

Relationships Education, Relationships and Sex Education (RSE) & Health Education Policy

St. Michael's CE Primary Academy, Handsworth

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Relationships Education, Relationships and Sex Education (RSE) & Health Education Policy

BDMAT Vision and Values

The Birmingham Diocesan Multi-Academy Trust (BDMAT) recognises that the future for schools lies in formal collaborations; schools working together, in partnership to offer life in all its fullness for the young people who attend them. Church schools have a very distinctive purpose: Education is taught in an environment where there is a set of values and ways of behaving that stem from, and express, the Christian foundation of the school. Our schools are about providing an education within a Christian framework for children of the local community of any faith or none; Our Trust seeks to provide a place where church schools and non-church schools who support our philosophy can continue to provide high quality education, knowing that their distinctive ethos will be protected into the future.

When determining this policy, a number of documents were referenced including:

Valuing All God's Children

Deeply Christian, Serving the Common Good

<https://www.churchofengland.org/more/education-and-schools/education-publications>

Relationships Education, Relationships and Sex Education (RSE) and Health Education; Department for Education statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams and teachers and Physical Health and Mental Well Being. <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Our mission is:

To provide high quality education within a Christian framework that allows all pupils to reach their full potential through experiencing a broad and balanced curriculum whilst ensuring staff have a good life / work balance and are fulfilled in their roles.

Our values:

We have adopted the values of the Church of England, as articulated in the document 'Deeply Christian, Serving the Common Good' which sets out the vision for education that the Church of England believes should be seen in all schools, and not just those of a Christian foundation. As a result, the values apply equally to our church schools and our non-church schools.

Our key values are:

- **Hope** – through our Christian faith, we have hope that there can always be a positive outcome
- **Honesty** – we are honest with all inside and outside our organisation, whilst being sensitive to how we deliver these messages

- **Integrity** – we have strong principles rooted in our Christian mission that lead our actions and decisions
- **Helpfulness** – we work in co-operation and partnership with all staff and stakeholders
- **Respect** – we respect all those that we come across
- **Dignity and compassion** – we treat all those within and outside our organisation with dignity, irrespective of the circumstances, and we show everyone compassion for the difficulties that they are experiencing
- **Wisdom** – The decisions we take are wise; they are based on informed discussions and evidence and we aim to ensure we achieve the best outcomes for all without compromising our values

School Vision and Rationale

Vision: To embody the love of God by championing justice and inspiring service.

Values: Community, Aspiration, Learning and Love

This policy should be read in conjunction with:

Relationships Education, Relationships and Sex Education (RSE) and Health Education; Department for Education statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams and teachers and Physical Health and Mental Well Being.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Our pupils can put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support our pupils to develop resilience, to know how and when to ask for help, and to know where to access support.

High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. This can also help schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils both at school and in society.

Relationships and Health Education (RHE) is a fundamental part of our Personal, Social, Health and Economic Education (PSHE) curriculum for pupils in our school. It is embedded in our PSHE curriculum and our aim is to equip children with the skills and understanding to become healthy, secure, independent and responsible members of society. Our school uses the following curriculum resources:

1. **Jigsaw PSHE**
2. **Kapow PSHE**

3. Our own bespoke curriculum books designed to meet the contextual needs of our community

Through all aspects of the RHE curriculum we promote spiritual, moral, social and cultural education, whilst considering the mental and physical development of pupils at school. We prepare our pupils for the opportunities, responsibilities and experiences in later life and encourage them to use developing social skills and knowledge to identify risk to make safe decisions for them.

RHE has an integral part to play in building pupils' mental wellbeing and their understanding of themselves as part of a family, community and wider society. As our pupils grow, they will understand their rights as global citizens and the responsibility that this brings.

From September 2020 it is a legal requirement to teach Relationships and Health Education in primary school and parents do not have a legal right to withdraw their child(ren) from teaching on these subjects. The National Curriculum for primary schools states that primary schools have a legal requirement to teach pupils the following topics:

- Healthy relationships, including how to communicate their own boundaries and recognise the boundaries of others
- Staying safe online
- The differences between appropriate and inappropriate or unsafe contact.
- Puberty, including menstruation
- Characteristics of good physical health and mental wellbeing, and teachers should be clear that mental wellbeing is a normal part of daily life, in the same way as physical health.

School Context

Our school community comes from a wide and diverse society. A significant proportion of pupils are eligible for the pupil premium funding (between 50% and 60% depending on mobility) and this is used to provide additional support for those pupils for their wellbeing and academic achievements.

Additionally, our pupil-body is very transient. Approximately half of all pupils joined St. Michael's within the past 18 months. A mobile school community can pose challenges from a safeguarding perspective, and this is one of the reasons why we place such a high level of importance on educating pupils on safeguarding matters.

Policy Development and Consultation

The policy has been developed through consultation with BDMAT Executive Team, our school's stakeholders, which include parents, governors, staff and pupils and has paid due regard to the Public Sector Equality Duty and issues relating to National Health Targets, and safeguarding of pupils including Child Sexual Exploitation, Female Genital Mutilation and Homophobia.

Relationships and Health Education

At St. Michael's, understanding the way in which relationships develop and grow over time from childhood through to adult relationships is part of lifelong learning. Part of this is about understanding the importance of relationships and the values, qualities and responsibilities in friendships, families, and loving relationships and how to develop an understanding of safety in the online environment. It promotes self-respect, confidence, respect & responsibility toward others, emphasising the importance of marriage, loving relationships, safety, love and care. Health Education includes the teaching of puberty and the changes that occur as pupils move into adolescence. The lessons will be based on teaching children facts in an age appropriate way to support children to flourish and grow.

Relationships and Health Education does not include teaching about sex (and the school's policy on that subject is explained further below).

Aims and Objectives of this policy and the relationships education curriculum:

- To provide clear guidance for parents, staff and governors in relation to programme progression and delivery;
- For pupils to develop the understanding of relationships and that they need to be built and maintained gradually;
- Relationship Education provides a foundation for further work at secondary school;
- To help young people to respect themselves and others;
- To support pupils through their physical, emotional and moral development;
- To develop skills and understanding to enable pupils to make healthy, responsible choices about their health and well-being including personal hygiene;
- To help pupils understand the significance of marriage and stable relationships and its importance for family life;
- To help pupils move more confidently and responsibly into and through adolescence;
- To help pupils to understand a range of views and beliefs about relationships;
- To help pupils to understand issues of media influence and mixed messages that may contradict and conflict with own beliefs;
- ****Care needs to be taken to ensure that there is no stigmatisation of children based on their home circumstances****

Sex Education

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools and the content set out in this policy and our curriculum therefore focuses on Relationships Education.

Year 6 pupils are taught about puberty. Parents will be notified in writing before these lessons take place so that they can notify the school that they would like to withdraw their child from these specific lessons. There will also be the opportunity for parents of children in this/these year group(s) to view the teaching materials that will be used.

The programme will be taught by class teachers with supporting staff to ensure that

both pupils and staff are protected;

- The discrete puberty programme taught in year 6 in selected single sex groups by trained, confident staff;
- Pupils will be taught about the changes related to their own and the opposite sex, how to manage the changes and where to get help at home and school;
- Girls will be made aware of who can provide support, where menstruation provision is kept and where the appropriate disposal bins are situated; and
- Resources we use are appropriate for each year group and enhance the learning.

Organisation and Methods of Teaching

Planning and delivery of programme:

The requirements outlined in the National Curriculum for Relationships and Health Education are covered in Science, Jigsaw and Personal, Social and Health Education (PSHE), as well as via theme weeks (e.g. Safety Week, Wellbeing Week) and weekly safeguarding assemblies.

Content covered by the *National Curriculum for science*:

Key Stage One

- That animals and humans grow and reproduce
- To recognise and name the main external parts of their bodies
- To recognise similarities and differences between themselves and others and to treat each other with sensitivity
- That humans produce offspring and these grow into adults.

Key Stage Two

- The life processes common to humans including growth and reproduction
- The main stages of the life cycle (including puberty).

Content covered by the *National Curriculum for PSHE*:

- Developing confidence and responsibility and making the most of their abilities
- Preparing children to play an active role as citizens
- Developing a healthy safer lifestyle good relationships and respecting the differences between people
- Developing good, positive and respectful relationships

The overall planning and delivery of RHE is co-ordinated by senior leaders and the PSHE leader.

In addition, the teaching of RHE is enhanced and supplemented in the following ways:

- Circle time
- Workshops for parents and/or pupils

- Input from outside visitors / organisations such as the school nurse

RHE is supported daily by the positive relationships between adults and children as part of the ethos of the school.

Areas of Responsibility:

Head Teacher and Governors

- Ensure the framework is followed and monitored;
- Ensure that this policy is made available to parents;
- Teaching Staff:
 - Implement this policy with the guidance of senior leaders in the school;
 - Ensure that the policy is followed in applied practice;
 - Liaise with the governors on the teaching of RHE in school as required;
- Ensure that the SENDCO and/or PSHE lead are adequately trained to support delivery in ALL aspects of the RSE 2020 guidance;
- Liaise with parents and feedback any concerns, following the school's usual procedures; and
- Respond to the needs of pupils, following the school's usual procedures.

Specific Issues:

Confidentiality

Pupils will be informed that as with any other safeguarding issue, confidentiality cannot always be assured and the school will follow the usual procedures for keeping children safe and protected from harm (please refer to school's safeguarding procedures).

Use of External Providers [if required]

External providers should be made aware of the school's policies and procedures prior to planned delivery. They will be expected to follow the school's programme and all delivery with pupils will be evaluated.

Answering Difficult Questions

If a pupil asks a difficult question during a whole class session, staff will be expected to answer honestly and factually.

Pupils' questions will be answered according to their level of maturity and understanding, with support from parents.

Responses to questions answered need to follow the school's policy. Any concerns raised should be discussed with a senior leader or DSL, depending on the concern.

The school has established a strong working partnership with parents through consultation and support. The school recognises that parents are key educators and maintain a vital role in providing education about relationships and growing up, and therefore aims to support parents in this role. On an annual basis parents will be specifically informed about the discrete lessons on sex education and provided with the opportunity to view resources and discuss the teaching content before any delivery takes place.

Parents will be consulted when the RHE curriculum and/or policy are updated. Details of specific units of study and teaching materials can be made available on request. Parents can raise questions on this policy in writing, by phone or by making an appointment with Mr Hynan.

Parent Withdrawal

Parents have a right to withdraw their child from sex education lesson(s) that are additional to that covered in science but not from Relationships and Health Education lessons.

Where a pupil is withdrawn from sex education, the class teacher will ensure that the pupil receives alternative appropriate education, which may include the child working on an alternative project. In some cases, parents may be asked to come into school and supervise their child on an alternative project, but this would be discussed on an individual basis. Any complaints will be addressed through the BDMAT complaints procedure.

Provision for Menstruation

The Family Support Worker (Mrs N Begum) will be available to support pupils and will have all the necessary resources. Sanitary disposal units are situated in the UKS2 girls' toilet and the disabled toilet.

Sanitary disposal units are situated in the Year 5/6 girls' toilets.

Other related documents & policies

- Education Act 2002
- Keeping Children Safe in Education 2019
- Working Together to Safeguard Children 2022
- Equality Act 2010
- Science Curriculum KS1 & KS2
- Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education and Health Education (England) Statutory Guidance 2019 (DfE) updated July 2020 & September 2021
- OFSTED School Inspection Handbook 2022
- United Nations Convention on the Rights of the Child



The school's Relationships and Health [and sex] Education Policy and programme will reflect the ethos of the school, by providing a secure, non-judgemental environment in which to learn, in accordance with any protected characteristics as defined by the Equality Act 2010.

Monitoring And Evaluation

This policy will be managed by the PSHE leader and Headteacher and an appointed governor will be responsible to ensure that the programme is evaluated and impact reported to the local academy board.

The policy will be reviewed annually.

Dissemination of the Policy

A summary of this policy will appear in the school prospectus and on the website. Parents will be supplied with a full copy on request. The policy will be communicated to all staff and governors.

PSHE Lead: Mrs L McMahon

Head Teacher: Mr P Hynan

Governor: Mrs G Kaur



Year Group	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5
Year 1	<p>Health and Wellbeing: Mental Health and Wellbeing</p> <p>Understanding Self-Identity Pupils will explore what makes them unique, understand the importance of their individual qualities, and recognise their own identity as special and important.</p> <p>Celebrating the Unique Self Pupils will understand that everyone is different and learn to appreciate their own qualities, talents, and strengths as part of what makes them unique.</p> <p>Building Self-Confidence Pupils will recognise their personal strengths, understand the importance of being confident in who they are, and practise positive self-talk to help build self-esteem.</p> <p>Recognising and Understanding Emotions Pupils will learn to identify different emotions, understand what causes these feelings, and recognise how emotions can affect their thoughts and behaviour.</p>	<p>Health and Wellbeing: Physical Health and Wellbeing</p> <p>Understanding the Importance of Sleep Pupils will learn why sleep is important for their health, how it helps them feel rested and ready for the day and understand how to establish a good bedtime routine.</p> <p>Exploring Relaxation Techniques Pupils will learn simple relaxation methods, such as deep breathing and stretching, to help them calm down when feeling stressed or upset.</p> <p>Caring for Personal Hygiene Pupils will understand the importance of personal hygiene, such as washing hands, brushing teeth, and keeping their body clean, to stay healthy and feel good.</p> <p>Understanding Allergies Pupils will learn what allergies are, identify common allergens, and understand the importance of being aware of allergies to stay safe and healthy.</p> <p>Recognising the Role of Health Practitioners</p>	<p>Relationships: Personal Safety</p> <p>Friendship Pupils will understand what it means to be a good friend and how to build and maintain positive friendships.</p> <p>Healthy Relationships Pupils will learn about the characteristics of healthy relationships, such as kindness, respect, and sharing.</p> <p>Appropriate and Inappropriate Physical Contact Pupils will be able to identify appropriate and inappropriate physical contact and understand the importance of personal boundaries.</p> <p>Permission-seeking Pupils will learn the importance of asking for permission before touching others and respecting others' boundaries.</p> <p>NSPCC Pants Campaign Pupils will understand the key messages of the NSPCC Pants campaign, including that their body belongs to them, and they should tell a trusted adult if something makes them feel uncomfortable.</p>	<p>Relationships: Friendships</p> <p>Importance of Friendships Pupils will understand why friendships are important and how they contribute to happiness and well-being.</p> <p>Making Friends Pupils will learn how to make new friends, including introducing themselves, sharing, and playing together.</p> <p>Features of Friendships Pupils will identify key features of friendships, such as kindness, trust, and support.</p> <p>Online Friendships Pupils will be introduced to the concept of online friendships and learn basic rules for staying safe when interacting with others online.</p> <p>Managing Disagreements Pupils will learn simple strategies for managing disagreements with friends, such as talking it out, listening, and finding a compromise.</p> <p>Loneliness Pupils will understand what loneliness is and learn ways to cope with it, including reaching</p>	<p>Health and Wellbeing: Emotions</p> <p>Emotions Pupils will learn to identify and name different emotions, such as happiness, sadness, anger, and fear.</p> <p>Triggers Pupils will understand what triggers are and be able to identify common triggers for different emotions.</p> <p>Symptoms of Emotions Pupils will recognise the physical and behavioural symptoms of various emotions, such as crying when sad or smiling when happy.</p> <p>Emotional Regulation Pupils will learn simple strategies for regulating their emotions, such as deep breathing, counting to ten, or talking to a trusted adult.</p> <p>Empathy Pupils will develop an understanding of empathy and learn how to recognise and respond to the emotions of others.</p>

	<p>Managing and Talking About Emotions Pupils will explore simple strategies for managing emotions, such as deep breathing or talking to a trusted adult, and practise expressing their feelings using words.</p> <p>Setting Goals and Ambitions Pupils will understand the concept of setting goals, explore the importance of having ambitions, and identify small steps they can take to achieve their personal goals.</p>	<p>Pupils will learn about different health practitioners, such as doctors, nurses, and dentists, and understand how they help us stay healthy and treat illnesses.</p> <p>Making Healthy Lifestyle Choices Pupils will explore how good sleep, relaxation, personal hygiene, and awareness of allergies all contribute to maintaining a healthy lifestyle.</p>	<p>Trusted Adults Pupils will be able to identify trusted adults in their lives whom they can turn to for help and support.</p>	<p>out to friends and trusted adults for support.</p>	<p>Hand Model of the Brain Pupils will be introduced to the hand model of the brain to help them understand how their brain works in relation to emotions and self-control.</p>
Year 2	<p>Health and Wellbeing: Mental Health and Wellbeing</p> <p>Recognising and Understanding Emotions Pupils will learn to recognise different emotions, understand what causes these feelings, and explore simple ways to express how they feel.</p> <p>Managing Emotions Pupils will explore ways to manage their emotions, such as using calming strategies like deep breathing, talking to someone, or taking a break when feeling upset.</p> <p>Talking About Emotions Pupils will learn the importance of talking about their feelings, practise using words to express their emotions, and understand</p>	<p>Health and Wellbeing: Physical Health and Wellbeing</p> <p>Understanding the Importance of Being Active Pupils will learn why being active is important for their health, explore different ways to stay active, and understand how exercise helps them feel strong and happy.</p> <p>Exploring Relaxation Techniques Pupils will learn simple relaxation techniques, such as deep breathing and stretching, to help them feel calm and manage stress.</p> <p>The Importance of Sleep Pupils will understand why sleep is important for their body and mind, recognise how</p>	<p>Relationships: Families and People who care for us</p> <p>Understanding Different Families Pupils will learn that families come in many different forms and that all families are unique and special.</p> <p>Roles and Responsibilities in Families Pupils will understand the different roles and responsibilities of family members and how they contribute to the family unit.</p> <p>People Who Care for Us Pupils will identify the various people who care for them, both within and outside their family, such as teachers, friends, and community helpers.</p>	<p>Living in the Wider World: Community and Responsibility</p> <p>British Values Pupils will learn about the fundamental British values, such as democracy, the rule of law, individual liberty, mutual respect, and tolerance of those with different faiths and beliefs.</p> <p>Community and Society Pupils will understand what a community is and recognise the different communities they belong to, such as their school, neighbourhood, and wider society.</p> <p>Personal Behaviour and Responsibility Pupils will learn about the importance of personal behaviour and responsibility,</p>	<p>Relationships: Gender</p> <p>Understanding Gender Pupils will learn what gender is and understand that everyone has their own gender identity.</p> <p>Gender Stereotypes – Boys Pupils will explore common stereotypes about boys and understand that boys can have a wide range of interests and abilities.</p> <p>Gender Stereotypes – Girls Pupils will explore common stereotypes about girls and understand that girls can have a wide range of interests and abilities.</p>

	<p>that it's okay to ask for help when they feel sad or worried.</p> <p>Developing a Growth Mindset Pupils will learn about the concept of a growth mindset, understand that challenges help them learn, and recognise that making mistakes is a part of learning and improving.</p> <p>Coping with Change and Loss Pupils will explore how different changes, such as moving house, losing toys, changing school, or experiencing loss, can make them feel, and identify ways to cope with these changes.</p> <p>Understanding Failure and Building Resilience Pupils will understand that failure is part of learning, learn how to try again after making a mistake, and recognise how being resilient helps them keep going even when things are difficult.</p>	<p>lack of sleep affects their energy, and learn how to create a good bedtime routine.</p> <p>Exploring a Healthy Diet Pupils will learn about the different food groups, understand the importance of eating a balanced diet, and identify healthy food choices that support their growth and energy.</p> <p>Caring for Oral Hygiene Pupils will understand the importance of brushing their teeth, learn how to brush and floss correctly, and recognise how a healthy diet supports good oral hygiene.</p> <p>Making Healthy Lifestyle Choices Pupils will explore how being active, eating healthy foods, getting enough sleep, and practising good oral hygiene all work together to support their overall health and wellbeing.</p>	<p>Coping with Changes in Families Pupils will understand that families can change over time and learn strategies to cope with changes, such as moving house or welcoming a new sibling.</p> <p>Recognising Family Diversity Pupils will learn that families come in various forms, including single-parent families, extended families, adoptive families, and same-sex parent families.</p>	<p>including being kind, honest, and respectful towards others.</p> <p>Rules and Laws Pupils will understand why rules and laws are important in society and how they help to keep everyone safe and ensure fairness.</p> <p>Participating in the Community Pupils will explore ways they can contribute positively to their community, such as helping others, participating in community events, and taking care of their environment.</p> <p>Respecting Differences Pupils will learn to respect and celebrate the differences between people, including different cultures, religions, and lifestyles, fostering a sense of inclusion and understanding.</p>	<p>Impact of Gender Stereotypes on Feelings and Behaviours Pupils will learn how gender stereotypes can affect people's feelings and behaviours, and why it is important to challenge these stereotypes.</p> <p>Gender Does Not Limit Job Opportunities Pupils will understand that gender does not determine what jobs people can do, and that everyone should be encouraged to pursue their interests and talents.</p> <p>Learning from Historical Figures Pupils will learn about the life and achievements of Malala Yousafzai. An advocate for girls' education, Malala Yousafzai defied cultural norms in Pakistan and became the youngest-ever Nobel Prize laureate</p>
Year 3	<p>Health and Wellbeing: Mental Health and Wellbeing</p> <p>Exploring Self-Identity Pupils will recognise what makes them unique, identify their personal qualities, and develop an understanding of their own self-identity.</p>	<p>Health and Wellbeing: Physical Health and Wellbeing</p> <p>Understanding Healthy Lifestyles Pupils will explore what it means to have a healthy lifestyle, including making choices that support physical and mental wellbeing.</p>	<p>Relationships: Healthy Relationships</p> <p>Understanding the Key Features of Healthy Relationships Pupils will learn about the key characteristics of a healthy relationship, such as trust, respect, honesty, and communication, and explore</p>	<p>Living in the Wider World: Migration</p> <p>What is Migration Pupils will understand the concept of migration, learning that it involves people moving from one place to another to live, work, or study.</p>	<p>Living in the Wider World: The Environment</p> <p>Understanding Climate Change Pupils will be able to explain what climate change is and identify its main causes, such as greenhouse gases and deforestation.</p>

	<p>Recognising Personal Strengths Pupils will identify their individual skills and talents, explore how they can use these strengths, and build confidence in their abilities.</p> <p>Building Resilience Pupils will learn what resilience means, explore ways to cope with challenges, and develop strategies to stay positive and persevere in difficult situations.</p> <p>Understanding and Managing Emotions Pupils will learn to identify and name different emotions, understand how emotions influence behaviour, and practise ways to manage and express their feelings in healthy ways.</p> <p>Talking About Emotions Pupils will explore the importance of talking about their feelings, learn how to share emotions with trusted adults, and practise using language to express how they feel.</p> <p>Coping with Difficult Times Pupils will learn how certain times of the year, such as anniversaries or significant dates, can be emotionally challenging and explore</p>	<p>Exploring a Healthy Diet Pupils will learn about the benefits of a balanced diet, identify healthy food choices, and understand how good nutrition supports their growth and energy.</p> <p>Caring for Oral Health Pupils will understand the importance of keeping their teeth and gums healthy, learn how to brush and floss properly, and recognise the effects of diet on oral hygiene.</p> <p>Learning First Aid Basics Pupils will gain confidence in responding to minor injuries by learning simple first aid skills, such as cleaning cuts and recognising when to seek adult help.</p> <p>The Importance of Sleep Pupils will understand why sleep is essential for their health and learning, explore the effects of poor sleep, and identify ways to establish a good bedtime routine.</p> <p>Making Choices for a Healthy Lifestyle Pupils will explore how combining healthy eating, regular exercise, proper sleep, and good hygiene contributes to their overall wellbeing.</p>	<p>how these qualities help build strong connections with others.</p> <p>Recognising and Respecting Boundaries in Relationships Pupils will understand the importance of personal boundaries in relationships, learn how to set and respect their own boundaries, and recognise when to respect others' personal space and feelings.</p> <p>The Role of Effective Communication in Relationships Pupils will explore the importance of communication in relationships, including listening, speaking clearly, and expressing emotions appropriately, to maintain positive interactions with family, friends, and peers.</p> <p>Identifying Unhealthy Relationships Pupils will learn to identify the signs of unhealthy relationships, such as controlling behaviour, disrespect, or manipulation, and understand the importance of seeking help if they feel uncomfortable or unsafe in a relationship.</p> <p>The Importance of Resolving Conflicts Respectfully Pupils will learn strategies for resolving conflicts in relationships, such as staying</p>	<p>History of Migration and Britain Pupils will explore the history of migration in Britain, recognising how different groups of people have contributed to the country's cultural diversity over time.</p> <p>Reasons to Migrate – Push Factors Pupils will learn about push factors that drive people to leave their homes, such as conflict, natural disasters, and lack of opportunities.</p> <p>Reasons to Migrate – Pull Factors Pupils will understand pull factors that attract people to a new place, such as better job prospects, safety, and educational opportunities.</p> <p>Migration in the Context of Handsworth and Birmingham Pupils will explore the history and impact of migration in their local area, Handsworth and Birmingham, and how it has shaped the community.</p> <p>Difference Between a Refugee and an Asylum Seeker Pupils will learn the difference between a refugee and an asylum seeker, understanding the specific circumstances and legal definitions of each.</p>	<p>Recognising Air Pollution Pupils will learn about the sources of air pollution, including vehicle emissions and industrial activities, and discuss how it affects human health and the environment.</p> <p>Exploring Water Pollution Pupils will investigate different types of water pollution, such as plastic waste and chemical runoff, and understand how it impacts marine life and water quality.</p> <p>Identifying Land Pollution Pupils will explore the causes of land pollution, including littering and improper waste disposal, and discuss ways to reduce and manage waste effectively.</p> <p>Protecting Habitats and Biodiversity Pupils will learn about the importance of habitats and biodiversity, understand the threats posed by human activities, and explore ways to protect and preserve natural environments.</p> <p>Understanding Climate Change and Displacement</p>
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	strategies to manage their feelings during these times.		calm, listening to others, and finding solutions that respect everyone's feelings, helping to maintain positive relationships. Building Empathy and Understanding in Relationships Pupils will understand the role of empathy in relationships, recognising how to consider and understand others' feelings, and develop skills for being supportive and caring in their relationships with others.		Pupils will discuss how climate change can lead to the displacement of people, exploring real-life examples and considering the social and emotional impacts on affected communities.
Year 4	<p>Health and Wellbeing: Mental Health and Wellbeing</p> <p>Understanding Failure and Building Resilience Pupils will learn to view failure as a learning opportunity, explore strategies to bounce back from setbacks, and develop resilience in challenging situations.</p> <p>Recognising and Managing Emotions Pupils will learn to identify and name a range of emotions, understand how emotions affect behaviour, and explore healthy ways to express and manage their feelings.</p> <p>Understanding Mental Health Pupils will gain a basic understanding of mental health, recognise its importance, and</p>	<p>Health and Wellbeing: Physical Health and Wellbeing</p> <p>Oral Hygiene Pupils will understand the importance of oral hygiene, learn how to brush and floss their teeth effectively, and identify how diet affects dental health.</p> <p>Impact of a Poor Diet Pupils will explore how an unhealthy diet can impact their overall health, energy levels, and ability to concentrate, and identify healthier food choices.</p> <p>Benefits of Exercise Pupils will recognise the physical, mental, and emotional benefits of regular exercise and discover fun and age-appropriate ways to stay active.</p> <p>The Importance of Sleep</p>	<p>Living in the Wider World: Media and Digital Literacy</p> <p>Online Safety Pupils will understand the importance of staying safe online and will learn strategies to protect their personal information and privacy.</p> <p>Online Footprint Pupils will be able to explain what an online footprint is and understand how their online actions can have long-term consequences.</p> <p>Online Relationships Pupils will learn about the nature of online relationships, including how to communicate respectfully and recognise potential risks.</p> <p>Misinformation</p>	<p>Relationships: Bullying and Discrimination</p> <p>Understanding Bullying Pupils will be able to define what bullying is, recognising different forms it can take, such as physical, verbal, and emotional bullying.</p> <p>Reasons for Bullying Pupils will discuss why some people might bully others, considering factors like insecurity, a desire for power, or peer pressure.</p> <p>Impact of Bullying Pupils will learn about the effects of bullying on individuals, including emotional distress, anxiety, and decreased self-esteem.</p> <p>Identifying Signs and Effects of Bullying</p>	<p>Health and Wellbeing: Disabilities and Conditions</p> <p>Understanding Disabilities Pupils will learn about different types of disabilities, including physical, sensory, and cognitive disabilities, and understand how these can affect people's daily lives.</p> <p>Recognising Learning Needs Pupils will explore various learning needs, such as dyslexia and ADHD, and understand that everyone has unique ways of learning and different educational requirements.</p> <p>Understanding Autism Pupils will learn about autism, including its characteristics and how it affects individuals</p>



	<p>identify ways to care for their own mental wellbeing.</p> <p>Coping with Change and Loss Pupils will explore how changes such as moving house, losing possessions, or changing school can affect their feelings and learn strategies to cope with loss, Living in the Wider World: Money and Careers including bereavement.</p> <p>Talking About Emotions and Seeking Support Pupils will understand the importance of talking about their emotions, identify trusted people they can turn to for support, and practise sharing their feelings in a safe environment.</p> <p>Understanding Obsessions and Compulsions Pupils will learn what obsessions and compulsions are, recognise when repetitive behaviours might become a concern, and understand the importance of seeking help when needed.</p>	<p>Pupils will understand how sleep helps the body and mind, identify the effects of insufficient sleep, and learn tips for creating a healthy bedtime routine.</p> <p>Coping with Illness in Self or Family Pupils will learn how to care for themselves when feeling unwell, understand the importance of seeking help when needed, and discuss ways to support family members during illness.</p> <p>Sun Safety Pupils will understand the risks of overexposure to the sun, learn how to protect themselves with sunscreen, clothing, and shade, and recognise the importance of staying hydrated.</p>	<p>Pupils will be able to identify misinformation and understand the importance of verifying information before believing or sharing it.</p> <p>Deep Fake News Pupils will learn what deep fake news is, how it can be misleading, and ways to spot and report it.</p> <p>Social Media: Instagram vs. Reality Pupils will explore the differences between social media portrayals and real life, understanding that what they see online is often curated and not always an accurate representation of reality.</p>	<p>Pupils will identify the signs that someone might be experiencing bullying and understand the short-term and long-term effects it can have on both the victim and the bully.</p> <p>Online Bullying and Trolling Pupils will explore what online bullying and trolling are, how they differ from in-person bullying, and the importance of staying safe online.</p> <p>Addressing Stereotypes, Prejudice, and Discrimination Pupils will learn about stereotypes, prejudice, and discrimination, understanding how these attitudes can contribute to bullying and discussing ways to challenge and change these behaviours.</p> <p>Responding to Bullying Pupils will develop strategies for responding to bullying, including seeking help from trusted adults, supporting peers, and promoting a positive and inclusive school environment.</p>	<p>differently, fostering an appreciation for neurodiversity.</p> <p>Knowing the Law Pupils will learn about laws that protect the rights of people with disabilities and learning needs, such as the Equality Act 2010, and understand the importance of these laws in promoting fairness and inclusion.</p> <p>Highlighting Strengths and Abilities Pupils will identify and celebrate the strengths and abilities of individuals with disabilities and learning needs, challenging stereotypes and changing the narrative to focus on what people can do rather than what they can't.</p> <p>Promoting Inclusion and Respect Pupils will discuss the importance of creating an inclusive and respectful environment for everyone, regardless of their abilities or learning needs, and explore ways to support and include all classmates.</p>
Year 5	Health and Wellbeing: Mental Health and Wellbeing	Health and Wellbeing: Physical Health and Wellbeing	Living in the Wider World: Protected Characteristics Understanding Prejudice	Relationships: Domestic Violence	Living in the Wider World: Politics

	<p>Understanding Failure and Building Resilience Pupils will learn to view failure as a natural part of learning, explore strategies for overcoming challenges, and develop resilience to persevere in the face of setbacks.</p> <p>Recognising, Managing, and Talking About Emotions Pupils will learn to identify and name their emotions, explore techniques to manage strong feelings, and understand the importance of discussing emotions with trusted adults or peers.</p> <p>Exploring Body Image Pupils will understand what body image means, explore how external influences such as media can impact self-perception, and learn ways to develop a positive and healthy body image.</p> <p>Promoting Self-Respect Pupils will learn the value of respecting themselves, recognise their unique qualities, and explore how self-respect impacts their confidence and relationships with others.</p> <p>Understanding Eating Disorders Pupils will gain a basic understanding of eating disorders, including their</p>	<p>Understanding the Importance of Sleep and Rest Pupils will explore why sleep and rest are essential for physical and mental health, learn how lack of sleep affects their wellbeing, and identify ways to improve their sleep routines.</p> <p>Exploring a Healthy Diet Pupils will understand the importance of a balanced diet, identify the main food groups and their benefits, and learn how healthy eating supports growth and energy.</p> <p>Recognising the Effects of Legal and Illegal Drugs Pupils will learn what drugs are, understand the difference between legal and illegal drugs, and explore how drugs can impact health and decision-making.</p> <p>Understanding the Risks of Alcohol Pupils will explore the short- and long-term effects of alcohol on the body and mind, understand the concept of responsible choices, and identify ways to resist peer pressure related to alcohol use.</p> <p>Making Informed Choices About Health</p>	<p>Pupils will explore what prejudice is, how it can form from stereotypes, and recognise the harm caused by judging others unfairly based on their differences.</p> <p>Recognising Discrimination Pupils will learn what discrimination is, identify different forms of discrimination (e.g., racial, gender, disability), and understand how it negatively impacts individuals and communities.</p> <p>Exploring the Equality Act Pupils will understand the purpose of the Equality Act 2010, how it protects people from discrimination, and why it is important for creating a fair and equal society.</p> <p>Understanding Protected Characteristics Pupils will learn about the nine protected characteristics under the Equality Act, such as age, disability, gender, race, religion, and sexual orientation, and understand why they are important for promoting equality and fairness.</p> <p>Challenging Discrimination and Prejudice Pupils will explore how to stand up against discrimination and prejudice, understand the</p>	<p>Characteristics of Healthy Relationships Pupils will be able to identify and describe the key characteristics of healthy relationships, such as mutual respect, trust, and effective communication.</p> <p>Why Adults in Relationships Argue Pupils will understand that disagreements are a normal part of relationships and will learn about constructive ways to resolve conflicts.</p> <p>What is Domestic Violence Pupils will be able to define domestic violence and recognise that it can take many forms, including physical, emotional, and psychological abuse.</p> <p>Signs of Domestic Violence Pupils will learn to identify the signs of domestic violence, such as unexplained injuries, fearfulness, and changes in behaviour or mood.</p> <p>Impact on Children of Domestic Violence Pupils will understand the potential emotional and psychological impacts of domestic violence on children, including feelings of fear, anxiety, and confusion.</p>	<p>Understanding Key Historical Events in British Politics Pupils will learn about key historical events in British politics, such as the signing of the Magna Carta, the Glorious Revolution, and the formation of the modern democratic system, and understand how these events have shaped the UK today.</p> <p>Exploring the Role of the Suffragettes in Gaining Voting Rights Pupils will explore the history of the Suffragette movement, understand the challenges women faced in gaining the right to vote, and recognise the importance of their efforts in achieving gender equality in British politics.</p> <p>Identifying the Main Political Parties in the UK Pupils will learn about the main political parties in the UK, such as the Conservative Party, Labour Party, Liberal Democrats, and others, and understand their key values, beliefs, and policies.</p> <p>Understanding the Political Spectrum: Right, Left, and Centre</p>
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	<p>potential causes and effects, and learn the importance of seeking help if they or others are struggling with food-related issues.</p> <p>Anxiety, Panic Attacks, and Phobias Pupils will learn what anxiety, panic attacks, and phobias are, recognise their signs, and explore calming strategies to manage these feelings or support others who may experience them.</p>	<p>Pupils will learn to make informed decisions about their lifestyle choices, including sleep, diet, and substance use, to promote their overall wellbeing.</p> <p>First Aid Basics Pupils will learn basic first aid skills, including how to respond to minor injuries, recognise emergencies, and know when and how to seek help from an adult or emergency services.</p>	<p>importance of speaking out when they witness unfair treatment, and recognise how small actions can make a big difference in promoting equality.</p> <p>Promoting Equality and Respect Pupils will learn the importance of treating everyone with respect and kindness, regardless of their background or characteristics, and identify ways they can contribute to creating an inclusive and respectful environment.</p>	<p>Getting Help Pupils will know where and how to seek help if they or someone they know is experiencing domestic violence, including trusted adults, helplines, and support services.</p>	<p>Pupils will explore the differences between the right, left, and centre on the political spectrum, and understand how these positions influence party policies and decision-making in the UK.</p> <p>Exploring the Main Political Ideologies of the UK Pupils will learn about the main political ideologies in the UK, such as conservatism, socialism, liberalism, and others, and understand how these ideologies influence political parties and government decisions.</p> <p>Exploring Different Electoral Systems in the UK Pupils will learn about the different electoral systems used in the UK, such as First Past the Post, Proportional Representation, and the Supplementary Vote, and understand how each system works and its impact on election results.</p>
Year 6	<p>Health and Wellbeing: Mental Health and Wellbeing</p> <p>Mental Health and Wellbeing Students will be able to define mental health and wellbeing, recognize its importance, and</p>	<p>Health and Wellbeing: Physical Health and Wellbeing</p> <p>Understanding the Importance of Sleep Students will be able to explain why sleep is essential for physical and mental health and</p>	<p>Relationships: Misogyny</p> <p>Understanding Misogyny Students will be able to define misogyny and recognize it as a form of prejudice or discrimination against women and girls.</p>	<p>Relationships: Bullying and Abuse</p> <p>Understanding Bullying and Its Effects Pupils will learn what bullying is, including physical, verbal, and cyberbullying, and understand</p>	<p>Health and Wellbeing: Puberty</p> <p>Understand the Human Lifecycle Pupils will be able to describe the stages of the human lifecycle, from birth</p>

	<p>identify strategies to maintain positive mental health.</p> <p>The Role of Failure in Building Resilience Students will understand why failure is a natural part of life, explore how it can help build resilience, and learn strategies to overcome setbacks positively.</p> <p>Trauma and Child Development Students will explore what trauma is, understand how it can affect a child’s emotional and cognitive development, and identify ways to seek support if needed.</p> <p>Anxiety: Causes and Consequences Students will identify common causes of anxiety, understand how it can affect thoughts and behaviours, and learn basic coping mechanisms to manage anxious feelings.</p> <p>Triggers and Effects of Panic Attacks Students will learn about the possible causes and symptoms of panic attacks, recognize their triggers, and discover calming strategies to help themselves or others.</p> <p>Body Image and Social Media Influence</p>	<p>identify strategies to improve their sleep habits.</p> <p>Benefits of Regular Exercise Students will understand the physical and mental health benefits of regular exercise and create a personal exercise plan that includes a variety of activities.</p> <p>Awareness of Legal and Illegal Drugs Students will learn about different types of legal and illegal drugs, their effects on the body, and the potential risks associated with their use.</p> <p>Risks of Vaping and Smoking Students will be able to describe the health risks associated with vaping and smoking and discuss ways to resist peer pressure to try these substances.</p> <p>Identifying Health Concerns Students will recognize common health concerns related to poor lifestyle choices, such as obesity and heart disease, and understand how to prevent them through healthy habits.</p> <p>Understanding the Dangers of Excessive Screen Time Students will learn about the negative effects of spending too</p>	<p>Identifying Examples of Misogyny Students will explore different forms of misogyny, including language, stereotypes, media representation, and unequal treatment, and learn how to identify them in everyday situations.</p> <p>Exploring the Impact of Misogyny Students will understand how misogyny affects individuals, relationships, and society, including its role in limiting opportunities and promoting inequality.</p> <p>Recognising Gender Stereotypes Students will learn to identify and challenge harmful gender stereotypes that contribute to misogynistic attitudes and behaviours.</p> <p>Promoting Respect and Equality Students will explore the importance of treating everyone with respect, regardless of gender, and discuss ways to foster equality and inclusion in their community.</p> <p>Understanding the Role of Bystanders Students will learn about the role of bystanders in addressing misogynistic behaviour and</p>	<p>the emotional and social impact bullying can have on individuals.</p> <p>Recognising Online Abuse Pupils will explore what online abuse is, including cyberbullying and inappropriate online behaviour, and understand how to protect themselves and others when using the internet.</p> <p>Identifying the Four Main Forms of Child Abuse Pupils will learn about the four main forms of child abuse— physical, emotional, sexual, and neglect—and understand the signs, risks, and impact of each form.</p> <p>Building Healthy Relationships Pupils will learn what makes a healthy relationship, including respect, trust, and communication, and explore how to build and maintain positive relationships with friends, family, and peers.</p> <p>Understanding the Impact of Abuse Pupils will understand the emotional, physical, and psychological impact of abuse on individuals, and learn why it is important to seek support if they or others are affected by abuse.</p> <p>Recognising Trusted Adults</p>	<p>to old age, and identify key physical and emotional changes that occur at each stage.</p> <p>Recognise the Changes During Puberty Pupils will learn about the physical and emotional changes that occur during puberty, including the development of secondary sexual characteristics.</p> <p>Identify How Bodies Can Change Pupils will explore how bodies can change over time, including growth spurts, changes in body shape, and the development of muscles and body hair.</p> <p>Understand Menstruation Pupils will gain knowledge about menstruation, including what it is, why it happens, and how to manage it effectively and hygienically.</p> <p>Recognise Emotional Changes Pupils will discuss the emotional changes that can occur during puberty, such as mood swings and increased sensitivity, and learn strategies for managing these changes.</p>
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	<p>Students will understand the concept of body image, examine the impact of social media on self-perception, and discuss ways to develop a healthy and positive self-image.</p> <p>Promoting Positive Mental Health and Wellbeing Students will identify practical ways to support their mental health, develop habits that contribute to wellbeing, and explore how they can encourage positive mental health in others.</p>	<p>much time on screens, including physical health issues like eye strain and poor posture, as well as mental health concerns such as sleep problems and reduced attention span. They will also explore strategies to balance screen time with other healthy activities.</p>	<p>develop strategies for safely challenging or reporting such behaviour.</p> <p>Empowering Positive Change Students will identify actions they can take to challenge misogyny in their own lives, including advocating for fairness and celebrating the contributions of women and girls.</p>	<p>Pupils will identify trusted adults in their lives, such as parents, teachers, or other family members, and understand how they can approach these adults for help and support when facing difficult situations or experiencing abuse.</p>	<p>Importance of Hygiene Pupils will understand the importance of maintaining good hygiene, especially during puberty, and learn practical tips for personal care, including the use of deodorant, regular bathing, and oral hygiene.</p>
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