

Winchester House School

**Personal, Social, Health and Economic Education
(PSHE), Relationships, Sex and Health Education (RSHE) Policy
Including EYFS**

Responsible Governor: Chair of Prep Committee

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Reviewed:

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Linked Policies: *Safeguarding and Child Protection, Behaviour, Anti-Bullying, Online Safety & Visiting Speakers*

1. Vision and Ethos

At Winchester House School, our aim is to develop lifelong learners with a spirit of resourcefulness and self-reliance within a warm and purposeful community.

Personal, Social, Health and Economic Education (PSHE), together with Relationships, Sex and Health Education (RSHE), plays a central role in achieving this aim. Through a carefully planned, progressive and inclusive curriculum, pupils develop the knowledge, understanding, skills and attributes needed to flourish both now and in later life. The curriculum supports the development of confidence, self-awareness, resilience, compassion, leadership and a strong sense of belonging.

PSHE is our comprehensive curriculum for supporting pupils' personal development, wellbeing, health, safety and understanding of relationships. We deliver the statutory requirements for Relationships Education, Relationships and Sex Education (RSE) and Health Education through our wider PSHE curriculum using the Jigsaw programme from Nursery to Year 8. In addition, our curriculum incorporates age-appropriate economic education, careers education, citizenship, British Values, online safety and safeguarding education.

Within this framework, we ensure that pupils feel secure and valued in a school that is small enough to retain a family atmosphere. We promote enquiry, questioning, debate, exploration and discovery as the keys that unlock what we describe as "The Big Curriculum" - the development of personality, independence, resilience, good manners, strong values, responsibility, compassion, confidence and leadership.

Winchester House is a non-selective school that embraces a wide range of abilities and respects individual differences. Our first-class pastoral care is founded upon a Christian ethos which promotes kindness, service, respect, forgiveness and care for others. Through our Beyond Programme, our boarding provision and the extensive opportunities available throughout school life, pupils are encouraged to take responsibility for themselves, contribute positively to their communities and develop the confidence to thrive in the future.

We recognise parents and carers as children's first educators and value the importance of strong partnerships between home and school. Together, we seek to ensure that every pupil leaves Winchester House prepared to flourish at their chosen senior school and beyond.

The Winchester House Way underpins all aspects of school life and is woven throughout our PSHE and RSHE provision:

- Treat others as you would be treated
- Forgive
- Share
- Listen
- Be honest
- Be kind and helpful
- Be gentle
- Do your best to be your best self

2. Aims

The PSHE and RSHE curriculum at Winchester House aims to support pupils in becoming healthy, safe, confident and responsible young people.

Through the curriculum, pupils are encouraged to develop self-esteem, emotional literacy and resilience. They learn how to build and maintain healthy relationships, how to value diversity and inclusion, and how to make informed decisions about their wellbeing and future. The curriculum promotes respect, empathy and kindness whilst helping pupils understand personal responsibility, citizenship and their role within society.

Pupils are taught how to manage risk, stay safe both online and offline, recognise unhealthy or unsafe situations and seek appropriate help when required. They are supported in developing the knowledge and skills needed to maintain positive physical and mental health and are prepared for the opportunities, responsibilities and experiences of later life.

3. Statutory Framework

This policy reflects the requirements of:

- The Education Act 1996
- The Education Act 2002
- The Education and Inspections Act 2006
- The Equality Act 2010
- Keeping Children Safe in Education
- The Independent School Standards
- The Department for Education's statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (2025)

As a Nursery to Year 8 school, Winchester House provides:

- Relationships Education for all pupils in EYFS and Key Stages 1 and 2;
- Relationships and Sex Education for pupils in Years 7 and 8;
- Health Education for all pupils.

The curriculum is delivered in an age-appropriate, inclusive and progressive manner and reflects both statutory requirements and the specific needs of pupils within our school community.

4. Leadership and Responsibilities

The Assistant Headteachers are responsible for overseeing PSHE and RSHE provision within their respective sections of the school. They monitor implementation, support staff in the delivery of the curriculum and ensure that provision remains relevant, age-appropriate and aligned with statutory requirements.

Class teachers, tutors and other designated staff are responsible for the delivery of lessons and contribute to pupils' personal development through their daily interactions, pastoral support and wider involvement in school life.

This policy is reviewed periodically to ensure that it remains aligned with current statutory guidance, safeguarding requirements and the needs of the school community.

Governors monitor the effectiveness of the school's PSHE and RSHE provision and ensure that statutory responsibilities are met.

5. Curriculum Intent, Implementation and Impact

Intent

At Winchester House School, we believe that personal development is fundamental to educational success. Our curriculum is designed to equip pupils with the knowledge, skills and understanding needed to become healthy, safe, confident and responsible young people.

The curriculum reflects the values of the Winchester House Way, supports the school's safeguarding responsibilities and prepares pupils for the opportunities, responsibilities and experiences of later life. We aim to nurture pupils who are resilient, self-aware, respectful and ambitious, and who have the confidence to make informed decisions and contribute positively to society.

Implementation

Winchester House delivers PSHE and RSHE through the Jigsaw programme from Nursery to Year 8.

The Jigsaw curriculum is structured around six key themes:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

These themes are revisited throughout a pupil's journey through the school in a progressive spiral curriculum that develops knowledge, understanding and skills over time.

Jigsaw places emotional literacy at the heart of learning. Pupils are encouraged to recognise, understand and communicate emotions effectively, developing the vocabulary and confidence to discuss issues that affect their lives and wellbeing. Lessons incorporate opportunities for reflection and self-regulation through Jigsaw's mindfulness approach, helping pupils develop the skills needed to manage emotions and build resilience.

The programme promotes active participation, respectful discussion and strong communication skills. Pupils learn how to listen carefully to others, express their own views thoughtfully and consider differing perspectives in a safe and supportive environment.

PSHE is taught through dedicated weekly lessons and is further enriched through assemblies, tutor periods, chapel services, boarding provision, Ignite lectures, themed weeks, educational visits, visiting speakers and wider pastoral provision.

Impact

By the time pupils leave Winchester House, they will have developed the confidence, knowledge and understanding needed to maintain positive physical and mental wellbeing, build healthy relationships, manage risk appropriately and seek support when needed.

They will understand the importance of kindness, respect, inclusion and personal responsibility. They will demonstrate resilience, confidence and independence and will be well prepared for the opportunities and challenges of senior school and later life.

Success is reflected in pupils who embody the Winchester House Way and contribute positively to the communities of which they are part.

6. Curriculum Content

A detailed curriculum overview is provided in Appendix A.

The curriculum covers a broad range of themes including emotional wellbeing, friendships, family relationships, diversity and inclusion, anti-bullying, citizenship, British Values, physical health, mental health, financial education, careers education, online safety, safeguarding, puberty, healthy relationships, consent and personal safety.

Pupils are taught correct anatomical vocabulary in an age-appropriate manner as part of safeguarding, body awareness and health education. Teaching pupils the correct names for body parts supports personal safety, communication and safeguarding, and helps them seek help confidently if they have concerns.

Learning is carefully sequenced and delivered progressively from Nursery to Year 8 through the six Jigsaw themes.

The curriculum is reviewed regularly to ensure it remains current, relevant and responsive to emerging safeguarding themes, including developments in social media, artificial intelligence, online gaming, financial scams, digital exploitation and emerging online risks.

British Values are promoted throughout the curriculum and wider school life. Pupils develop an understanding of democracy, the rule of law, individual liberty, mutual respect and tolerance of different faiths and beliefs through classroom learning, assemblies, pupil leadership opportunities and participation in the wider school community.

7. Relationships, Sex and Health Education

Relationships Education and Health Education are compulsory for all pupils.

Relationships Education helps pupils develop an understanding of healthy relationships, friendships, families, respect, kindness, inclusion, personal boundaries and online safety. Pupils learn how positive relationships contribute to wellbeing and how to recognise and respond to unhealthy relationships.

Health Education supports pupils in understanding physical health, mental wellbeing, safe and healthy lifestyles, nutrition, exercise, sleep, personal hygiene, medicines, first aid, puberty and personal safety.

As part of Health Education, pupils are taught when and how to seek support for physical or mental health concerns, how to access appropriate help from trusted adults and health professionals, and the importance of seeking advice early when worried about their own wellbeing or that of others.

In Years 7 and 8, pupils receive age-appropriate Relationships and Sex Education. This includes learning about healthy romantic relationships, consent, reproduction, sexual health, exploitation, pornography, sexting, sextortion and online sexual harms. Pupils also develop a greater understanding of media literacy, harmful online influences, healthy masculinity and femininity, respectful relationships, and the impact that stereotypes and online content can have on attitudes and behaviour.

All RSHE content is delivered sensitively and in a manner appropriate to pupils' age, stage of development and individual needs.

8. Sex Education and the Right to Withdraw

At Winchester House School, sex education refers to learning about sexual intercourse, conception, pregnancy, birth, human reproduction and sexual health.

Parents do not have the right to withdraw their child from Relationships Education, Health Education or statutory Science content.

Parents of pupils in Years 7 and 8 may request withdrawal from elements of sex education delivered as part of Relationships and Sex Education that sit beyond statutory requirements.

Where a request is received, the Head or delegated senior leader will meet with parents to discuss the curriculum content, educational rationale and implications of withdrawal before a final decision is made. Appropriate alternative educational provision will be provided where necessary.

9. Inclusion, Equality and Safeguarding

Winchester House School is committed to creating an inclusive environment in which all members of the community are respected, valued and supported.

Teaching reflects the Equality Act 2010 and promotes respect for diversity, protected characteristics, different family structures, cultures, beliefs and backgrounds. The curriculum challenges prejudice and discrimination and promotes dignity, empathy and mutual respect.

As pupils progress through the school, they are supported in recognising and challenging prejudice, discrimination and harmful stereotypes. This includes developing an understanding of misogyny, sexism and harmful attitudes towards women and girls, as well as recognising the influence that online communities, social media and digital content may have on attitudes, relationships and behaviour.

Learning is adapted appropriately to meet the needs of all pupils, including those with special educational needs and disabilities.

PSHE and RSHE play a vital role in safeguarding. Through the curriculum, pupils learn how to recognise abuse, exploitation, grooming, coercion, unhealthy relationships and online risks. They are taught how to seek support, identify trusted adults and report concerns confidently.

Staff understand that safeguarding concerns may arise during lessons and will always respond in accordance with the school's Safeguarding and Child Protection Policy. Confidentiality cannot be guaranteed where a safeguarding concern exists.

10. Online Safety

Online safety is embedded throughout the curriculum and reflects the increasingly important role technology plays in children's lives.

Pupils are taught about digital footprints, social media, privacy, misinformation, online relationships, online gaming, scams, artificial intelligence, grooming, sexting and sextortion. They are encouraged to think critically about online content and develop the skills needed to navigate the digital world safely and responsibly.

Pupils also learn to evaluate online information critically, recognise misinformation and disinformation, understand how algorithms, advertising and social media influencers may shape opinions and behaviours, and consider the impact of AI-generated content and emerging technologies.

11. Responding to Questions and Sensitive Issues

The school promotes a culture of openness, trust and respect.

Pupils are encouraged to ask questions and engage thoughtfully in discussion. Staff respond honestly, factually and appropriately, using professional judgement when discussing sensitive issues.

Opportunities may be provided for anonymous questions, particularly when topics involve personal development or relationships. Where necessary, pupils may be signposted to parents, trusted adults or support services.

Any safeguarding concerns arising from discussions will be managed in accordance with school safeguarding procedures.

12. Visiting Speakers and External Agencies

The school welcomes the contribution of visiting speakers and external agencies where they enhance learning and provide specialist expertise.

Visitors may support areas including mental health, physical wellbeing, safeguarding, online safety, healthy relationships, careers education, financial awareness, personal safety and transition preparation.

Examples may include healthcare professionals, police officers, safeguarding specialists, charitable organisations, senior school representatives and providers such as It Happens Education.

All visitors work within the framework of this policy and the school's safeguarding procedures. A member of staff will remain present throughout sessions delivered by external providers.

13. Working in Partnership with Parents

We value the important role parents and carers play in supporting children's personal development and wellbeing.

The school seeks to maintain open communication with families through curriculum information, newsletters, pastoral communication and access to curriculum resources.

Parents are welcome to discuss any aspect of the curriculum with the school and may request access to curriculum materials, lesson overviews and relevant Jigsaw resources. In line with current statutory guidance, teaching materials can be viewed on request.

We believe that strong partnerships between home and school best support pupils' development, wellbeing and educational success.

14. Professional Development

The school is committed to providing staff with regular professional development in order to ensure the highest quality PSHE and RSHE provision.

Training may focus on safeguarding, RSHE developments, online safety, mental health, handling sensitive questions, responding to disclosures, inclusive practice and effective use of the Jigsaw programme.

Staff are supported through ongoing professional dialogue, curriculum review, collaboration with colleagues and access to specialist expertise where required.

15. Monitoring, Assessment and Review

Assessment within PSHE focuses on the development of pupils' knowledge, understanding, skills and confidence.

The effectiveness of provision is monitored through lesson observations, learning walks, pupil voice, safeguarding reviews, curriculum evaluation, staff feedback and parental feedback. Jigsaw assessment opportunities support teachers in understanding pupils' progress and identifying areas where further learning may be beneficial.

Governors receive updates regarding PSHE and RSHE provision as part of their monitoring responsibilities and support the school in ensuring that statutory requirements continue to be met.

This policy will be reviewed annually, or sooner if there are significant changes to statutory guidance, safeguarding expectations or school provision.

Winchester House School is committed to providing a PSHE and RSHE curriculum that is ambitious, inclusive and rooted in the values of the Winchester House Way, enabling every pupil to develop the knowledge, skills and character needed to thrive in school, in society and throughout life.

APPENDIX A – Jigsaw PSHE and RSHE Curriculum Overview (Nursery-Year 8)

Nursery / Reception

MICHAELMAS 1 - Being Me in my World		MICHAELMAS 2 - Celebrating Difference	
Lesson Overview 1. Who... Me? 2. How am I feeling today? 3. Being at 4. Gentle hands 5. Our rights 6. Our responsibilities	Content Overview ✓ Self-identity ✓ Understanding feelings ✓ Being in a classroom ✓ Being gentle Rights and responsibilities	Lesson Overview 1. What am I good at? 2. I'm special – I'm me! 3. Families 4. Homes 5. Making friends 6. Standing up for yourself	Content Overview ✓ Identifying talents ✓ Being special ✓ Families ✓ Where we live ✓ Making friends Standing up for yourself
LENT 1 - Dreams and Goals		LENT 2 - Healthy Me	
Lesson Overview 1. Challenge 2. Never give up 3. Setting a goal 4. Obstacles and Support 5. Flight to the Future 6. Footprint awards	Content Overview ✓ Challenges ✓ Perseverance ✓ Achieving and Setting goals ✓ Overcoming obstacles ✓ Seeking help Jobs	Lesson Overview 1. Everybody's body 2. We like to move it, move it 3. Food glorious Food 4. Sweet dreams 5. Keeping clean 6. Safe Adults	Content Overview ✓ Exercising bodies ✓ Physical activity ✓ Healthy food ✓ Sleep ✓ Keeping clean ✓ Safety
SUMMER 1 - Relationships		SUMMER 2 - Changing Me	
Lesson Overview 1. My family and me 2. Make friends – Part 1 3. Make friends – Part 2 4. Falling out and bullying – Part 1 5. Falling out bullying – Part 2 6. Being the best friends we can be	Content Overview ✓ Family life ✓ Friendships ✓ Breaking friendships ✓ Falling out ✓ Dealing with bullying ✓ Being a good friend	Lesson Overview 1. My body 2. Respecting my body 3. Growing up 4. Growth and change 5. Fun and fears 6. Celebration	Content Overview ✓ Bodies ✓ Respecting my body ✓ Growing up ✓ Growth and change ✓ Fun and fears ✓ Celebrations

Year 1

MICHAELMAS 1 - Being Me in my World		MICHAELMAS 2 - Celebrating Difference	
Lesson Overview 1. Special and Safe 2. My class 3. Right and Responsibilities 4. Rewards and Feeling Proud 5. Consequences 6. Owning Our Learning Charter	Content Overview ✓ Feeling special and safe ✓ Being part of a class ✓ Rights and responsibilities ✓ Rewards and feeling proud Consequences ✓ Owning the learning charter	Lesson Overview 1. The Same As 2. Different From 3. What is Bullying? 4. What do I do about Bullying? 5. Making New Friends 6. Celebrating Difference, Celebrating Me	Content Overview ✓ Similarities and differences ✓ Understanding bullying and knowing how to deal with it ✓ Making new friends ✓ Celebrating the differences in everyone
LENT 1 - Dreams and Goals		LENT 2 - Healthy Me	
Lesson Overview 1. My Treasure Chest of Success 2. Steps to Goals 3. Achieving Together 4. Stretchy Learning 5. Overcoming Obstacles 6. Celebrating My Success	Content Overview ✓ Setting goals ✓ Identifying successes and achievements ✓ Learning styles ✓ Working well and celebrating achievement with a partner ✓ Tackling new challenges ✓ Identifying and overcoming obstacles ✓ Feelings of success	Lesson Overview 1. Being Healthy 2. Healthy Choices 3. Clean Healthy 4. Medicine Safety 5. Road Safety 6. Happy. Healthy Me	Content Overview ✓ Keeping myself healthy ✓ Healthier lifestyle choices ✓ Keeping clean ✓ Being safe ✓ Medicine safety/safety with household items ✓ Road safety ✓ Linking health and happiness
SUMMER 1 - Relationships		SUMMER 2 - Changing Me	
Lesson Overview 1. Families 2. Making Friends 3. Greetings 4. People Who Help Us 5. Being My Own Best Friend 6. Celebrating My Special Relationships	Content Overview ✓ Belonging to a family ✓ Making friends/being a good friend Physical contact preferences ✓ People who help us ✓ Qualities as a friend & person ✓ Self-acknowledgement ✓ Being a good friend to myself Celebrating special relationships	Lesson Overview 1. Life Cycles 2. Changing Me 3. My Changing Body 4. Boys' and Girls Bodies 5. Learning and Growing 6. Coping and Changes	Content Overview ✓ Life cycles – animal and human Changes in me ✓ Changes since being a baby ✓ Differences between female and male bodies (correct terminology) ✓ Linking growing and learning ✓ Coping with change Transition

Year 2

MICHAELMAS 1 - Being Me in my World		MICHAELMAS 2 - Celebrating Difference	
Lesson Overview 1. Hopes and Fears for the Year 2. Rights and Responsibilities 3. Rewards and Consequences 4. Rewards and Consequences 5. Our Learning Charter 6. Owning Our Learning Charter	Content Overview ✓ Hopes and fears for the year ✓ Rights and responsibilities ✓ Rewards and consequences ✓ Safe and fair learning environment ✓ Valuing contributions ✓ Choices ✓ Recognising feelings	Lesson Overview 1. Assumptions 2. Stereotypes 3. Why Does Bullying Happen 4. Standing Up for Myself and Others 5. We're All Different 6. Celebrating Difference and Still Being Friends	Content Overview ✓ Assumptions and stereotypes about gender ✓ Understanding bullying ✓ Standing up for self and others ✓ Making new friends ✓ Celebrating differences and remaining friends
LENT 1 - Dreams and Goals		LENT 2 - Healthy Me	
Lesson Overview 1. Goals to success 2. Being Healthy 3. Learning with Others 4. A Group Challenge 5. Being Relaxed 6. Celebrating Our Achievement	Content Overview ✓ Achieving realistic goals ✓ Staying healthy to achieve goals ✓ Perseverance and strengths ✓ Learning with others ✓ Group co-operation ✓ Contributing to and sharing success	Lesson Overview 1. Healthy Eating 2. Healthy Eating 3. Keeping Safe at Home 4. Safe Outside 5. Medicine Safety 6. Healthy, Happy Me	Content Overview ✓ Motivation ✓ Healthier choices ✓ Healthy eating and nutrition ✓ Safety in the home ✓ Safety out and about ✓ Medicines
SUMMER 1 - Relationships		SUMMER 2 - Changing Me	
Lesson Overview 1. Families 2. Keeping Safe 3. Friends and Conflict 4. Secrets 5. Trust and Appreciation 6. Celebrating My Special Relationships	Content Overview ✓ Difference types of family ✓ Physical contact boundaries ✓ Friendship and conflict ✓ Secrets ✓ Trust and appreciation ✓ Expressing appreciation for special relationships	Lesson Overview 1. Life Cycles in Nature 2. Growing from Young to Old 3. The Changing me 4. Boys' and Girls' Bodies 5. Assertiveness 6. Looking Ahead	Content Overview ✓ Life cycles in nature ✓ Growing from young to old ✓ Increasing independence ✓ Differences in female and male bodies (correct terminology) ✓ Assertiveness ✓ Preparing for transition

Year 3

MICHAELMAS 1 - Being Me in my World		MICHAELMAS 2 - Celebrating Difference	
Lesson Overview 1. Getting to know Each Other 2. Our Nightmare School 3. Our Dream School 4. Rewards and Consequences 5. Our Learning Charter 6. Owning Our Learning Charter	Content Overview ✓ Setting personal goals ✓ Self-identity and worth ✓ Positivity in challenges ✓ Rules, rights & responsibilities ✓ Rewards and consequences ✓ Responsible choices ✓ Seeing things from others' perspectives	Lesson Overview 1. Families 2. Family Conflict 3. Witness and Feelings 4. Witness and Solutions 5. Words That Harm 6. Celebrating Difference with Compliments	Content Overview ✓ Families & their differences ✓ Family conflict and how to manage it (child centred) ✓ Witnessing bullying and how to solve it ✓ Recognising how words can be hurtful ✓ Giving/receiving compliments
LENT 1 - Dreams and Goals		LENT 2 - Healthy Me	
Lesson Overview 1. Dreams and Goals 2. My Dreams and Ambitions 3. Feeling Safe Helps Me Grow 4. Choices That Help Us Grow 5. Our New Challenge 6. Celebrating My Learning	Content Overview ✓ Difficult challenges and achieving success ✓ Dreams and ambitions ✓ Motivation and enthusiasm ✓ Recognising and trying to overcome obstacles ✓ Evaluating learning Processes ✓ Contributing to the community ✓ Managing feelings ✓ Simple budgeting	Lesson Overview 1. Fit and Healthy 2. Food and Energy 3. What do I know about Drugs? 4. Being safe and Getting Help 5. Safe or Unsafe 6. My Amazing Body	Content Overview ✓ Exercise ✓ Food labelling and healthy swaps ✓ Attitudes towards drugs ✓ Keeping safe online & offline ✓ Respect for myself & others ✓ Healthy and safe choices outdoors ✓ Water safety ✓ Asking for help
SUMMER 1 - Relationships		SUMMER 2 - Changing Me	
Lesson Overview 1. Family Roles and Responsibilities 2. Friendship 3. Global Connections and Thinking Critically 4. Right, Needs and Wellbeing 5. Being a Global Citizen 6. Celebrating My Web of Relationships	Content Overview ✓ Friendship & negotiation ✓ Safety online & who to go to ✓ Media influence ✓ How my choices affect others ✓ Awareness of other children's different lives ✓ Expressing appreciation for family and friends	Lesson Overview 1. How babies grow 2. Outside Body Changes 3. Inside Body Changes 4. Keeping Ourselves Clean 5. Family Stereotypes 6. Looking Ahead	Content Overview ✓ How babies grow ✓ Outside body changes ✓ Inside body changes ✓ Personal hygiene ✓ Family stereotypes ✓ Challenging my ideas ✓ Preparing for transition

Year 4

MICHAELMAS 1 - Being Me in my World		MICHAELMAS 2 - Celebrating Difference	
Lesson Overview 1. Becoming a class team 2. Being a School Citizen 3. Rights, Responsibilities and Democracy 4. Rewards and Consequences 5. Our Learning Charter 6. Owning Our Learning Charter	Content Overview ✓ Being part of a class team ✓ Being a school citizen ✓ Rights, responsibilities and democracy (school council) ✓ Rewards and consequences ✓ Group decision-making ✓ Having a voice ✓ What motivates behaviour	Lesson Overview 1. Judging by Appearances 2. Understanding Influences 3. Understanding Bullying 4. Problem-Solving 5. Special me 6. Celebrating Difference: How We Look	Content Overview ✓ Challenging assumptions ✓ Judging by appearance ✓ Accepting self and others ✓ Understanding influences ✓ Understanding bullying ✓ Problem-solving ✓ Identifying how special and unique everyone is ✓ First impressions
LENT 1 - Dreams and Goals		LENT 2 - Healthy Me	
Lesson Overview 1. Hopes and Dreams 2. Broken Dreams 3. Overcoming Disappointment 4. Creating New Dreams 5. Achieving Goals 6. We Did It!	Content Overview ✓ Hopes and dreams ✓ Overcoming disappointment ✓ Creating new realistic dreams Achieving goals ✓ Working in a group ✓ Celebrating contributions ✓ Resilience ✓ Positive attitudes	Lesson Overview 1. My Friends and Me 2. Staying Safe with Friends 3. Smoking and Vaping 4. Alcohol 5. Healthy Friendships 6. Celebrating my inner Strengths and Assertiveness	Content Overview ✓ Healthier friendships ✓ Peer influences ✓ Railway safety ✓ Staying safe with friends ✓ Smoking, alcohol and vaping ✓ Assertiveness ✓ Peer pressure ✓ Celebrating inner strength
SUMMER 1 - Relationships		SUMMER 2 - Changing Me	
Lesson Overview 1. Jealousy 2. Love and Loss 3. Memories 4. Getting on and Falling out 5. Girlfriends and Boyfriends 6. Celebrating my Relationships with People and Animals	Content Overview ✓ Jealousy ✓ Love and loss ✓ Memories of loved ones ✓ Getting and Falling Out ✓ Girlfriends and Boyfriends ✓ Showing appreciation to people and animals	Lesson Overview 1. Unique me 2. Puberty and Menstruation 3. Being Part of a Family 4. Circles of Change 5. Accepting Change 6. Looking Ahead	Content Overview ✓ Being unique ✓ Girls and puberty ✓ Being part of a family ✓ Confidence in change ✓ Accepting change ✓ Preparing for transition Environmental change

Year 5

MICHAELMAS 1 - Being Me in my World		MICHAELMAS 2 - Celebrating Difference	
Lesson Overview 1. My Year Ahead 2. Being a Citizen of my Country 3. Responsibilities 4. Rewards and Consequences 5. Our learning charter 6. Owning Our Learning Charter	Content Overview ✓ Planning the year ahead ✓ Being a citizen ✓ Rights and responsibilities ✓ Rewards and consequences ✓ How behaviour affects groups Democracy, having a voice, participating	Lesson Overview 1. Different Cultures 2. Racism 3. Rumours and name calling 4. Types of Bullying 5. Does money matter? 6. Celebrating Difference: Across the World	Content Overview ✓ Cultural differences and how they can cause conflict ✓ Racism ✓ Rumours and name calling ✓ Types of bullying ✓ Materials wealth and happiness ✓ Enjoying and respecting other cultures
LENT 1 - Dreams and Goals		LENT 2 - Healthy Me	
Lesson Overview 1. When I grow up my dream lifestyle is .. 2. Keeping Track of Money 3. My Dream Job 4. Dreams and Goals 5. How we can Support each other 6. Rallying support	Content Overview ✓ Future dreams ✓ Spending, saving and value of money Jobs and careers ✓ Dream job and how to get there ✓ Goals in different cultures ✓ Supporting others (charity) ✓ Motivation	Lesson Overview 1. Smoking and Vaping 2. Alcohol 3. Emergency Aid 4. Body Image 5. My Relationship with Food 6. Healthy Me	Content Overview ✓ Smoking including vaping ✓ Alcohol and vaping ✓ Alcohol and anti-social behaviour Emergency aid ✓ Body image ✓ Relationships with food Healthy choices ✓ Motivation and behaviour
SUMMER 1 - Relationships		SUMMER 2 - Changing Me	
Lesson Overview 1. Recognising Me 2. Safety with Online Communities 3. Being in an Online Community 4. Online Gaming 5. My Relationship with Technology - Screen Time 6. My Relationship – Staying Safe and Happy Online	Content Overview ✓ Self-recognition/ self worth ✓ Building self-esteem ✓ Safer online communities ✓ Rights and responsibilities online ✓ Online gaming and risks ✓ Reducing screen time ✓ Dangers of online grooming ✓ Internet safety rules	Lesson Overview 1. Self-Image and Body Image 2. Puberty for Girls 3. Puberty for Boys 4. Conception 5. Looking ahead 1 6. Looking Ahead 2	Content Overview ✓ Self- and body image ✓ Influence of online and media on body image ✓ Puberty for girls ✓ Puberty for boys ✓ Conception (including IVF) ✓ Growing responsibility ✓ Coping with change ✓ Preparing for transition

Year 6

MICHAELMAS 1 - Being Me in my World		MICHAELMAS 2 - Celebrating Difference	
Lesson Overview 1. My Year Ahead 2. Being a Global Citizen 1 3. Being a Global Citizen 2 4. The Learning Charter 5. Our Learning Charter 6. Owning Our Learning Charter	Content Overview ✓ Identifying goals for the year ✓ Global citizenship ✓ Children's universal rights ✓ Feeling welcome and valued ✓ Choices, consequences and rewards Group dynamics ✓ Democracy, having a voice ✓ Anti-social behaviour ✓ Role-modelling	Lesson Overview 1. Am I Normal? 2. Understanding Difference 3. Power Struggles 4. Why bully? 5. Celebrating Difference 1 6. Celebrating Difference 1	Content Overview ✓ Perceptions of normality ✓ Understanding disability ✓ Power struggles ✓ Understanding bullying ✓ Inclusion/exclusion ✓ Differences as conflict, difference as celebration ✓ Empathy
LENT 1 - Dreams and Goals		LENT 2 - Healthy Me	
Lesson Overview 1. Personal Learning Goals. 2. Steps to Success 3. My Dreams for the World 4. Helping to Make a Difference 1 5. Helping to Make a Difference 2 6. Recognising our Achievements	Content Overview ✓ Personal learning goals, in and out of school ✓ Success criteria ✓ Emotions in success ✓ Making a difference in the world ✓ Motivation ✓ Recognising achievements Compliments	Lesson Overview 1. Taking Responsibility for my Health and Wellbeing 2. Drugs 3. Exploitation 4. Gangs 5. Emotional and Mental Health 6. Managing Stress and Pressure	Content Overview ✓ Taking personal responsibility ✓ How substances affect the body ✓ Exploitation including 'county lines' and gang culture ✓ Emotional and mental health ✓ Managing stress
SUMMER 1 - Relationships		SUMMER 2 - Changing Me	
Lesson Overview 1. What is Mental Health? 2. My Mental Health 3. Love and Loss 4. Power and Control 5. Being online – Real or fake – Safe or unsafe? 6. Using Technology Responsibly	Content Overview ✓ Mental health ✓ Identifying mental health worries and sources of support ✓ Love and loss ✓ Managing feelings ✓ Power and control ✓ Assertiveness ✓ Technology safety ✓ Take responsibility with technology use	Lesson Overview 1. My Self-Image 2. Puberty 3. Babies - Conception to Birth 4. Boyfriends and Girlfriends – inc. Adolescent Friendships Alternative 5. Real self and Ideal self 6. The Year Ahead	Content Overview ✓ Self-image ✓ Body-image ✓ Puberty and feelings - Conception to birth ✓ Reflections about change ✓ Physical attraction ✓ Respect and consent Boyfriends/girlfriends ✓ Sexting ✓ Transition

Year 7

MICHAELMAS 1 - Being Me in my World		MICHAELMAS 2 - Celebrating Difference	
Lesson Overview 1. Who am I? 2. My influences 3. Peer Pressure and Belonging 4. My Online Identity 5. What are the consequences of what I say and do Online 6. Assessment	Content Overview ✓ Unique me ✓ Differences and conflict ✓ Belonging to a group ✓ Child-on-child abuse ✓ Online safety – sexting ✓ Online legislation ✓ Online identity & gaming - safety and financial risks	Lesson Overview 1. Prejudice and Discrimination 2. Bubbles of Influence 3. Challenging stereotypes 4. Human rights and protected characteristics 5. Bullying 6. Assessment	Content Overview ✓ Equality Act 2010, ✓ Bystander assertiveness ✓ Positive and negative Influences ✓ Challenging attitude and negative behaviours ✓ Inclusion, Exclusion and respect
LENT 1 - Dreams and Goals		LENT 2 - Healthy Me	
Lesson Overview 1. What are my dreams & goals? 2. Achieving my dreams & goals 3. Coping strategies 4. Building Skills 5. How risky or unsafe choices can affect dreams and goals 6. Assessment	Content Overview ✓ Defining success ✓ Skills for the future ✓ What is failure ✓ Coping strategies for when things go wrong ✓ Health and wellbeing ✓ Gang culture ✓ knife crime ✓ County lines	Lesson Overview 1. Nutrition and Exercise 2. Sleep 3. Stress 4. Health Protection and Healthcare Systems 5. Substances – Nicotine and Caffeine 6. Assessment	Content Overview ✓ Managing physical activity and mental health ✓ Stress and anxiety ✓ Effects of substances ✓ Nutrition & health choices ✓ Physical illness and medicine ✓ Personal hygiene ✓ Contributing to your community
SUMMER 1 - Relationships		SUMMER 2 - Changing Me	
Lesson Overview 1. Consent in Relationships 2. My Changing Supportive Relationships 3. Getting On and Falling Out 4. How to be Authentic Online and Offline 5. My Space, My Rules – Understanding Boundaries and Online Safety 6. Assessment	Content Overview ✓ Changing relationships ✓ Healthy relationships ✓ Social media vs reality ✓ Authenticity online ✓ Personal space and setting boundaries ✓ Healthy and unhealthy relationships	Lesson Overview 1. Puberty 2. Having a baby 3. Families and relationships and choices 4. Image and self-esteem 5. My Body, My Rights – FGM 6. Assessment	Content Overview ✓ Reproduction facts ✓ Menstrual cycle ✓ Responsibilities of parenthood ✓ IVF ✓ Types of committed relationships ✓ UN Rights of a child ✓ Media and self-image ✓ Factors affecting hormones and moods

Year 8

MICHAELMAS 1 - Being Me in my World		MICHAELMAS 2 - Celebrating Difference	
Lesson Overview 1. Identity and Influence 2. My 'Family' 3. 'Family factors' 4. The Power of First Impressions 5. Faith and Beliefs 6. Assessment	Content Overview ✓ Self-identity & influences ✓ Online influence ✓ Family and identity ✓ Managing expectations ✓ Active listening skills ✓ Positive self-talk ✓ Marriage & civil partnerships ✓ Protected characteristics ✓ Online & online identity	Lesson Overview 1. When Prejudice becomes Persecution and discrimination 2. LGBT+ Phobia 3. Social Injustice and Hate Crimes 4. Mutual Respect & Tolerance 5. How Can I Make a Difference? 6. Assessment	Content Overview ✓ LGBT bullying ✓ The equality act ✓ Social justice and hate crimes ✓ Multiculturalism and religious Tolerance ✓ Standing up for what you believe in ✓ Celebrating differences
LENT 1 - Dreams and Goals		LENT 2 - Healthy Me	
Lesson Overview 1. Your Long-Term Goals 2. What money can't buy 3. Online Safety 4. Money and Earnings 5. The Price of Life 6. Assessment	Content Overview ✓ Grit and resilience ✓ Can money buy happiness? ✓ Keeping safe online ✓ Income and poverty ✓ Budgeting expenditure & debt ✓ Poverty ✓ Online scams - sextortion, taking risks & staying safe online	Lesson Overview 1. Supporting myself and my health 2. Risks and substances 3. Protecting my physical health 4. Vaccination 5. Peer Pressure and Vaping 6. Assessment	Content Overview ✓ Types of health ✓ Cardiovascular health and diabetes ✓ Legal and legal substances ✓ Dental health ✓ Skin protection ✓ Steps to protecting physical health ✓ Vaccinations
SUMMER 1 - Relationships		SUMMER 2 - Changing Me	
Lesson Overview 1. Me, Myself and I 2. Maintaining Relationships 3. Assertiveness and Staying Safe in Relationships 4. Staying Safe in the Physical World 5. Staying Safe in the Online World 6. Assessment	Content Overview ✓ AI and media influence ✓ Misogyny & harmful online influences ✓ Sexting and sextortion ✓ Power dynamics, ✓ Knife crime ✓ Social media platforms ✓ Neurodiversity: ASD & ADHD ✓ Inclusion and equality	Lesson Overview 1. Different types of relationship 2. What's in a relationship? 3. Looks and smiles 4. Pornography and understanding relationships 5. Alcohol 6. Assessment	Content Overview ✓ Behaviours in healthy and unhealthy romantic relationships ✓ Harassment, attraction, love or lust? ✓ Sexuality ✓ Dealing with unwanted messages