



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.

Self and Relationships

Respecting Others

Healthy lifestyles

Keeping Safe

The World Around Us

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

H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for

H34. about where to get more information, help and advice about growing and changing, especially about puberty

R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)

R2. that people may be attracted to someone emotionally, romantically and sexually;

R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong

R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others

R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart

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

R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this

H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools

H36. strategies to manage transitions between classes and key stages

British Value:

Democracy, Rights and Responsibility, The Rule of Law, Individual Liberty, Mutual Respect and Tolerance of Difference.

Key Vocabulary

consent

puberty

changes

menstruation

hormones

adolescent

Substantive – Subject Knowledge

Bigger Picture – Support words