



Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children to stay healthy and safe, understanding their relationships, academic, personal and social lives in a positive way.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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P.S.H.E. Is taught both explicitly and discretely across the curriculum. This half term, the following statements from the P.S.H.E Association will be covered:	
H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction	
H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)	
H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene	
H34. about where to get more information, help and advice about growing and changing, especially about puberty	
R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability	
R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice	
R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact	
R26. about seeking and giving permission (consent) in different situations	
<u>British Value:</u>	
Democracy, Rights and Responsibility, The Rule of Law, Individual Liberty, Mutual Respect and Tolerance of Difference.	

<u>Key Vocabulary</u>		
consent	puberty	changes
menstruation	hormones	adolescent

Substantive – Subject Knowledge

Bigger Picture – Support words