

RELATIONSHIPS AND SEX EDUCATION POLICY



WINTHORPE
PRIMARY SCHOOL

learning together - growing together

Name of School:	Winthorpe Primary School
Date of Policy:	September 2024
Responsibility of:	Governors
Review Date:	September 2027, or earlier if new guidance is released

Appendix 1: Curriculum Map

Appendix 2: By the end of Year 6, pupils should know...

Appendix 3: Parent Form – withdrawal of child from sex education within RSE

1. Aims

The aims of relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a primary academy school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

We do not have to follow the National Curriculum but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Winthorpe Primary School we teach RSE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to make comment about the policy
4. Ratification – policy shared with governors and ratified

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity, reproduction and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

5. Curriculum and Delivery of RSE

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Pupils also receive stand-alone sex education sessions.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers)

Primary sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

For more information about our RSE curriculum, see Appendices 1 and 2.

6. Roles and responsibilities

The governing board

The governing board will approve the RSE policy, and hold the headteacher to account for its implementation.

The headteacher

The headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE (see section 7).

Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher. All staff at Winthorpe Primary School are responsible for teaching RSE as required.

Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

7. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the headteacher.

Alternative work will be given to pupils who are withdrawn from sex education.

8. Training

Staff receive training on the delivery of RSE as required and it is included in our continuing professional development calendar.

The headteacher will also invite visitors from outside the school as appropriate, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

9. Monitoring arrangements

The delivery of RSE is monitored by the headteacher through planning scrutinies, learning walks and pupil feedback

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the headteacher and staff every two years. After every review, the policy will be approved by the governing board.

Appendix 1: Curriculum map

	Autumn	Spring	Summer
Year 1/2 Cycle A	Me and My Relationships	Valuing Difference	Keeping Myself Safe
Year 1/2 Cycle B	Rights and Responsibilities	Being My Best	Growing and Changing
Year 3/4 Cycle A	Me and My Relationships	Valuing Difference	Keeping Myself Safe
Year 3/4 Cycle B	Rights and Responsibilities	Being My Best	Growing and Changing
Year 5/6 Cycle A	Me and My Relationships	Valuing Difference	Keeping Myself Safe
Year 5/6 Cycle B	Rights and Responsibilities	Being My Best	Growing and Changing

Stand Alone Units		
Year 4	Lesson 1 - Know the key facts of the menstrual cycle; Understand that periods are a normal part of puberty for girls; Identify some of the ways to cope better with periods.	<u>Period positive</u>
Year 5	Lesson 1 - Know the correct words for the external sexual organs; Discuss some of the myths associated with puberty. Lesson 2 - Identify some products that they may need during puberty and why; Know what menstruation is and why it happens.	<u>Changing bodies and feelings</u> <u>Growing up and changing bodies</u>
Year 6	Lesson 1 - Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it; Suggest strategies that would help someone who felt challenged by the changes in puberty; Understand what FGM is and that it is an illegal practice in this country; Know where someone could get support if they were concerned about their own or another person's safety. Lesson 2 - Identify the changes that happen through puberty to allow sexual reproduction to occur; Know a variety of ways in which the sperm can fertilise the egg to create a baby; Know the legal age of consent and what it means. Lesson 3 - Explain how HIV affects the body's immune system; Understand that HIV is difficult to transmit; Know how a person can protect themselves from HIV.	<u>Is this normal?</u> <u>Making babies</u> <u>What is HIV?</u>

Year 1/2 Cycle A – Autumn - Me and My Relationships

Y1 Lesson 1 - Understand that classroom rules help everyone to learn and be safe; Explain their classroom rules and be able to contribute to making these.

Why we have classroom rules

Y1 Lesson 2 - Recognise how others might be feeling by reading body language/facial expressions; Understand and explain how our emotions can give a physical reaction in our body (e.g. butterflies in the tummy etc.)

Thinking about feelings

Y1 Lesson 3 - Identify a range of feelings; Identify how feelings might make us behave; Suggest strategies for someone experiencing 'not so good' feelings to manage these.

Our feelings

Y1 Lesson 4 - Recognise that people's bodies and feelings can be hurt; Suggest ways of dealing with different kinds of hurt.

Feelings and bodies

Y1 Lesson 5 - Recognise that they belong to various groups and communities such as their family; Explain how these people help us and we can also help them to help us.

Our special people balloons

Y1 Lesson 6 - Identify simple qualities of friendship; Suggest simple strategies for making up.

Good friends

Y1 Lesson 7 - Demonstrate attentive listening skills; Suggest simple strategies for resolving conflict situations; Give and receive positive feedback, and experience how this makes them feel.

How are you listening?

Y2 Lesson 8 - Suggest actions that will contribute positively to the life of the classroom; Make and undertake pledges based on those actions.

Our ideal classroom (1)

Y2 Lesson 9 - Take part in creating and agreeing classroom rules.

Our ideal classroom (2)

Y2 Lesson 10 - Use a range of words to describe feelings; Recognise that people have different ways of expressing their feelings; Identify helpful ways of responding to other's feelings.

How are you feeling today?

Y2 Lesson 11 - Define what is meant by the terms 'bullying' and 'teasing' showing an understanding of the difference between the two; Identify situations as to whether they are incidents of teasing or bullying.

Bullying or teasing?

Y2 Lesson 12 - Understand and describe strategies for dealing with bullying; Rehearse and demonstrate some of these strategies.

Don't do that!

Y2 Lesson 13 - Explain the difference between bullying and isolated unkind behaviour; Recognise that there are different types of bullying and unkind behaviour; Understand that bullying and unkind behaviour are both unacceptable ways of behaving.

Types of bullying

Y2 Lesson 14 - Recognise that friendship is a special kind of relationship; Identify some of the ways that good friends care for each other

Being a good friend

Y2 Lesson 15 - Recognise, name and understand how to deal with feelings (e.g. anger, loneliness); Explain where someone could get help if they were being upset by someone else's behaviour.

Let's all be happy!

Year 1/2 Cycle A – Spring – Valuing Difference

Y1 Lesson 1 - Identify the differences and similarities between people; Empathise with those who are different from them; Begin to appreciate the positive aspects of these differences.

Same or different?

Y1 Lesson 2 - Explain the difference between unkindness, teasing and bullying; Understand that bullying is usually quite rare.

Unkind, tease or bully?

Y1 Lesson 3 - Explain some of their school rules and how those rules help to keep everybody safe.

Harold's school rules

Y1 Lesson 4 - Identify some of the people who are special to them; Recognise and name some of the qualities that make a person special to them.

Who are our special people?

Y1 Lesson 5 - Recognise and explain what is fair and unfair, kind and unkind; Suggest ways they can show kindness to others.

It's not fair!

Y2 Lesson 6 - Identify some of the physical and non-physical differences and similarities between people; Know and use words and phrases that show respect for other people.

What makes us who we are?

Y2 Lesson 7 - Identify people who are special to them; Explain some of the ways those people are special to them.

My special people

Y2 Lesson 8 - Recognise and explain how a person's behaviour can affect other people.

How do we make others feel?

Y2 Lesson 9 - Explain how it feels to be part of a group; Explain how it feels to be left out from a group; Identify groups they are part of; Suggest and use strategies for helping someone who is feeling left out.

When someone is feeling left out

Y2 Lesson 10 - Recognise and describe acts of kindness and unkindness; Explain how these impact on other people's feelings; Suggest kind words and actions they can show to others; Show acts of kindness to others in school.

An act of kindness

Y2 Lesson 11 - Demonstrate active listening techniques (making eye contact, nodding head, making positive noises, not being distracted); Suggest strategies for dealing with a range of common situations requiring negotiation skills to help foster and maintain positive relationships.

Solve the problem

Year 1/2 Cycle A – Summer – Keeping Myself Safe

Y1 Lesson 1 - Understand that the body gets energy from food, water and air (oxygen); Recognise that exercise and sleep are important parts of a healthy lifestyle.

Healthy me

Y1 Lesson 2 - Recognise the importance of sleep in maintaining a healthy, balanced lifestyle; Identify simple bedtime routines that promote healthy sleep.

Super sleep

Y1 Lesson 3 - Recognise emotions and physical feelings associated with feeling unsafe; Identify people who can help them when they feel unsafe.

Who can help? (1)

Y1 Lesson 4 - Recognise the range of feelings that are associated with loss.

Harold loses Geoffrey

Y1 Lesson 5 - Understand that medicines can sometimes make people feel better when they're ill; Explain simple issues of safety and responsibility about medicines and their use

What could Harold do?

Y1 Lesson 6 - Understand and learn the PANTS rules; Name and know which parts should be private; Explain the difference between appropriate and inappropriate touch; Understand that they have the right to say "no" to unwanted touch; Start thinking about who they trust and who they can ask for help.

Good or bad touches?

Y2 Lesson 7 - Understand that medicines can sometimes make people feel better when they're ill; Give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell; Explain simple issues of safety and responsibility about medicines and their use

Harold's picnic

Y2 Lesson 8 - Identify situations in which they would feel safe or unsafe; Suggest actions for dealing with unsafe situations including who they could ask for help.

How safe would you feel?

Y2 Lesson 9 - Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe

What should Harold say?

Y2 Lesson 10 - Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation; Identify the types of touch they like and do not like; Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.

I don't like that!

Y2 Lesson 11 - Recognise that some touches are not fun and can hurt or be upsetting; Know that they can ask someone to stop touching them; Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.

Fun or not?

Y2 Lesson 12 - Identify safe secrets (including surprises) and unsafe secrets; Recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable.

Should I tell?

Y2 Lesson 13 - Identify how inappropriate touch can make someone feel; Understand that there are unsafe secrets and secrets that are nice surprises; Explain that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop.

Some secrets should never be kept

Year 1/2 Cycle B – Autumn – Rights and Responsibilities

Y1 Lesson 1 - Recognise the importance of regular hygiene routines; Sequence personal hygiene routines into a logical order.

Harold's wash and brush up

Y1 Lesson 2 - Identify what they like about the school environment; Recognise who cares for and looks after the school environment.

Around and about the school

Y1 Lesson 3 - Demonstrate responsibility in looking after something (e.g. a class pet or plant); Explain the importance of looking after things that belong to themselves or to others.

Taking care of something

Y1 Lesson 4 - Explain where people get money from; List some of the things that money may be spent on in a family home.

Harold's money

Y1 Lesson 5 - Recognise that different notes and coins have different monetary value; Explain the importance of keeping money safe; Identify safe places to keep money; Understand the concept of 'saving money' (i.e. by keeping it in a safe placed and adding to it).

How should we look after our money?

Y2 Lesson 6 - Describe and record strategies for getting on with others in the classroom.

Getting on with others

Y2 Lesson 7 - Explain, and be able to use, strategies for dealing with impulsive behaviour.

When I feel like erupting

Y2 Lesson 8 - Identify special people in the school and community who can help to keep them safe; Know how to ask for help.

Feeling safe

Y2 Lesson 9 - Identify what they like about the school environment; Identify any problems with the school environment (e.g. things needing repair); Make suggestions for improving the school environment; Recognise that they all have a responsibility for helping to look after the school environment.

How can we look after our environment?

Y2 Lesson 10 - Understand that people have choices about what they do with their money; Know that money can be saved for a use at a future time; Explain how they might feel when they spend money on different things.

Harold saves for something special

Y2 Lesson 11 - Recognise that money can be spent on items which are essential or non-essential; Know that money can be saved for a future time and understand the reasons why people (including themselves) might do this.

Harold goes camping

Year 1/2 Cycle B – Spring – Being My Best

Y1 Lesson 1 - Recognise the importance of fruit and vegetables in their daily diet; Know that eating at least five portions of vegetables and fruit a day helps to maintain health.

I can eat a rainbow

Y1 Lesson 2 - Recognise that they may have different tastes in food to others; Select foods from the **Eatwell Guide** (formerly Eatwell Plate) in order to make a healthy lunch; Recognise which foods we need to eat more of and which we need to eat less of to be healthy

Eat well

Y1 Lesson 3 - Understand how diseases can spread; Recognise and use simple strategies for preventing the spread of diseases.

Catch it! Bin it! Kill it!

Y1 Lesson 4 - Recognise that learning a new skill requires practice and the opportunity to fail, safely; Understand the learning line's use as a simple tool to describe the learning process, including overcoming challenges.

Harold learns to ride his bike

Y1 Lesson 5 - Demonstrate attentive listening skills; Suggest simple strategies for resolving conflict situations; Give and receive positive feedback, and experience how this makes them feel.

Pass on the praise!

Y1 Lesson 6 - Recognise how a person's behaviour (including their own) can affect other people.

Harold has a bad day

Y2 Lesson 7 - Explain the stages of the learning line showing an understanding of the learning process; Help themselves and others develop a positive attitude that support their wellbeing; Identify and describe where they are on the learning line in a given activity and apply its positive mindset strategies to their own learning.

You can do it!

Y2 Lesson 8 - Understand and give examples of things they can choose themselves and things that others choose for them; Explain things that they like and dislike, and understand that they have choices about these things; Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health.

My day

Y2 Lesson 9 - Explain how germs can be spread; Describe simple hygiene routines such as hand washing; Understand that vaccinations can help to prevent certain illnesses.

Harold's postcard - helping us to keep clean and healthy

Y2 Lesson 10 - Explain the importance of good dental hygiene; Describe simple dental hygiene routines.

Harold's bathroom

Y2 Lesson 11 - Understand that the body gets energy from food, water and oxygen; Recognise that exercise and sleep are important to health

My body needs...

Y2 Lesson 12 - Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain); Describe how food, water and air get into the body and blood.

What does my body do?

Year 1/2 Cycle B – Summer – Growing and Changing

Y1 Lesson 1 - Name major internal body parts (heart, lungs, blood, stomach, intestines, brain); Understand and explain the simple bodily processes associated with them.

[Inside my wonderful body!](#)

Y1 Lesson 2 - Understand some of the tasks required to look after a baby; Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.

[Taking care of a baby](#)

Y1 Lesson 3 - Identify things they could do as a baby, a toddler and can do now; Identify the people who help/helped them at those different stages.

[Then and now](#)

Y1 Lesson 4 - Explain the difference between teasing and bullying; Give examples of what they can do if they experience or witness bullying; Say who they could get help from in a bullying situation.

[Who can help? \(2\)](#)

Y1 Lesson 5 - Explain the difference between a secret and a nice surprise; Identify situations as being secrets or surprises; Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.

[Surprises and secrets](#)

Y1 Lesson 6 - Identify parts of the body that are private; Describe ways in which private parts can be kept private; Identify people they can talk to about their private parts.

[Keeping privates private](#)

Y2 Lesson 7 - Demonstrate simple ways of giving positive feedback to others.

[A helping hand](#)

Y2 Lesson 8 - Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to.

[Sam moves away](#)

Y2 Lesson 9 - Identify different stages of growth (e.g. baby, toddler, child, teenager, adult); Understand and describe some of the things that people are capable of at these different stages.

[Haven't you grown!](#)

Y2 Lesson 10 - Identify which parts of the human body are private; Explain that a person's genitals help them to make babies when they are grown up; Understand that humans mostly have the same body parts but that they can look different from person to person.

[My body, your body](#)

Y2 Lesson 11 - Explain what privacy means; Know that you are not allowed to touch someone's private belongings without their permission; Give examples of different types of private information.

[Respecting privacy](#)

Year 3/4 Cycle A – Autumn – Me and My Relationships

Y3 Lesson 1 - Explain why we have rules; Explore why rules are different for different age groups, in particular for internet-based activities; Suggest appropriate rules for a range of settings; Consider the possible consequences of breaking the rules.

[As a rule](#)

Y3 Lesson 2 - Explain some of the feelings someone might have when they lose something important to them; Understand that these feelings are normal and a way of dealing with the situation.

[My special pet](#)

Y3 Lesson 3 - Define and demonstrate cooperation and collaboration; Identify the different skills that people can bring to a group task; Demonstrate how working together in a collaborative manner can help everyone to achieve success.

[Tangram team challenge](#)

Y3 Lesson 4 - Identify people who they have a special relationship with; Suggest strategies for maintaining a positive relationship with their special people.

[Looking after our special people](#)

Y3 Lesson 5 - Rehearse and demonstrate simple strategies for resolving given conflict situations.

[How can we solve this problem?](#)

Y3 Lesson 6 - Explain what a dare is; Understand that no-one has the right to force them to do a dare; Suggest strategies to use if they are ever made to feel uncomfortable or unsafe by someone asking them to do a dare.

[Dan's dare](#)

Y3 Lesson 7 - Express opinions and listen to those of others; Consider others' points of view; Practise explaining the thinking behind their ideas and opinions.

[Thunks](#)

Y3 Lesson 8 - Identify qualities of friendship; Suggest reasons why friends sometimes fall out; Rehearse and use, now or in the future, skills for making up again.

[Friends are special](#)

Y4 Lesson 9 - Describe 'good' and 'not so good' feelings and how feelings can affect our physical state; Explain how different words can express the intensity of feelings.

[An email from Harold!](#)

Y4 Lesson 10 - Explain what we mean by a 'positive, healthy relationship'; Describe some of the qualities that they admire in others.

[Ok or not ok? \(part 1\)](#)

Y4 Lesson 11 - Recognise that there are times when they might need to say 'no' to a friend; Describe appropriate assertive strategies for saying 'no' to a friend.

[Ok or not ok? \(part 2\)](#)

Y4 Lesson 12 - Demonstrate strategies for working on a collaborative task; Define successful qualities of teamwork and collaboration.

[Human machines](#)

Y4 Lesson 13 - Identify a wide range of feelings; Recognise that different people can have different feelings in the same situation; Explain how feelings can be linked to physical state.

[Different feelings](#)

Y4 Lesson 14 - Demonstrate a range of feelings through their facial expressions and body language; Recognise that their feelings might change towards someone or something once they have further information.

[When feelings change](#)

Y4 Lesson 15 - Give examples of strategies to respond to being bullied, including what people can do and say; Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.

[Under pressure](#)

Year 3/4 Cycle A – Spring – Valuing Difference

Y3 Lesson 1 - Recognise that there are many different types of family; Understand what is meant by 'adoption' 'fostering' and 'same-sex relationships.'

Family and friends

Y3 Lesson 2 - Define the term 'community'; Identify the different communities that they belong to; Recognise the benefits that come with belonging to a community, in particular the benefit to mental health and wellbeing.

My community

Y3 Lesson 3 - Reflect on listening skills; Give examples of respectful language; Give examples of how to challenge another's viewpoint, respectfully.

Respect and challenge

Y3 Lesson 4 - Explain that people living in the UK have different origins; Identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds; Identify some of the qualities that people from a diverse range of backgrounds need in order to get on together.

Our friends and neighbours

Y3 Lesson 5 - Recognise the factors that make people similar to and different from each other; Recognise that repeated name calling is a form of bullying; Suggest strategies for dealing with name calling (including talking to a trusted adult).

Let's celebrate our differences

Y3 Lesson 6 - Understand and explain some of the reasons why different people are bullied; Explore why people have prejudiced views and understand what this is.

Zeb

Y4 Lesson 7 - Define the terms 'negotiation' and 'compromise'; Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise.

Can you sort it?

Y4 Lesson 8 - Understand that they have the right to protect their personal body space; Recognise how others' non-verbal signals indicate how they feel when people are close to their body space; Suggest people they can talk to if they feel uncomfortable with other people's actions towards them.

Islands

Y4 Lesson 9 - Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances); Give examples of features of these different types of relationships, including how they influence what is shared.

Friend or acquaintance?

Y4 Lesson 10 - List some of the ways that people are different to each other (including differences of race, gender, religion); Recognise potential consequences of aggressive behaviour; Suggest strategies for dealing with someone who is behaving aggressively.

What would I do?

Y4 Lesson 11 - List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals); Define the word *respect* and demonstrate ways of showing respect to others' differences.

The people we share our world with

Y4 Lesson 12 - Understand and identify stereotypes, including those promoted in the media.

That is such a stereotype!

Year 3/4 Cycle A – Summer – Keeping Myself Safe

Y3 Lesson 1 - Identify situations which are safe or unsafe; Identify people who can help if a situation is unsafe; Suggest strategies for keeping safe.

Safe or unsafe?

Y3 Lesson 2 - Define the words danger and risk and explain the difference between the two; Demonstrate strategies for dealing with a risky situation.

Danger or risk?

Y3 Lesson 3 - Identify some key risks from and effects of cigarettes and alcohol; Know that most people choose not to smoke cigarettes; (Social Norms message) Define the word 'drug' and understand that nicotine and alcohol are both drugs.

Alcohol and cigarettes: the facts

Y3 Lesson 4 - Identify risk factors in given situations; Suggest ways of reducing or managing those risks.

The Risk Robot

Y3 Lesson 5 - Evaluate the validity of statements relating to online safety; Recognise potential risks associated with browsing online; Give examples of strategies for safe browsing online.

Super Searcher

Y3 Lesson 6 - Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens; Recognise and describe appropriate behaviour online as well as offline; Identify what constitutes personal information and when it is not appropriate or safe to share this; Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs.

None of your business!

Y3 Lesson 7 - Demonstrate strategies for assessing risks; Understand and explain decision-making skills; Understand where to get help from when making decisions.

Raisin challenge (1)

Y3 Lesson 8 - Understand that medicines are drugs and suggest ways that they can be helpful or harmful.

Help or harm?

Y4 Lesson 9 - Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them; Identify situations which are either dangerous, risky or hazardous; Suggest simple strategies for managing risk.

Danger, risk or hazard?

Y4 Lesson 10 - Identify images that are safe/unsafe to share online; Know and explain strategies for safe online sharing; Understand and explain the implications of sharing images online without consent.

Picture Wise

Y4 Lesson 11 - Define what is meant by the word 'dare'; Identify from given scenarios which are dares and which are not; Suggest strategies for managing dares.

How dare you!

Y4 Lesson 12 - Understand that medicines are drugs; Explain safety issues for medicine use; Suggest alternatives to taking a medicine when unwell; Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines).

Medicines: check the label

Y4 Lesson 13 - Understand some of the key risks and effects of smoking and drinking alcohol; Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory).

Know the norms

Y4 Lesson 14 - Describe stages of identifying and managing risk; Suggest people they can ask for help in managing risk.

Keeping ourselves safe

Y4 Lesson 15 - Understand that we can be influenced both positively and negatively; Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way.

Raisin challenge (2)

Year 3/4 Cycle B – Autumn – Rights and Responsibilities

Y3 Lesson 1 - Define what a volunteer is; Identify people who are volunteers in the school community; Recognise some of the reasons why people volunteer, including mental health and wellbeing benefits to those who volunteer.

[Our helpful volunteers](#)

Y3 Lesson 2 - Identify key people who are responsible for them to stay safe and healthy; Suggest ways they can help these people.

[Helping each other to stay safe](#)

Y3 Lesson 3 - Understand the difference between 'fact' and 'opinion'; Understand how an event can be perceived from different viewpoints; Plan, draft and publish a recount using the appropriate language.

[Recount task](#)

Y3 Lesson 4 - Understand the terms 'income', 'saving' and 'spending'; Recognise that there are times we can buy items we want and times when we need to save for items; Suggest items and services around the home that need to be paid for (e.g. food, furniture, electricity etc.)

[Can Harold afford it?](#)

Y3 Lesson 5 - Explain that people earn their income through their jobs; Understand that the amount people get paid is due to a range of factors (skill, experience, training, responsibility etc.)

[Can Harold afford it?](#)
[Earning money](#)

Y3 Lesson 6 - Explain how different people in the school and local community help them stay healthy and safe; Define what is meant by 'being responsible'; Describe the various responsibilities of those who help them stay healthy and safe; Suggest ways they can help the people who keep them healthy and safe.

[Who helps us stay healthy and safe?](#)

Y3 Lesson 7 - Understand that humans have rights and also responsibilities; Identify some rights and also responsibilities that come with these.

[It's your right](#)

Y3 Lesson 8 - Understand the reason we have rules; Suggest and engage with ways that they can contribute to the decision-making process in school (e.g. through pupil voice/school council); Recognise that everyone can make a difference within a democratic process.

[How do we make a difference?](#)

Y3 Lesson 9 - Define the word *influence*; Recognise that reports in the media can influence the way they think about a topic; Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner.

[In the news!](#)

Y3 Lesson 10 - Explain the role of the bystander and how it can influence bullying or other anti-social behaviour; Recognise that they can play a role in influencing outcomes of situations by their actions.

[Safety in numbers](#)

Y3 Lesson 11 - Understand some of the ways that various national and international environmental organisations work to help take care of the environment; Understand and explain the value of this work

[Logo quiz](#)

Y3 Lesson 12 - Define the terms 'income' and 'expenditure'; List some of the items and services of expenditure in the school and in the home; Prioritise items of expenditure in the home from most essential to least essential.

[Harold's expenses](#)

Y3 Lesson 13 - Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT'; Understand how a payslip is laid out showing both pay and deductions; Prioritise public services from most essential to least essential.

[Why pay taxes?](#)

Year 3/4 Cycle B – Spring – Being My Best

Y3 Lesson 1 - Explain how each of the food groups on the **Eatwell Guide** (formerly Eatwell Plate) benefits the body; Explain what is meant by the term 'balanced diet'; Give examples what foods might make up a healthy balanced meal.

Derek cooks dinner!
(healthy eating)

Y3 Lesson 2 - Explain how some infectious illnesses are spread from one person to another; Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses; Suggest medical and non-medical ways of treating an illness.

Poorly Harold

Y3 Lesson 3 - Develop skills in discussion and debating an issue ;Demonstrate their understanding of health and wellbeing issues that are relevant to them; Empathise with different view points; Make recommendations, based on their research.

For or against?

Y3 Lesson 4 - Identify their achievements and areas of development; Recognise that people may say kind things to help us feel good about ourselves; Explain why some groups of people are not represented as much on television/in the media.

I am fantastic!

Y3 Lesson 5 - Demonstrate how working together in a collaborative manner can help everyone to achieve success; Understand and explain how the brain sends and receives messages through the nerves.

Getting on with your nerves!

Y3 Lesson 6 - Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain); Describe how food, water and air get into the body and blood.

Body team work

Y3 Lesson 7 - Explain some of the different talents and skills that people have and how skills are developed; Recognise their own skills and those of other children in the class.

Top talents

Y4 Lesson 8 - Identify ways in which everyone is unique; Appreciate their own uniqueness; Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.

What makes me ME!

Y4 Lesson 9 - Give examples of choices they make for themselves and choices others make for them; Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.

Making choices

Y4 Lesson 10 - Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health; Plan a menu which gives a healthy balanced of foods from across the food groups on the **Eatwell Guide** (formerly Eatwell Plate).

SCARF Hotel

Y4 Lesson 11 - Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs); Suggest ways the Seven Rs recycling methods can be applied to different scenarios.

Harold's Seven Rs

Y4 Lesson 12 - Define what is meant by the word 'community'; Suggest ways in which different people support the school community; Identify qualities and attributes of people who support the school community.

My school community (1)

Year 3/4 Cycle B – Summer – Growing and Changing

Y3 Lesson 1 - Identify different types of relationships; Recognise who they have positive healthy relationships with.

[Relationship Tree](#)

Y3 Lesson 2 - Understand what is meant by the term body space (or personal space); Identify when it is appropriate or inappropriate to allow someone into their body space; Rehearse strategies for when someone is inappropriately in their body space.

[Body space](#)

Y3 Lesson 3 - Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; Recognise how different surprises and secrets might make them feel; Know who they could ask for help if a secret made them feel uncomfortable or unsafe.

[Secret or surprise?](#)

Y3 Lesson 4 - Recognise that babies come from the joining of an egg and sperm; Explain what happens when an egg doesn't meet a sperm; Understand that for girls, periods are a normal part of puberty.

[My changing body](#)

Y4 Lesson 5 - Describe some of the changes that happen to people during their lives; Explain how the Learning Line can be used as a tool to help them manage change more easily; Suggest people who may be able to help them deal with change.

[Moving house](#)

Y4 Lesson 6 - Name some positive and negative feelings; Understand how the onset of puberty can have emotional as well as physical impact; Suggest reasons why young people sometimes fall out with their parents; Take part in a role play practising how to compromise

[My feelings are all over the place!](#)

Y4 Lesson 7 - Identify parts of the body that males and females have in common and those that are different; Know the correct terminology for their genitalia; Understand and explain why puberty happens.

[All change!](#)

Y4 Lesson 8 - Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; Recognise how different surprises and secrets might make them feel; Know who they could ask for help if a secret made them feel uncomfortable or unsafe.

[Secret or surprise?](#)

Y4 Lesson 9 - Understand that marriage is a commitment to be entered into freely and not against someone's will; Recognise that marriage includes same sex and opposite sex partners; Know the legal age for marriage in England or Scotland; Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.

[Together](#)

Year 5/6 Cycle A – Autumn – Me and My Relationships

Y5 Lesson 1 - Explain what collaboration means; Give examples of how they have worked collaboratively; Describe the attributes needed to work collaboratively.

[Collaboration Challenge!](#)

Y5 Lesson 2 - Explain what is meant by the terms negotiation and compromise; Describe strategies for resolving difficult issues or situations.

[Give and take](#)

Y5 Lesson 3 - Demonstrate how to respond to a wide range of feelings in others; Give examples of some key qualities of friendship; Reflect on their own friendship qualities.

[How good a friend are you?](#)

Y5 Lesson 4 - Identify what things make a relationship unhealthy; Identify who they could talk to if they needed help.

[Relationship cake recipe](#)

Y5 Lesson 5 - Identify characteristics of passive, aggressive and assertive behaviours; Understand and rehearse assertiveness skills.

[Being assertive](#)

Y5 Lesson 6 - Recognise basic emotional needs, understand that they change according to circumstance; Identify risk factors in a given situation (involving smoking or other scenarios) and consider outcomes of risk taking in this situation, including emotional risks.

[Our emotional needs](#)

Y5 Lesson 6 - Understand that online communication can be misinterpreted; Accept that responsible and respectful behaviour is necessary when interacting with others online as well as face-to-face.

[Communication](#)

Y6 Lesson 7 - Demonstrate a collaborative approach to a task; Describe and implement the skills needed to do this.

[Working together](#)

Y6 Lesson 8 - Explain what is meant by the terms 'negotiation' and 'compromise'; Suggest positive strategies for negotiating and compromising within a collaborative task; Demonstrate positive strategies for negotiating and compromising within a collaborative task.

[Let's negotiate](#)

Y6 Lesson 9 - Recognise some of the challenges that arise from friendships; Suggest strategies for dealing with such challenges demonstrating the need for respect and an assertive approach.

[Solve the friendship problem](#)

Y6 Lesson 10 - List some assertive behaviours; Recognise peer influence and pressure; Demonstrate using some assertive behaviours, through role-play, to resist peer influence and pressure.

[Assertiveness skills](#)

Y6 Lesson 11 - Recognise and empathise with patterns of behaviour in peer-group dynamics; Recognise basic emotional needs and understand that they change according to circumstance; Suggest strategies for dealing assertively with a situation where someone under pressure may do something they feel uncomfortable about.

[Behave yourself](#)

Y6 Lesson 12 - Describe the consequences of reacting to others in a positive or negative way; Suggest ways that people can respond more positively to others.

[Dan's day](#)

Y6 Lesson 13 - Describe ways in which people show their commitment to each other; Know the ages at which a person can marry, depending on whether their parents agree; Understand that everyone has the right to be free to choose who and whether to marry

[Don't force me](#)

Y6 Lesson 14 - Recognise that some types of physical contact can produce strong negative feelings; Know that some inappropriate touch is also illegal.

[Acting appropriately](#)

Y6 Lesson 15 - Identify strategies for keeping personal information safe online; Describe safe and respectful behaviours when using communication technology.

[It's a puzzle](#)

Year 5/6 Cycle A – Spring – Valuing Difference

Y6 Lesson 1 - Define some key qualities of friendship; Describe ways of making a friendship last; Explain why friendships sometimes end.

Qualities of friendship

Y6 Lesson 2 - Rehearse active listening skills: Demonstrate respectfulness in responding to others; Respond appropriately to others.

Kind conversations

Y6 Lesson 3 - Develop an understanding of discrimination and its injustice, and describe this using examples; Empathise with people who have been, and currently are, subjected to injustice, including through racism; Consider how discriminatory behaviour can be challenged.

Happy being me

Y6 Lesson 4 - Identify and describe the different groups that make up their school/wider community/other parts of the UK; Describe the benefits of living in a diverse society; Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.

The land of the Red People

Y6 Lesson 5 - Understand that the information we see online, either text or images, is not always true or accurate; Recognise that some people post things online about themselves that aren't true, sometimes this is so that people will like them; Understand and explain the difference between sex, gender identity, gender expression and sexual orientation.

Is it true?

Y6 Lesson 6 - Identify the consequences of positive and negative behaviour on themselves and others; Give examples of how individual/group actions can impact on others in a positive or negative way.

It could happen to anyone

Y6 Lesson 7 - Recognise that bullying and discriminatory behaviour can result from disrespect of people's differences; Suggest strategies for dealing with bullying, as a bystander; Describe positive attributes of their peers.

OK to be different

Y6 Lesson 7 - Know that all people are unique but that we have far more in common with each other than what is different about us; Consider how a bystander can respond to someone being rude, offensive or bullying someone else; Demonstrate ways of offering support to someone who has been bullied .

We have more in common than not

Y6 Lesson 8 - Demonstrate ways of showing respect to others, using verbal and non-verbal communication.

Respecting differences

Y6 Lesson 9 - Understand and explain the term prejudice; Identify and describe the different groups that make up their school/wider community/other parts of the UK; Describe the benefits of living in a diverse society; Explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.

Tolerance and respect for others

Y6 Lesson 10 - Explain the difference between a friend and an acquaintance; Describe qualities of a strong, positive friendship; Describe the benefits of other types of relationship (e.g. neighbour, parent/carer, relative).

Advertising friendships!

Y6 Lesson 11 - Define what is meant by the term stereotype; Recognise how the media can sometimes reinforce gender stereotypes; Recognise that people fall into a wide range of what is seen as normal; Challenge stereotypical gender portrayals of people.

Boys will be boys?

Year 5/6 Cycle A – Summer – Keeping Myself Safe

Y5 Lesson 1 - Explain what a habit is, giving examples; Describe why and how a habit can be hard to change.

['Thinking' about habits](#)

Y5 Lesson 2 - Recognise that there are positive and negative risks; Explain how to weigh up risk factors when making a decision; Describe some of the possible outcomes of taking a risk.

[Jay's dilemma](#)

Y5 Lesson 3 - Demonstrate strategies to deal with both face-to-face and online bullying; Demonstrate strategies and skills for supporting others who are bullied; Recognise and describe the difference between online and face-to-face bullying.

[Spot bullying](#)

Y5 Lesson 4 - Define what is meant by a dare; Explain why someone might give a dare; Suggest ways of standing up to someone who gives a dare.

[Ella's diary dilemma](#)

Y5 Lesson 5 - Recognise which situations are risky; Explore and share their views about decision making when faced with a risky situation; Suggest what someone should do when faced with a risky situation.

[Decision dilemmas](#)

Y5 Lesson 6 - Consider what information is safe/unsafe to share offline and online, and reflect on the consequences of not keeping personal information private; Recognise that people aren't always who they appear to be online and explain risks of being friends online with a person they have not met face-to-face; Know how to protect personal information online; Recognise disrespectful behaviour online and know how to respond to it.

[Play, like, share](#)

Y5 Lesson 7 - Understand some of the complexities of categorising drugs; Know that all medicines are drugs but not all drugs are medicines; Understand ways in which medicines can be helpful or harmful and used safely or unsafely.

[Drugs: true or false?](#)

Y5 Lesson 8 - Understand the actual norms around smoking and the reasons for common misperceptions of these.

[Smoking: what is normal?](#)

Y5 Lesson 9 - Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks; Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.

[Would you risk it?](#)

Y6 Lesson 10 - Accept that responsible and respectful behaviour is necessary when interacting with others online and face-to-face; Understand and describe the ease with which something posted online can spread.

[Think before you click!](#)

Y6 Lesson 11 - Identify strategies for keeping personal information safe online; Describe safe behaviours when using communication technology.

[Traffic lights](#)

Y6 Lesson 12 - Know that it is illegal to create and share sexual images of children under 18 years old; Explore the risks of sharing photos and films of themselves with other people directly or online; Know how to keep their information private online.

[To share or not to share?](#)

Y6 Lesson 13 - Define what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour; Understand that all humans have basic emotional needs and explain some of the ways these needs can be met.

[Rat Park](#)

Y6 Lesson 14 - Explain how drugs can be categorised into different groups depending on their medical and legal context; Demonstrate an understanding that drugs can have both medical and non-medical

[What sort of drug is...?](#)

uses; Explain in simple terms some of the laws that control drugs in this country.

Y6 Lesson 15 - Understand some of the basic laws in relation to drugs; Explain why there are laws relating to drugs in this country.

Y6 Lesson 16 - Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these; Describe some of the effects and risks of drinking alcohol.

Y6 Lesson 17 - Understand that all humans have basic emotional needs and explain some of the ways these needs can be met; Explain how these emotional needs impact on people's behaviour; Suggest positive ways that people can get their emotional need met.

Y6 Lesson 18 - Understand and give examples of conflicting emotions; Understand and reflect on how independence and responsibility go together.

[Drugs: it's the law!](#)

[Alcohol: what is normal?](#)

[Joe's story \(part 1\)](#)

[Joe's story \(part 2\)](#)

Year 5/6 Cycle A – Autumn – Rights and Responsibilities

Y5 Lesson 1 - Identify, write and discuss issues currently in the media concerning health and wellbeing; Express their opinions on an issue concerning health and wellbeing; Make recommendations on an issue concerning health and wellbeing.

What's the story?

Y5 Lesson 2 - Understand the difference between a fact and an opinion; Understand what biased reporting is and the need to think critically about things we read.

Fact or opinion?

Y5 Lesson 3 - Define the differences between responsibilities, rights and duties; Discuss what can make them difficult to follow; Identify the impact on individuals and the wider community if responsibilities are not carried out.

Rights, responsibilities and duties

Y5 Lesson 4 - Explain what we mean by the terms voluntary, community and pressure (action) group; Give examples of voluntary groups, the kind of work they do and its value.

Mo makes a difference

Y5 Lesson 5 - State the costs involved in producing and selling an item; Suggest questions a consumer should ask before buying a product.

Spending wisely

Y5 Lesson 6 - Define the terms loan, credit, debt and interest; Suggest advice for a range of situations involving personal finance.

Lend us a fiver!

Y5 Lesson 7 - Explain some of the areas that local councils have responsibility for; Understand that local councillors are elected to represent their local community.

Local councils

Y6 Lesson 8 - Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them; Describe the language and techniques that make up a biased report; Analyse a report also extract the facts from it.

Two sides to every story

Y6 Lesson 9 - Know the legal age (and reason behind these) for having a social media account; Understand why people don't tell the truth and often post only the good bits about themselves, online; Recognise that people's lives are much more balanced in real life, with positives and negatives.

Fakebook friends

Y6 Lesson 10 - Explain some benefits of saving money; Describe the different ways money can be saved, outlining the pros and cons of each method; Describe the costs that go into producing an item; Suggest sale prices for a variety of items, taking into account a range of factors; Explain what is meant by the term *interest*.

What's it worth?

Y6 Lesson 11 - Recognise and explain that different jobs have different levels of pay and the factors that influence this; Explain the different types of tax (income tax and VAT) which help to fund public services; Evaluate the different public services and compare their value.

Jobs and taxes

Y6 Lesson 12 - Explain what we mean by the terms voluntary, community and pressure (action) group; Describe the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group.

Action stations!

Y6 Lesson 13 - Explain what is meant by living in an environmentally sustainable way; Suggest actions that could be taken to live in a more environmentally sustainable way.

Happy shoppers

Year 5/6 Cycle A – Autumn – Being My Best

Y5 Lesson 1 - Know two harmful effects each of smoking/drinking alcohol. Explain the importance of food, water and oxygen, sleep and exercise for the human body and its health. Understand the actual norms around smoking and the reasons for common misperceptions of these.

Getting fit

Y5 Lesson 2 - Know the basic functions of the four systems covered and know they are inter-related. Explain the function of at least one internal organ. Understand the importance of food, water and oxygen, sleep and exercise for the human body and its health.

It all adds up!

Y5 Lesson 3 - Identify their own strengths and talents; Identify areas that need improvement and describe strategies for achieving those improvements.

Different skills

Y5 Lesson 4 - State what is meant by community; Explain what being part of a school community means to them; Suggest ways of improving the school community.

My school community (2)

Y5 Lesson 5 - Identify people who are responsible for helping them stay healthy and safe; Identify ways that they can help these people.

Independence and responsibility

Y5 Lesson 6 - Describe 'star' qualities of celebrities as portrayed by the media; Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life; Describe 'star' qualities that 'ordinary' people have.

Star qualities?

Y6 Lesson 7 - Identify aspirational goals; Describe the actions needed to set and achieve these.

This will be your life!

Y6 Lesson 8 - Explain what the five ways to wellbeing are; Describe how the five ways to wellbeing contribute to a healthy lifestyle, giving examples of how they can be implemented in people's lives.

Five Ways to Wellbeing project

Y6 Lesson 9 - Present information they researched on a health and wellbeing issues outlining the key issues and making suggestions for any improvements concerning those issues.

Our recommendations

Y6 Lesson 10 - Identify risk factors in a given situation; Understand and explain the outcomes of risk-taking in a given situation, including emotional risks.

What's the risk? (1)

Y6 Lesson 11 - Recognise what risk is; Explain how a risk can be reduced; Understand risks related to growing up and explain the need to be aware of these; Assess a risk to help keep themselves safe.

What's the risk? (2)

Year 5/6 Cycle A – Autumn – Growing and Changing

Lesson 1 - Use a range of words and phrases to describe the intensity of different feelings; Distinguish between good and not so good feelings, using appropriate vocabulary to describe these; Explain strategies they can use to build resilience.

Lesson 2 - Identify people who can be trusted; Understand what kinds of touch are acceptable or unacceptable; Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch.

Lesson 3 - Explain how someone might feel when they are separated from someone or something they like; Suggest ways to help someone who is separated from someone or something they like.

Lesson 4 - Recognise how our body feels when we're relaxed; List some of the ways our body feels when it is nervous or sad; Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.

Lesson 5 - Identify the consequences of positive and negative behaviour on themselves and others; Give examples of how individual/group actions can impact on others in a positive or negative way.

Lesson 6 - Explain the difference between a safe and an unsafe secret; Identify situations where someone might need to break a confidence in order to keep someone safe.

Lesson 7 - Recognise that some people can get bullied because of the way they express their gender; Give examples of how bullying behaviours can be stopped.

Lesson 8 - Recognise some of the changes they have experienced and their emotional responses to those changes; Suggest positive strategies for dealing with change; Identify people who can support someone who is dealing with a challenging time of change.

Lesson 9 - Understand that fame can be short-lived; Recognise that photos can be changed to match society's view of perfect; Identify qualities that people have, as well as their looks.

Lesson 10 - Define what is meant by the term stereotype; Recognise how the media can sometimes reinforce gender stereotypes; Recognise that people fall into a wide range of what is seen as normal; Challenge stereotypical gender portrayals of people.

Lesson 11 - Understand the risks of sharing images online and how these are hard to control, once shared; Understand that people can feel pressured to behave in a certain way because of the influence of the peer group; Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.

Lesson 12 - Explain the difference between a safe and an unsafe secret; Identify situations where someone might need to break a confidence in order to keep someone safe.

How are they feeling?

Taking notice of our feelings

Dear Hetty

Help! I'm a teenager - get me out of here!

It could happen to anyone

Dear Ash

Stop, start, stereotypes

Helpful or unhelpful?
Managing change

I look great!

Media manipulation

Pressure online

Dear Ash

Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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

TOPIC	PUPILS SHOULD KNOW
Being safe	<ul style="list-style-type: none">• 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 e.g. family, school and/or other sources

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	