begin to understand concept of a 'balanced lifestyle'</li> <li>• What positively negatively affects physical, mental and emotional health</li> </ul>

The facts and science relating to immunisation and vaccination		
<p><b>Basic First Aid</b></p> <p>Know how to make a clear and efficient call to emergency services if necessary</p> <p>Concepts of basic first-aid, for example dealing with common injuries, including head injuries</p>	<ul style="list-style-type: none"> <li>• About the 'special people' who work in our community responsible for looking after and protecting us</li> <li>• How to contact these special people including dialing 999 in an emergency</li> </ul>	<ul style="list-style-type: none"> <li>• School rules about health and safety, basic emergency first aid procedures including the recovery position, how and where to get help</li> </ul>
<p><b>Changing Adolescent Body</b></p> <p>Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</p> <p>About menstrual wellbeing including the key facts about the menstrual cycle</p>	<ul style="list-style-type: none"> <li>• How your body and emotions can change as you grow up</li> </ul> <p><i>Please see information below for additional guidance on sex education topics across year groups</i></p>	<ul style="list-style-type: none"> <li>• How your body will, and their emotions may, change as you approach and move through puberty</li> <li>• Human reproduction</li> </ul> <p><i>Please see information below for additional guidance on sex education topics across year groups</i></p>



## **Sex Education Content / Schemes of Work**

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.

However, 'Sex Education is not compulsory in primary schools'. (p. 23)

Schools are to determine the content of sex education at primary school. Sex education 'should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'.

At Breaside Preparatory School, we believe children should understand the basic facts about human reproduction before they leave primary school. At Breaside Preparatory School, we offer a sex education programme in line with our membership of the 1decision programme which allows us to teach age-appropriate sex education to best prepare our children for teenage years and the challenges of secondary school age.

We do not currently intend to teach the sex education element of our PSHE curriculum – Conception - that forms part of the Growing and Changing unit. Though should we feel that this is appropriate for the children in Year 6, we would review, in consultation with parents. If the Conception topic was to be taught, parents have the right to withdraw their child from it. Further details of this can be found below and in our RSE Policy.

### **Working with parents/carers and the wider community:**

Breaside understands that the role of parents in the development of their children's understanding about PSHE and relationships is vital. We work closely with parents and clearly communicate the fact that parents have the right to withdraw their child from some or all sex education as delivered as part of RSE. Parents are encouraged to understand and ask questions about the school's approach to PSHE and RSE teaching to help increase confidence in the curriculum. Parents are invited to take part in conversations about our PSHE curriculum and we welcome the opportunities to talk openly about how these subjects can support pupil wellbeing and keeping children safe.

### **Right to be excused from sex education (right to withdraw):**

"Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education" DfE Guidance p.17

Parents/carers have the right to withdraw their children from all or part of the Sex Education provided at school as part of PSHE curriculum, except for those parts included in statutory National Curriculum Science. Those parents/carers wishing to exercise this right are invited in to see the RSE Coordinator with any concerns and discuss any impact that withdrawal may have on the child. Parents need to put a request for withdrawal in writing. Once a child has been withdrawn they cannot take part in the RSE programme until the request for withdrawal has been removed. Requests for withdrawal need to be renewed on a yearly basis which is the parents' responsibility. Parents do **not** have the right to withdraw their child from statutory relationships education or from the objectives covered by the Science National Curriculum.

At Breaside Preparatory School, puberty is taught as a statutory requirement of Health Education and covered by our 1decision PSHE Programme in the 'Growing and Changing' unit. We conclude that sex education refers to Human Reproduction, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this.

The school will inform parents of this right in writing prior to the Growing and Changing unit, timetabled for the Summer term.

Please see additional information on the right to withdraw in the school's RSE Policy.

**There is no right to withdraw from Relationships Education or Health Education. For further information about our RSE curriculum, please see Appendices 1 and 2 of our RSE Policy and our Curriculum Policy.**

## Drug and Alcohol Education

Definition of 'Drugs': This policy, and Breaside Preparatory School, uses the definition that a drug is: *'A substance people take to change the way they feel, think or behave'* (United Nations Office on Drugs and Crime).

The term 'drugs' includes:

- All illegal drugs;
- All legal drugs including alcohol, tobacco and volatile substances which can be inhaled; and
- All over-the-counter and prescription medicines.

Effective Drug and Alcohol Education can make a significant contribution to the development of the personal skills needed by pupils as they grow up. It also enables young people to make responsible and informed decisions about their health and well-being.

### Moral and Values Framework

The Drug and Alcohol Education programme at Breaside reflects the school ethos and demonstrates and encourages the following values:

- Respect for self;
- Respect for others;
- Responsibility for their own actions; and
- Responsibility for their family, friends, schools and wider community.

## Drug and Alcohol Education Content / Schemes of Work

The table below shows specific Drug and Alcohol Education learning intentions by year group in the 'Keeping/Staying Healthy' unit.

Year Group	Topic Name	Learning Outcomes
3	Medicine	<ul style="list-style-type: none"> <li>• Know, understand, and be able to practise simple safety rules about medicine</li> <li>• Understand when it is safe to take medicine</li> <li>• Know who we can accept medicine from</li> <li>• Understand the differences between healthy and unhealthy choices.</li> </ul>
5	Smoking	<ul style="list-style-type: none"> <li>• Explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc.</li> <li>• Describe how smoking can affect your immediate and future health and wellbeing</li> <li>• Give reasons why someone might start and continue to smoke</li> <li>• Identify and use skills and strategies to resist any pressure to smoke.</li> </ul>
6	Alcohol	<ul style="list-style-type: none"> <li>• Identify what is a risky choice</li> <li>• Identify the risks associated with alcohol</li> <li>• Describe how alcohol can affect your immediate and future health</li> <li>• Develop and recognise skills and strategies to keep safe.</li> </ul>
6	Drug Extension Lesson	<ul style="list-style-type: none"> <li>• Understand the difference between 'legal' and 'illegal' drugs</li> <li>• Carry out research around cannabis</li> <li>• Identify the risks associated with using cannabis.</li> </ul>

## **Confidentiality and Child Protection Issues**

As a general rule a child's confidentiality is maintained by the teacher or member of staff concerned. If this person believes that the child is at risk or in danger, she/he talks to the Designated Safeguarding Lead (DSL) or if they are not available one of the Deputy Safeguarding Leads (DDSL) who takes action as laid down in the Safeguarding and Child Protection Policy. All staff members are familiar with the policy and know the identity of the member of staff with responsibility for Safeguarding and Child Protection issues. The child concerned will be informed that confidentiality is being breached and reasons why. The child will be supported by the teacher throughout the process.

### **1decision PSHE at Breaside**

1decision brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teaching strategies are varied, and resources are engaging and interactive. 1decision is a bank of video-based lessons, which provide distancing techniques to subtly approach topics to enable students to explore sensitive subjects in a safe and structured environment.

1decision provides video and lesson content, together with engaging activities which highlight students' progression and gaps in their learning. Student Workbooks track attainment and progression and allow pupils to assess their own learning through student self-assessment activities.

The 1decision programme is split across two phases – 5-8 (Years 1-3) and 8-11 (Years 4-6)

The 5-8 resources contain the following 9 modules:

1. Keeping/Staying Safe
2. Keeping/Staying Healthy
3. Relationships
4. Being Responsible
5. Feelings and Emotions
6. Computer Safety
7. Our World
8. Hazard Watch
9. Fire Safety

The 8-11 resources contain the following 9 modules:

10. Keeping/Staying Safe
11. Keeping/Staying Healthy
12. Growing and Changing
13. Being Responsible
14. Feelings and Emotions
15. Computer Safety
16. The Working World
17. A World Without Judgement
18. First Aid

The modules within the 8-11 range build progressively upon those in the 5-8 range. Each module begins with a baseline assessment at the start of the phase and ends with a summative assessment at the end of the phase. Allowing for clear tracking of children's learning in PSHE.

### **Differentiation / Additional Needs**

1decision is written as a universal core curriculum provision for all children. Inclusivity is part of its philosophy. Teachers will need, as always, to tailor each lesson to meet the needs of the children in their classes. To support differentiation, each module starts with a baseline assessment, allowing teachers to identify gaps and plan teaching to support the specific needs of individual students or groups of students.

### **Recording and Tracking Progress**

Breaside has the same high expectations of the quality of pupils' work in these subjects as for other curriculum areas. Lessons are planned to ensure that pupils of differing abilities, including the more able, are suitably challenged. Whilst there is no formal examined assessment, to support the teacher in tracking each child's learning progress throughout the year, and across each phase, 1decision builds in baseline assessment and summative assessment into each module. This allows for tracking of progress as well as scrutiny of the school's own PSHE provision.

### Reporting to Parents/Carers

Each module's summative assessment task and attainment descriptors assist the teacher in reporting meaningful learning progress to parents/carers. The descriptors can be used as a starting point when considering what to write on children's reports.

### Attainment Descriptors

Please be aware that these attainment descriptors are specific to 1decision. They are designed to give guidance when considering each child's learning journey. They are not nationally-recognised. There are no national level descriptors for PSHE although the attainment descriptors reflect the statutory outcomes for relationship and health education as set out by the Department for Education.

### Monitoring and Evaluating

The PSHE coordinator and Safeguarding Lead will monitor delivery of the programme through observation and discussion with teaching staff to ensure consistent and coherent curriculum provision.

Evaluation of the programme's effectiveness will be conducted on the basis of:

- Pupil and teacher evaluation of the content and learning processes
- Staff meetings and regular INSED sessions to review and share experience

### External contributors

External contributors from the community, e.g. children's charities, health promotion specialists, school nurses, and community police and fire officers, make a valuable contribution to the 1decision PSHE programme. Their input should be carefully planned and monitored so as to fit into and complement the programme.

Teachers must always be present during these sessions and remain responsible for the delivery of the 1decision PSHE programme.

### The Learning Environment

Establishing a safe, open and positive learning environment based on trusting relationships between all members of the class, adults and children alike, is vital. To enable this, it is important that 'ground rules' are agreed and owned at the beginning of the year and are reinforced in every lesson – by using ground rules. (Ideally, teachers and children will devise their own ground rules at the beginning of the year so that they have ownership of it.) It includes the aspects below:

- We will listen to others and respect what people say
- We will not ask personal questions or put people 'on the spot'
- We will not make assumptions about other people, their experiences, or feelings
- We have the right to 'pass' if we do not wish to comment
- We will keep the conversation in the room (unless our teacher is concerned for our safety or wellbeing, when they may need to tell someone else to help us)
- We know we can ask for further information, help or advice during or after the lesson

### **Senior Leadership and Whole School Approach**

There is a designated PSHE and RSE Coordinator to lead provision. This is Cassie Whaley and the policy is reviewed annually. The teaching of these subjects is set in the context of a wider whole-school approach to supporting pupils to be happy and prepared for life beyond primary school. The subjects sit within the context of the school's wider policies on behaviour, inclusion, respect for equality and diversity, bullying and safeguarding. The subjects also sit within the context of the school's broader ethos and approach to developing pupils socially, morally, spiritually and culturally; and our pastoral care system. This is also the case for teaching about mental health within health education. The curriculum on health education complements Breaside's wider education on healthy lifestyles through physical education, food technology, science, sport, extra-curricular activity and school food.

Breaside also considers how our teaching can help support the development of important attributes in pupils, such as honesty, kindness, tolerance, courtesy, resilience and self-efficacy. The school curriculum proactively address issues in a timely way in line with current evidence on children's physical, emotional and sexual development. This is in line with pupil need, informed by pupil voice and participation in curriculum development and in response to issues as they arise in the school and wider community.

### **Teaching Sensitive and Controversial Issues**

Sensitive and controversial issues are certain to arise in learning from real-life experience. Teachers will be prepared to handle personal issues arising from the work, to deal sensitively with, and to follow up appropriately, disclosures made in a group or individual setting. Issues that we address that are likely to be sensitive and controversial because they have a political, social or personal impact or deal with values and beliefs include: family lifestyles and values, physical and medical issues, financial issues, bullying and bereavement.

Teachers will take all reasonable, practical steps to ensure that, where political or controversial issues are brought to pupils' attention, they are offered a balanced presentation of opposing views. Teachers will adopt strategies that seek to avoid bias on their part and will teach pupils how to recognise bias and evaluate evidence. Teachers will seek to establish a classroom climate in which all pupils are free from any fear of expressing reasonable points of view that contradict those held either by their class teachers or their peers.

### **Answering Difficult Questions and Sensitive Issues**

Staff members are aware that views around RSE and Drug and Alcohol Education-related issues are varied. Primary-age pupils will often ask their teachers or other adults questions pertaining sex or sexuality which go beyond the agreed curriculum. While personal views are respected, all RSE and Drug and Alcohol Education issues are taught without bias using the 1decision. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect that others have the right to a different opinion.

Both formal and informal RSE and Drug and Alcohol Education arising from pupils' questions are answered according to the age and maturity of the pupil(s) concerned. Questions do not have to be answered directly, and can be addressed individually later. The school believes that individual teachers must use their skill and discretion in this area and refer to the Child Protection Coordinator if they are concerned.

Our school believes that RSE and Drug and Alcohol Education should meet the needs of all pupils, answer appropriate questions and offer support. In 1decision lessons that cover RSE provision, this should be regardless of their developing sexuality and be able to deal honestly and sensitively with sexual orientation, answer appropriate questions and offer support. Homophobic bullying is dealt with strongly yet sensitively. The school liaises with parents/carers on this issue to reassure them of the content and context. Teachers are provided with regular additional support and training in answering questions that are better not dealt with in front of a whole class.

## **Links to other policies and national curriculum areas**

We recognise that PSHE and RSE complements several school policies and national curriculum subjects and we look for opportunities to draw links between the subjects and integrate teaching where appropriate. **Note that there is no right of withdrawal from any part of the national curriculum.**

- Science curriculum includes teaching about the main external parts of the body and changes to the body as it grows from birth to old age
- Computing curriculum includes e-safety and escalating online risks including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and where to go for help and support
- PE curriculum ensures that pupils develop competence to excel in a broad range of physical activities, are physical active for sustained periods of time, engage in competitive sport and activities and lead healthy, active lives
- Teaching and Learning Policy
- Equal Opportunities Policy
- Safeguarding and Child Protection Policy
- Anti-bullying Policy

## **Safeguarding**

At the heart of these subjects is the focus on keeping children safe. Keeping Children Safe in Education (KCSIE) sets out all that schools should ensure children are taught about safeguarding.

Good practice allows children an open forum to discuss potentially sensitive issues. Such discussions can lead to increased safeguarding reports. Children are made aware of how to raise their concerns or make a report and how any report will be handled. This includes processes when they have a concern about a friend or peer.

Teachers need to be aware that sometimes disclosures may be made during these sessions; in which case, safeguarding procedures must be followed immediately. Sometimes it is clear that certain children may need time to talk one-to-one after the circle closes. It is important to allow the time and appropriate staffing for this to happen. If disclosures occur, the school's disclosure and confidentiality policy is followed with the support of the Designated Safeguarding Lead(s).

## **Training and support for staff**

All staff benefit from PSHE training on request in order to enhance their PSHE delivery skills. Opportunities are provided for staff to identify individual training needs on a yearly basis and relevant support is provided.

## **Dissemination**

This policy is available on our school website where it can be accessed by parents/carers and the wider community. Training is regularly delivered to staff on the policy content. Parents can leave feedback and comments at the school office or via email to the SLT or the PSHE Coordinator.

Member of staff responsible:	Cassie Whaley
Policy written:	August 2016
Reviewed Policy shared with staff:	September 2020
Policy reviewed:	September 2023
Policy to be reviewed next:	September 2024

## Appendix 1 – Summary of Statutory PSHE Outcomes

### Relationships Education in Primary schools – DfE Guidance 2019

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. The references R3/H5 etc can be cross-referenced on the Jigsaw mapping documents and Puzzle Maps to show which lessons throughout Jigsaw contribute to which statutory outcomes. All statutory outcomes are covered in the Jigsaw 3-11 Programme.

The guidance states that, by the end of primary school:

	<b>Pupils should know...</b>	<b>1decision Content</b>
<b>Families and people who care for me</b>	<ul style="list-style-type: none"> <li>• R1 that families are important for children growing up because they can give love, security and stability.</li> <li>• R2 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.</li> <li>• R3 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.</li> <li>• R4 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.</li> <li>• R5 that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious).</li> <li>• R6 how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Keeping/Staying Safe</li> <li>• Relationships</li> <li>• Feelings and Emotions</li> <li>• Computer Safety</li> <li>• Our World</li> <li>• Hazard Watch</li> <li>• Keeping/Staying Healthy</li> <li>• Growing and Changing</li> <li>• The Working World</li> <li>• Being Responsible</li> <li>• A World Without Judgement.</li> </ul>
<b>Caring friendships</b>	<ul style="list-style-type: none"> <li>• R7 how important friendships are in making us feel happy and secure, and how people choose and make friends</li> <li>• R8 the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</li> <li>• R9 that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded</li> <li>• R10 that most friendships have ups and downs, and that these can often be worked through so</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Keeping/Staying Safe</li> <li>• Relationships</li> <li>• Feelings and Emotions</li> <li>• Computer Safety</li> <li>• Growing and Changing</li> <li>• Being Responsible</li> <li>• Keeping/Staying Healthy.</li> </ul>

	<p>that the friendship is repaired or even strengthened, and that resorting to violence is never right</p> <ul style="list-style-type: none"> <li>• R11 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 and advice from others, if needed</li> </ul>	
<b>Respectful relationships</b>	<ul style="list-style-type: none"> <li>• R12 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</li> <li>• R13 practical steps they can take in a range of different contexts to improve or support respectful relationships</li> <li>• R14 the conventions of courtesy and manners</li> <li>• R15 the importance of self-respect and how this links to their own happiness</li> <li>• R16 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</li> <li>• R17 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</li> <li>• R18 what a stereotype is, and how stereotypes can be unfair, negative or destructive</li> <li>• R19 the importance of permission-seeking and giving in relationships with friends, peers and adults</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Relationships</li> <li>• Being Responsible</li> <li>• Feelings and Emotions</li> <li>• Computer Safety</li> <li>• A World Without Judgement</li> <li>• Growing and Changing</li> <li>• Our World</li> <li>• Keeping/Staying Safe</li> <li>• The Working World.</li> </ul>
<b>Online relationships</b>	<ul style="list-style-type: none"> <li>• R20 that people sometimes behave differently online, including by pretending to be someone they are not.</li> <li>• R21 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.</li> <li>• R22 the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</li> <li>• R23 how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</li> <li>• R24 how information and data is shared and used online.</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Computer Safety</li> <li>• Keeping/Staying Safe.</li> </ul>
<b>Being safe</b>	<ul style="list-style-type: none"> <li>• R25 what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</li> <li>• R26 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.</li> <li>• R27 that each person's body belongs to them, and the differences between appropriate and</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Keeping/Staying Safe</li> <li>• Computer Safety</li> <li>• Keeping/Staying Healthy</li> <li>• Relationships</li> <li>• Being Responsible</li> </ul>



	<p>inappropriate or unsafe physical, and other, contact.</p> <ul style="list-style-type: none"> <li>• R28 how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</li> <li>• R29 how to recognise and report feelings of being unsafe or feeling bad about any adult.</li> <li>• R30 how to ask for advice or help for themselves or others, and to keep trying until they are heard,</li> <li>• R31 how to report concerns or abuse, and the vocabulary and confidence needed to do so.</li> <li>• R32 where to get advice e.g. family, school and/or other sources.</li> </ul>	<ul style="list-style-type: none"> <li>• Feelings and Emotions</li> <li>• A World Without Judgement</li> <li>• Growing and Changing</li> <li>• Hazard Watch</li> <li>• First Aid</li> <li>• Fire Safety.</li> </ul>
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### Physical health and mental well-being education in Primary schools – DfE Guidance

The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental well-being is a normal part of daily life, in the same way as physical health.

By the end of primary school:

	<b>Pupils should know...</b>	<b>1decision Content</b>
<b>Mental wellbeing</b>	<ul style="list-style-type: none"> <li>• H1 that mental wellbeing is a normal part of daily life, in the same way as physical health.</li> <li>• H2 that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</li> <li>• H3 how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</li> <li>• H4 how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</li> <li>• H5 the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness.</li> <li>• H6 simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</li> <li>• H7 isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</li> <li>• H8 that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being.</li> <li>• H9 where and how to seek support (including recognising the triggers for</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Keeping/Staying Healthy</li> <li>• Feelings and Emotions</li> <li>• Relationships</li> <li>• Computer Safety</li> <li>• Growing and Changing</li> <li>• A World Without Judgement</li> <li>• Fire Safety</li> <li>• Working World</li> <li>• Being Responsible</li> <li>• First Aid.</li> </ul>

	<p>seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online).</p> <ul style="list-style-type: none"> <li>• H10 it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</li> </ul>	
<b>Internet safety and harms</b>	<ul style="list-style-type: none"> <li>• H11 that for most people the internet is an integral part of life and has many benefits.</li> <li>• H12 about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</li> <li>• H13 how to consider the effect of their online actions on others and knowhow to recognise and display respectful behaviour online and the importance of keeping personal information private.</li> <li>• H14 why social media, some computer games and online gaming, for example, are age restricted.</li> <li>• H15 that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</li> <li>• H16 how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</li> <li>• H17 where and how to report concerns and get support with issues online.</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Computer Safety</li> <li>• Keeping/Staying Healthy</li> <li>• Keeping/Staying Safe</li> <li>• Working World.</li> </ul>
<b>Physical health and fitness</b>	<ul style="list-style-type: none"> <li>• H18 the characteristics and mental and physical benefits of an active lifestyle.</li> <li>• H19 the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</li> <li>• H20 the risks associated with an inactive lifestyle (including obesity).</li> <li>• H21 how and when to seek support including which adults to speak to in school if they are worried about their health.</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Keeping/Staying Healthy</li> <li>• Feelings and Emotions</li> <li>• Being Responsible</li> <li>• Growing and Changing.</li> </ul>
<b>Healthy eating</b>	<ul style="list-style-type: none"> <li>• H22 what constitutes a healthy diet (including understanding calories and other nutritional content).</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Keeping/Staying Healthy.</li> </ul>

	<ul style="list-style-type: none"> <li>• H23 the principles of planning and preparing a range of healthy meals.</li> <li>• H24 the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</li> </ul>	
<b>Drugs, alcohol and tobacco</b>	<ul style="list-style-type: none"> <li>• H25 the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Keeping/Staying Healthy</li> <li>• Hazard Watch.</li> </ul>
<b>Health and prevention</b>	<ul style="list-style-type: none"> <li>• H26 how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</li> <li>• H27 about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</li> <li>• H28 the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</li> <li>• H29 about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</li> <li>• H30 about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</li> <li>• H31 the facts and science relating to immunisation and vaccination</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Keeping/Staying Healthy</li> <li>• Keeping/Staying Safe.</li> </ul>
<b>Basic first aid</b>	<ul style="list-style-type: none"> <li>• H32 how to make a clear and efficient call to emergency services if necessary.</li> <li>• H33 concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• First Aid.</li> </ul>
<b>Changing adolescent body</b>	<ul style="list-style-type: none"> <li>• H34 key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</li> <li>• H35 about menstrual wellbeing including the key facts about the menstrual cycle.</li> </ul>	<p>All of these aspects are covered in lessons within the modules:</p> <ul style="list-style-type: none"> <li>• Growing and Changing.</li> </ul>