



HILL HOUSE SCHOOL

PSHE & RSE

Programme of Study 2021-22

Senior School Year Group	1 Health and Wellbeing	2 Living in the Wider World	3 Relationships	4 Health and Wellbeing	5 Relationships	6 Living in the Wider World	7
	7	Healthy Lifestyles Transition to secondary school	Diversity – Prejudice and discrimination The rule of law and Justice system	Bullying including cyber bullying Managing on- and off-line friendships	The risks of tobacco, alcohol and other substances	Puberty and hygiene. Friendships and romance	Making ethical financial decisions Saving, spending and budgeting our money
8	Alcohol and drug misuse and managing peer influence	Rights and responsibilities in the community Tackling discrimination	Partnerships, children and family life	Mental health and emotional wellbeing, including body image Managing change and loss	Sexual relationships Sexuality and gender variation	The influence of the media and extremism	Healthy and unhealthy coping strategies including eating disorders and self-harm
9	Maintaining a healthy lifestyle, managing peer influence Gangs and knife crime	Understanding careers and future aspirations	Managing conflict at home Tackling homophobia, transphobia and sexism	Managing peer pressure in relation to illicit substances Assessing the risks of drug and alcohol abuse and addiction	Relationships and sex education including healthy relationships and consent. sexting and pornography	Introduction to contraception including condoms and the pill	Risky sexual behaviour and STI's Awareness of FGM

10	<p>Transition to key stage 4 and developing study habits</p> <p>Mental health and ill health, tackling stigma and review of healthy and unhealthy coping strategies</p>	<p>Understanding the causes and effects of debt</p> <p>Understanding the risks associated with gambling</p>	<p>Tackling relationship myths and expectations</p> <p>Managing romantic relationship challenges including break ups</p>	<p>Exploring the influence of role models</p> <p>Evaluating the social and emotional risks of drug use</p>	<p>Family life and unplanned pregnancy</p>	<p>Skills for employment and career progression.</p> <p>CV's writing</p>	
11	<p>Promoting self-esteem and coping with stress</p> <p>Growth mind-set And resilience</p>	<p>Skills for employment and career progression.</p> <p>Interviews</p>	<p>Personal values and assertive communication in relationships</p> <p>Domestic abuse and forced marriage</p>	<p>Health and safety in independent contexts</p> <p>Taking responsibility for health choices</p>	<p>British values, human rights and community cohesion</p> <p>Challenging extremism and radicalisation</p>		



HILL HOUSE SCHOOL

Junior School PSHE & Relationship Education Program of Study

The Junior School follow twinkl planning for both PSHE and RSHE.

The lessons taught provide the essential building blocks of British values, Global citizenship, Personal Safety, Health, Puberty, Relationships and Mental Wellbeing. The program of study is inline with the statutory guidance for health and relationships education. Children in the junior school are taught Health education to ensure the understand how to keep themselves fit and healthy and about the changes in puberty. Any questions that arise from class discussions will be answered honestly and any resources that are used will be appropriate to the age and needs of the children.

We recognise that parents play an important role in their child's PSHE and RSHE and we would encourage you to explore the topic areas at home with your children. If further advice of support is needed please do not hesitate to ask your child's class teacher.

By the end of Junior school children will have learnt the following;

Families and people who care for me

- that families are important for children growing up because they can give love, security and stability
- 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
- 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
- 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
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

Caring friendships

- how important friendships are in making us feel happy and secure, and how people choose and make friends
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- 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
- 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

Respectful relationships

- 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
- practical steps they can take in a range of different contexts to improve or support respectful relationships
- the conventions of courtesy and manners
- the importance of self-respect and how this links to their own happiness
- 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
- 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
- what a stereotype is, and how stereotypes can be unfair, negative or destructive
- the importance of permission-seeking and giving in relationships with friends, peers and adults.

Online relationships

- that people sometimes behave differently online, including by pretending to be someone they are not
- 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
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
- how information and data is shared and used online

Being safe

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- 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
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- how to recognise and report feelings of being unsafe or feeling bad about any adult
- how to ask for advice or help for themselves or others, and to keep trying until they are heard,
- how to report concerns or abuse, and the vocabulary and confidence needed to do so
- where to get advice, for example family, school or other sources

Health Education

- How to stay healthy
- The differences between each other's bodies
- How to care for their bodies
- How to keep themselves clean
- In year 4 and above they will know the changes that happen during puberty and how to cope with their own mental health at this time
- In Year 5 and 6 they will know about the menstrual cycle
- How to get advice and help from family, school and other sources

The above aspects will be taught through the following units of work in the Junior School:

Year group	Michaelmas 1	Michaelmas 2	Lent 1	Lent 2	Summer 1	Summer 2
1	<p><u>TEAM</u> Looks at working as a team to have a positive impact on everyone. Building relationships and making positive choices.</p>	<p><u>Britain</u> What it means to be British. Recognising the communities, they belong to. Diversity</p>	<p><u>Be yourself</u> Explores having the confidence to be yourself and the effects this had on your mental and emotional wellbeing. Learn how life changes can influence feelings and emotions.</p>	<p><u>It's my body</u> Explores choices children have in looking after their bodies. Looks at making safer choices about their body, sleep, exercise, diet, cleanliness and substances. Explores the message of consent and when to get trusted adult help.</p>	<p><u>Money matters</u> Explores where money comes from. Discusses spending and saving. Explores wants and needs.</p>	<p><u>Aiming high</u> Explores setting high aspirations and future goals. Children explore positive learning attitudes and positive views of people.</p>
2	<p><u>Think positive</u> Allows children to talk and accept feelings. Explores how to manage different feelings and emotions.</p>	<p><u>Respecting rights</u> Explores respecting others no matter what their differences are. Who protects our rights. What is fair and unfair.</p>	<p><u>VIPS</u> This unit explores very important people in their lives. Encouraged to explore families and friendships. How to resolve differences and create healthy positive relationships.</p>	<p><u>One world</u> Explore people around the world. Explore their own family, environment and school. Compare their lives to lives of others.</p>	<p><u>Growing up</u> An introduction to how we grow and change both physically and mentally. Learn about their own bodies and others. Explore similarities and differences in people and learn about gender stereotyping.</p>	<p><u>Safety first</u> Learn about everyday dangers both at home and outside. How to stay safe online. The underwear rule. Learn about people who help them and how to get help when needed.</p>

3	<p><u>TEAM</u> Explores working together as class to achieve. Learn how to be considerate and positively resolve conflict. Learn about their own responsibilities.</p>	<p><u>Britain</u> Explores the ideas of diversity, being multicultural and living in a democratic society. Children learn how to be respectful and explore the rules and laws in the UK.</p>	<p><u>Be yourself</u> Allows children to be confident by recognising their strengths and achievements. Explores how to express their thoughts and feelings respectfully and how to be assertive in uncomfortable situations. Explores the idea of media and how we view ourselves. How to make things right when we have made a mistake.</p>	<p><u>It's my body</u> Explores choices children have in looking after their bodies. Looks at making safer choices about their body, sleep, exercise, diet, cleanliness and substances. Explores the message of consent and when to get trusted adult help.</p>	<p><u>Money matters</u> Where does money come from and how is it used. Discuss how we spend money. Explore borrowing and the consequences of this. Explaining the differences between things we want and things, we need.</p>	<p><u>Aiming high</u> Focuses on goals and aspirations. Discuss achievements and attitudes needs to achieve goals. Explore aspirations for the future including personal goals and future employment. Explore discrimination and stereotyping people may face.</p>
4	<p><u>Think positive</u> Builds on what the children have already learnt about feelings and how our attitude towards life effects our mental health.</p>	<p><u>Respecting rights</u> Explores human rights and how these cannot be taken away from them. Looks at discrimination and equality and the consequences of both. Learn about how they can make choices and take actions that respect the rights of others and challenge stereotypes. They will also learn about rules</p>	<p><u>VIPS</u> Looks at friendships, how friendships are formed and how they are maintained. Explores the qualities of a good friend. Then moves on to disputes, bullying, and strategies for coping with each of these.</p>	<p><u>One world</u> Based on a case study of a fictional girl. Explores the similarities and differences between her life and their own. Explores inequality and stereotypes. Children will discuss how their actions can help make the world a fairer better place. They will learn about climate change and how to be a better global citizen.</p>	<p><u>Growing up</u> Topic builds on children's knowledge of the human body; how we grow and change, both physically and emotionally. Learn about their own and others' bodies and how male and female bodies play a part in human reproduction. Learn about different relationships and family structures.</p>	<p><u>Safety first</u> Consider what it means to take responsibility for their own safety. Learn about everyday risks, hazards and dangers and what to do in these situations. Learn about road safety and dangerous substances. Explore e-Safety, considering what should never be shared and how to report any concerns about online incidents.</p>

5	<u>TEAM</u> Explores the qualities needed to work together as a team. Addresses the importance of caring for team members and sharing responsibilities.	<u>Britain</u> Explores a wide range of race and ethnicity and how the children can make a positive contribution to their community. Explores laws and the consequences of not following it. Learn about local and national government and the roles of charities in society.	<u>Be yourself</u> Children develop a positive view of themselves and encourages children to make positive choices. Explores how to avoid being led into tricky situations and how to recognise and respond to peer pressure.	<u>It's my body</u> Teaches about consent and anatomy. Learn about body image and stereotypes. Discuss dangerous substances. Learn about how their body changes through puberty.	<u>Money matters</u> Think about money in the wider world. Learn about financial risk and how to avoid. Explore the use of advertisement. Discuss what happens to people who cannot afford to live. Explores how to contribute to the wider society through paying of tax.	<u>Aiming high</u> Look a challenges and barriers that can get in the way of success and how to deal with these. Discuss stereotype. Explore the jobs they would like to do in the future and what skill set is needed for this.
6	<u>Think positive</u> Develops their understanding about thoughts and emotions, both positive and negative. Allows children to explore positive growth mindset.	<u>Respecting rights</u> Looks at living as a rights respecting citizen. Explores equality and discrimination. Introduces human rights activists and how these people have a positive impact on society.	<u>VIPS</u> Focuses on relationships and friendships and how to ensure these are positive and respectful. Explores secrets and dares as well as healthy and unhealthy relationships.	<u>One world</u> Develop the skills to be a global citizen looking at sustainability, global warming and biodiversity.	<u>Growing up</u> Learn about the physical and emotional changes when growing up. Learn about the menstrual cycle. Explore relationships and how to have positive body image.	<u>Safety first</u> Learn about taking responsibility for their own safety. How to stand up to peer pressure and how to assess risks associated with situations. Learn what to do in a dangerous situation. Explore safety.

Sex and Relationship Education (SRE) - Year 6

In Year 6, we will be looking at the following areas as part of an ongoing programme of SRE within the Junior School. These topics cover some elements of Science and some elements of Personal, Social and Health Education (PSHE).

Your child will be exploring:

- Friendships and Resolving Conflict
- Taking Risks
- Stereotyping and Peer Pressure
- Male and Female Puberty and Hygiene
- Harmful Substances

This will be done through examining questions such as:

- What is conflict?
- How can I prevent and resolve conflict?
- How do I determine risk?
- What will influence the decisions I make?
- What is stereotyping?
- How should I respect others and their lifestyles and beliefs?

Appropriate questions that arise from class discussion will be answered honestly and any resources used will be appropriate to the age and needs of the children.

We also recognise that parents play an important role in their child's SRE and we would encourage you to explore these topic areas at home with your child.

If further advice or support is required, please do not hesitate to speak to your child's class teacher.