

Relationships and Health Education Policy

Primary

September 2020

Published date: September 2020	Next review deadline: September 2022	Statutory	Executive Lead at ATT: Amy Bills
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Associated Documents & Links to:	
<ul style="list-style-type: none"> • Safeguarding and Child Protection Policy • Behaviour Policy • Whistleblowing policy • Data protection policy • E-safety Policy • Anti-Bullying Policy 	<p>Statutory DfE guidance: https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education</p> <ul style="list-style-type: none"> • PHSE & Science Curriculum • Visitors Policy

Approved by the Standards and Outcomes Committee of the Trust Board, June 2020



Our Vision

We have one core purpose:

To have the biggest positive impact in the varied communities we serve through ensuring top drawer education for our learners. #TransformingLives

How do we ensure this across our trust?

In all we do we are:

1. Ethical to the core, ensuring that education is always front and centre
2. Futures focused system leaders – never simply followers
3. Collaborative in every endeavour
4. Resolutely learner centred.

What does this look like across our trust?

Education

We are:

1. Ruthlessly ambitious for all who learn and work with us
2. Unwaveringly inclusive – determined on eradicating barriers to educational success
3. Committed to excellent teaching
4. Determined upon academic excellence for all in our communities
5. Compassionate, ethical and caring advocates for all in our communities
6. Outwardly facing and globally conscious

Operations

We are:

1. Committed to the very best people development and empowerment
2. Determined to shout loudly and share proudly our successes
3. The best professional and technical experts (supporting education) in the sector
4. Committed to the very best understanding and management of risk

Financial

We are:

1. Providing the best possible public service for the best possible value
2. Determined to supplement our public income with shrewd income generation
3. Building financially sustainable models of educational improvement in our communities
4. Demonstrably efficient in all we do

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1. Aims

The aims of Relationships and health education at our school are to:

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

2. Our values

- We will work inclusively within our communities, embracing the varied localities we serve while sharing our common vision and values.
- We will develop the very best leaders of the future, working to improve education and transform lives.
- We will adhere unwaveringly to the 'Nolan Principles' of Public Service, which is made clear in our commitment to Ethical Leadership.

3. Statutory requirements

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

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

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

At Star Academy we teach relationships and health education as set out in this policy.

4. Policy development

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

1. Review – the PHSE lead pulled together all relevant information including relevant national and local guidance.
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations through staff meeting time.
3. Parent/stakeholder consultation – before the Easter holidays, parents and any interested parties are sent a letter with a link to the draft policy on the website asking for their feedback electronically at office@staracademy.attrust.org.uk by 30th April and invited to attend a meeting about the policy.

4. Pupil consultation – we investigated what exactly pupils want from their relationships and health education by discussing this through Jigsaw sessions and pupil voice meetings.
5. Pupil reflection – we will ask pupils for feedback on the relationships and health education lessons once they have been completed during the academic year and use this feedback to further inform future sessions.
6. Ratification – once amendments were made, the policy was shared with governors and ratified.

5. Definition

Relationships and health education is about the emotional, social and cultural development of pupils, and involves learning about relationships, (including puberty and conception to birth), healthy lifestyles, diversity and personal identity.

Relationships and health education involves a combination of sharing information and exploring issues and values.

Relationships and health education is not about the promotion of sexual activity.

6. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary to meet the needs of our pupils and our community or issues that are highlighted nationally.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online or their peers which may not provide a true reflection of reality or explore related ethical issues the way in which a teach can.

Primary sex education will focus on:

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

For more information about our curriculum, see our curriculum map in Appendix 1.

7. Delivery of relationships and health education

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

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

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

- Managing feelings
- Puberty
- Conception to birth

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

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

8. Roles and responsibilities

The local academy committee (LAC)

The LAC will monitor the implementation of this policy on behalf of Trustees, whose responsibility it is to approve.

The Principal

The principal is responsible for ensuring that Relationships and health education is taught consistently across the academy, and for managing requests to withdraw pupils from non-statutory/non-science components of Relationships and health education (see section 9).

Staff

Staff are responsible for:

- Delivering Relationships and health education in a sensitive way
- Modelling positive attitudes to Relationships and health education
- Monitoring progress
- Responding to the needs of individual pupils
- Supporting the review and reflection process for pupil feedback after taught sessions.
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of Relationships and health education
- Make pupils aware that if anything that is said during these sessions raises any concerns about themselves or about someone that they know they should talk to a trusted member of staff about it.

Staff do not have the right to opt out of teaching Relationships and health education. Staff who have concerns about teaching Relationships and health education are encouraged to discuss this with the Principal.

Staff Name	Job Title	Aspect of Relationships and health education	
Lisa Turner Michaela Hobbs	EYFS teachers	Relationships	Changing Me
		Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Eleanor Billingham	Reception teacher	Relationships	Changing Me
		Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Charlotte Knowles	Year 1 teacher	Relationships	Changing Me
		Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	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
Mel Taylor	Year 2 teacher	Relationships	Changing Me
		Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Caroline Lewis	Year 3 teacher	Relationships	Changing Me
		Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Richard Nicholls	Year 4 teacher	Relationships	Changing Me
		Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	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

Leigh Anne Eptlett	Year 5 teacher	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Craig Battrick	Year 6 teacher	Relationships Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	Changing Me How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

Pupils

Pupils are expected to engage fully in Relationships and health education and, when discussing issues related to RSE, treat others with respect and sensitivity. Failure to behave appropriately will be dealt with in accordance to the Behavior Policy.

If gaining a wider awareness of positive relationships versus negative relationships causes any concern to any pupil about themselves or someone they know, they are encouraged to share these concerns with a trusted member of staff who will deal with them in accordance to the safeguarding policy.

9. Parents' right to withdraw

Parents do not have the right to withdraw their children from Relationships and health education.

Parents have the right to withdraw their children from the non-statutory/non-science components of sex education within Relationships and health education.

Requests for withdrawal should be put in writing, setting out clear rationale for withdrawing their child in line with the governments statutory guidance.

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

A copy of withdrawal requests will be placed in the pupil's educational record. The Principal will discuss the request with parents and take appropriate action and record the viewpoint of both parties as well as the outcome of the discussion.

10. Training

Staff are trained on the delivery of Relationships and health education and it is included in our continuing professional development calendar.

The Principal will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching Relationships and health education in line with the academy's Visitors Policy.

11. Monitoring arrangements

The delivery of Relationships and health education is monitored by Caroline Lewis, PSHE lead through: learning walks, monitoring of planning, book scrutiny and discussions with pupils.

Pupils' development in Relationships and health education is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by Kate Wildman bi-annually or sooner if as a result of pupil feedback, consultation feedback or a change in guidance from the DfE. At every review, the policy will be approved by the LAC.

Appendix 1: Curriculum map

Relationships and health education Curriculum Map

YEAR GROUP	TERM	TOPIC/THEME DETAILS				RESOURCES																										
Year 1	Summer 1	Relationships:	<table><tr><th>Piece (lesson)</th><th>RSHE guidance reference</th><th>PSHE Learning Intentions</th><th>Social and Emotional Skills Learning Intentions</th></tr><tr><td>1.Families</td><td>R1, R2, R3, R4</td><td>I can identify the members of my family and understand that there are lots of different types of families</td><td>I know how it feels to belong to a family and care about the people who are important to me</td></tr><tr><td>2.Making Friends</td><td>R7, R8, R9, R10, R11, R12</td><td>I can identify what being a good friend means to me</td><td>I know how to make a new friend</td></tr><tr><td>3.Greetings</td><td>R14, R19, R25, R26, R27, R28</td><td>I know appropriate ways of physical contact to greet my friends and know which ways I prefer</td><td>I can recognise which forms of physical contact are acceptable and unacceptable to me</td></tr><tr><td>4.People Who Help Us</td><td>R11, R16, R19, R25, R28, R32, H4</td><td>I know who can help me in my school community</td><td>I know when I need help and know how to ask for it</td></tr><tr><td>5.Being My Own Best Friend</td><td>R9, R10, R11, R15, R30, H3, H6</td><td>I can recognise my qualities as person and a friend</td><td>I know ways to praise myself</td></tr><tr><td>6.Celebrating My Special Relationships Puzzle Outcome: Balloons Assessment Opportunity</td><td>R12, R13, R16, H2, H6</td><td>I can tell you why I appreciate someone who is special to me</td><td>I can express how I feel about them</td></tr></table>	Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	1.Families	R1, R2, R3, R4	I can identify the members of my family and understand that there are lots of different types of families	I know how it feels to belong to a family and care about the people who are important to me	2.Making Friends	R7, R8, R9, R10, R11, R12	I can identify what being a good friend means to me	I know how to make a new friend	3.Greetings	R14, R19, R25, R26, R27, R28	I know appropriate ways of physical contact to greet my friends and know which ways I prefer	I can recognise which forms of physical contact are acceptable and unacceptable to me	4.People Who Help Us	R11, R16, R19, R25, R28, R32, H4	I know who can help me in my school community	I know when I need help and know how to ask for it	5.Being My Own Best Friend	R9, R10, R11, R15, R30, H3, H6	I can recognise my qualities as person and a friend	I know ways to praise myself	6.Celebrating My Special Relationships Puzzle Outcome: Balloons Assessment Opportunity	R12, R13, R16, H2, H6	I can tell you why I appreciate someone who is special to me	I can express how I feel about them	Jigsaw resources
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	Summer 2	Changing me:	<table><tr><th>Piece (lesson)</th><th>RSHE guidance reference</th><th>PSHE Learning Intentions</th><th>Social and Emotional Skills Learning Intentions</th></tr><tr><td>1.Life cycles</td><td>R1, R6</td><td>I am starting to understand the life cycles of animals and humans</td><td>I understand that changes happen as we grow and that this is OK</td></tr><tr><td>2. Changing Me</td><td>H4</td><td>I can tell you some things about me that have changed and some things about me that have stayed the same</td><td>I know that changes are OK and that sometimes they will happen whether I want them to or not</td></tr><tr><td>3.My Changing Body</td><td></td><td>I can tell you how my body has changed since I was a baby</td><td>I understand that growing up is natural and that everybody grows at different rates</td></tr><tr><td>4. Boys' and Girls' Bodies</td><td>R19, R25, R26, R27, R29, H34</td><td>I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</td><td>I respect my body and understand which parts are private</td></tr><tr><td>5.Learning and Growing Puzzle Outcome: Piece 5 Flowers</td><td>R15</td><td>I understand that every time I learn something new I change a little bit</td><td>I enjoy learning new things</td></tr><tr><td>6.Coping with Changes Assessment Opportunity</td><td>R32, H2, H3</td><td>I can tell you about changes that have happened in my life</td><td>I know some ways to cope with changes</td></tr></table>	Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	1.Life cycles	R1, R6	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK	2. Changing Me	H4	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not	3.My Changing Body		I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates	4. Boys' and Girls' Bodies	R19, R25, R26, R27, R29, H34	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I respect my body and understand which parts are private	5.Learning and Growing Puzzle Outcome: Piece 5 Flowers	R15	I understand that every time I learn something new I change a little bit	I enjoy learning new things	6.Coping with Changes Assessment Opportunity	R32, H2, H3	I can tell you about changes that have happened in my life	I know some ways to cope with changes	
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5.Assertiveness	R15, R19, R25, R26, R29, R30, R31, R32	I understand there are different types of touch and can tell you which ones I like and don't like	I am confident to say what I like and don't like and can ask for help																													
6.Looking Ahead Assessment Opportunity	H2, H3	I can identify what I am looking forward to when I move to my next class	I can start to think about changes I will make when I am in Year 3 and know how to go about this																													

Year 3	Summer 1	Relationships:	<table><tr><th>Piece (lesson)</th><th>RSHE guidance reference</th><th>PSHE Learning Intentions</th><th>Social and Emotional Skills Learning Intentions</th></tr><tr><td>1.Family Roles and Responsibilities</td><td>R1, R2, R3, R4, R18</td><td>I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</td><td>I can describe how taking some responsibility in my family makes me feel</td></tr><tr><td>2.Friendship</td><td>R7, R8, R9, R10, R12, R19, H2, H3</td><td>I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener</td><td>I know how to negotiate in conflict situations to try to find a win-win solution</td></tr><tr><td>3.Keeping Myself Safe Online</td><td>R11, R17, R20, R21, R22, R23, R24, R25, R26, R32, H9, H11, H12, H13, H14, H15, H16, H17,</td><td>I know and can use some strategies for keeping myself safe online</td><td>I know who to ask for help if I am worried or concerned about anything online</td></tr><tr><td>4.Being a Global Citizen 1</td><td></td><td>I can explain how some of the actions and work of people around the world help and influence my life</td><td>I can show an awareness of how this could affect my choices</td></tr><tr><td>5.Being a Global Citizen 2</td><td></td><td>I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</td><td>I can empathise with children whose lives are different to mine and appreciate what I may learn from them</td></tr><tr><td>6.Celebrating My Web of Relationships Puzzle Outcome: Appreciation Streamers</td><td>R13, R16</td><td>I know how to express my appreciation to my friends and family</td><td>I enjoy being part of a family and friendship groups</td></tr></table>	Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	1.Family Roles and Responsibilities	R1, R2, R3, R4, R18	I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females	I can describe how taking some responsibility in my family makes me feel	2.Friendship	R7, R8, R9, R10, R12, R19, H2, H3	I can identify and put into practice some of the skills of friendship eg. taking turns, being a good listener	I know how to negotiate in conflict situations to try to find a win-win solution	3.Keeping Myself Safe Online	R11, R17, R20, R21, R22, R23, R24, R25, R26, R32, H9, H11, H12, H13, H14, H15, H16, H17,	I know and can use some strategies for keeping myself safe online	I know who to ask for help if I am worried or concerned about anything online	4.Being a Global Citizen 1		I can explain how some of the actions and work of people around the world help and influence my life	I can show an awareness of how this could affect my choices	5.Being a Global Citizen 2		I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.	I can empathise with children whose lives are different to mine and appreciate what I may learn from them	6.Celebrating My Web of Relationships Puzzle Outcome: Appreciation Streamers	R13, R16	I know how to express my appreciation to my friends and family	I enjoy being part of a family and friendship groups	Jigsaw resources
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Year 6	Summer 1	Relationships:	<table><tr><th>Piece (lesson)</th><th>RSHE guidance reference</th><th>PSHE Learning Intentions</th><th>Social and Emotional Skills Learning Intentions</th></tr><tr><td>1.What is Mental Health?</td><td>R27, R32, H1, H4, H5, H6, H7, H9, H10, H17, H18, H21</td><td>I know that it is important to take care of my mental health</td><td>I understand that people can get problems with their mental health and that it is nothing to be ashamed of</td></tr><tr><td>2.My Mental Health</td><td>R15, R27, R32, H1, H4, H5, H6, H7, H9, H10, H17, H18, H21</td><td>I know how to take care of my mental health</td><td>I can help myself and others when worried about a mental health problem</td></tr><tr><td>3.Love and Loss</td><td>R32, H2, H3, H4, H7, H9, H10, H17</td><td>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</td><td>I can recognise when I am feeling those emotions and have strategies to manage them</td></tr><tr><td>4.Power and Control</td><td>R8, R9, R10, R13, R17, R19, R25, R26, R28, R30, R31, R32, H8, H9, H17</td><td>I can recognise when people are trying to gain power or control</td><td>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</td></tr><tr><td>5.Being Online: Real or Fake? Safe or Unsafe?</td><td>R11, R13, R20, R21, R22, R23, R24, R25, R26, R28, R29, R32, H11, H12, H13, H14, H15, H16, H17</td><td>I can judge whether something online is safe and helpful for me</td><td>I can resist pressure to do something online that might hurt myself or others</td></tr><tr><td>6.Using Technology Responsibly Puzzle Outcome: Internet Safety Presentation Assessment Opportunity</td><td>R13, R21, R22, R23, R24, R25, R26, R28, R32, H11, H12, H13, H14, H15, H16, H17</td><td>I can use technology positively and safely to communicate with my friends and family</td><td>I can take responsibility for my own safety and well-being</td></tr></table>	Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	1.What is Mental Health?	R27, R32, H1, H4, H5, H6, H7, H9, H10, H17, H18, H21	I know that it is important to take care of my mental health	I understand that people can get problems with their mental health and that it is nothing to be ashamed of	2.My Mental Health	R15, R27, R32, H1, H4, H5, H6, H7, H9, H10, H17, H18, H21	I know how to take care of my mental health	I can help myself and others when worried about a mental health problem	3.Love and Loss	R32, H2, H3, H4, H7, H9, H10, H17	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve	I can recognise when I am feeling those emotions and have strategies to manage them	4.Power and Control	R8, R9, R10, R13, R17, R19, R25, R26, R28, R30, R31, R32, H8, H9, H17	I can recognise when people are trying to gain power or control	I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control	5.Being Online: Real or Fake? Safe or Unsafe?	R11, R13, R20, R21, R22, R23, R24, R25, R26, R28, R29, R32, H11, H12, H13, H14, H15, H16, H17	I can judge whether something online is safe and helpful for me	I can resist pressure to do something online that might hurt myself or others	6.Using Technology Responsibly Puzzle Outcome: Internet Safety Presentation Assessment Opportunity	R13, R21, R22, R23, R24, R25, R26, R28, R32, H11, H12, H13, H14, H15, H16, H17	I can use technology positively and safely to communicate with my friends and family	I can take responsibility for my own safety and well-being	Jigsaw resources
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Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults

TOPIC	PUPILS SHOULD KNOW
Online relationships & Being Safe Online	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online • That for most people the internet is an integral part of life and has many benefits. • About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. • How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. • Why social media, some computer games and online gaming, for example, are age restricted. • That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • Where and how to report concerns and get support with issues online.

TOPIC	PUPILS SHOULD KNOW
Being safe	<ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice e.g. family, school and/or other sources
Mental Wellbeing	<ul style="list-style-type: none"> • That mental wellbeing is a normal part of daily life, in the same way as physical health. • That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. • How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. • how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. • Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. • Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). • It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

TOPIC	PUPILS SHOULD KNOW
Physical Health and Fitness & Healthy Eating	<ul style="list-style-type: none"> • The characteristics and mental and physical benefits of an active lifestyle. • The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • The risks associated with an inactive lifestyle (including obesity). • How and when to seek support including which adults to speak to in school if they are worried about their health. • What constitutes a healthy diet (including understanding calories and other nutritional content). • The principles of planning and preparing a range of healthy meals. • The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). • How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. • About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • The facts and science relating to allergies, immunisation and vaccination.
Drugs Alcohol and Tobacco	<ul style="list-style-type: none"> • The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Basic First Aid	<ul style="list-style-type: none"> • How to make a clear and efficient call to emergency services if necessary. • Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Changing Adolescent Body	<ul style="list-style-type: none"> • Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. • About menstrual wellbeing including the key facts about the menstrual cycle.

