



Linthorpe Community Primary School

*Everyone is equal, everyone is different, everyone is welcome and everyone achieves their best.*

# PSHE and Relationships Education Policy

	Term	Year
Last Review Date/Policy Adopted	September	2023
Next Review Date	September	2024
Lead	Mrs Mitchell	

This school is an academy within The Legacy Learning Trust.



## **Aims and objectives**

Alongside, Religious Education, Health Education and Relationships Education form part of our Life Skills curriculum. It provides knowledge and skills to help our children develop into confident, responsible and reflective 21<sup>st</sup> century citizens, who understand, value and celebrate themselves and others. Our curriculum reinforces our ethos that *everyone is equal, everyone is different, everyone is welcome*, as children learn to see the common ground between all people.

Alongside our three themes (Families and Friendships; Respect and Relationships; Safe, Healthy and Happy) children learn the language needed to express and their own ideas and explore those of others empathetically. Physical and emotional changes during puberty are taught in Year 5 alongside their science unit on the human life cycle. Additionally, pupils in Year 5 learn economic wellbeing through Barclays Life Skills and Year 6 complete a unit in citizenship, learning how laws are made, how the country is governed at national and local level, and how they can use their democratic rights to affect change.

Children learn skills to help them to establish and maintain healthy friendships and family relationships, as well be able to recognise and address when any relationship is making them feel unsafe or uncomfortable. The curriculum emphasises the importance of well being and children learn about how to be mentally and physically healthy.

All of the statutory objectives for Relationships Education and Health Education are taught but, via an enriched National Curriculum+ offer and '50 things', we ensure that children have as many opportunities to make meaningful links to real life contexts and experiences.

## **Statutory Requirements**

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

In teaching Relationships 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 Linthorpe we teach Relationships Education as set out in this policy.

## **Policy Development**

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

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations

3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy (November 2020)
4. Ratification – once amendments were made, the policy was shared with governors and ratified

### **Definition and Intent**

Relationships Education is about the emotional, social and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity and personal identity.

The intent of Relationships Education is to teach children the skills and knowledge that enable them to be happy and healthy individuals with happy and healthy relationships. This includes friendships, families relationships, relationships with other children and adults.

### **Curriculum**

Our curriculum is set out as per Appendices 1 and 2 but we may need to adapt it as and when necessary.

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, delaying an answer to consult colleagues or discussing with parents when necessary, so that pupils are fully informed and don't seek answers online.

### **Organisation of Learning**

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

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

For more information about our Relationships Education 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).

Many lessons are discussion based and children are explicitly taught the language of discussion to enable them to express their ideas clearly and respond to others thoughtfully. Relationships Education objectives are taught using the Lucinda and Godfrey Scheme of Work. Learning is recorded in the class floor book, using photos, quotes from the children or examples of children's work.

### **Impact**

The impact of learning is assessed through the children's work evidenced in the floor book and from discussions with children (pupil voice). This is used to help teachers plan the next stages of learning.

### **Inclusion**

PSHE forms part of the school's curriculum policy to provide a broad and balanced education to all children. We strive hard to meet the needs of those pupils with special educational needs, those with disabilities, those with special gifts and talents, and those learning English as an additional language, and we take all reasonable steps to achieve this.

### **Protected Characteristics**

Schools are required under the Equality Act to give regard to the need to eliminate discrimination against 9 protected characteristics. The 9 Protected Characteristics are – age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, sexual orientation.

Our PSHE lessons counteract stereotyping and discrimination through representation and use of age appropriate materials that facilitate discussion of how we should treat those who are different to ourselves.

Outside of PSHE lessons, we have a reading list for each year group, which includes books specifically chosen to help eliminate discrimination.

We educate our children not to use discriminatory language e.g. racist or homophobic language.

### **Right to Withdrawal**

Although parents have a right to withdraw their children from non-statutory elements of Relationships Education, at Linthorpe we only teach the statutory elements of Relationships

Education and there is therefore no right to withdraw. Any parents with concerns should contact the school to discuss the content of the curriculum.



## PSHE Curriculum Overview



	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>	
Year 1	Families and Friendships	Happy, healthy and Safe	Respectful and Resilient	Reflecting, consolidating and preparing for change
Year 2	Families and Friendships	Happy, healthy and Safe	Respectful and Resilient	Reflecting, consolidating and preparing for change
Year 3	Families and Friendships	Happy, healthy and Safe	Respectful and Resilient	Reflecting, consolidating and preparing for change
Year 4	Families and Friendships	Happy, healthy and Safe	Respectful and Resilient	Reflecting, consolidating and preparing for change
Year 5	Respectful and Resilient	Economic Wellbeing	Happy, healthy and Safe	Reflecting, consolidating and preparing for change
Year 6	Citizenship	Happy, Healthy and Safe	Transition Unit taught by GoGivers	Reflecting, consolidating and preparing for change



## Appendix 2: Year 1 PSHE Curriculum Objectives



Autumn – Families and Friendships	Spring - Happy, healthy and Safe	Summer - Respectful and Resilient
Know what special people in our families do for us	Know that parts of our bodies are private	Know how and when to say please and thank you
Know that marriages and partnerships are a special type of promise that lasts a lifetime	Know that it is normal to feel sad sometimes  Know what you can do to help someone who is feeling sad	Know how to say nice things to other people
Know what it means to be a good friend	Know that our feelings can affect our behaviour and the step we can take to manage our feelings.	Know that name-calling makes others feel bad and that we should use kind words
Know that good friends are people we can trust when we have a worry	Know how to ask for help and why it is important to talk to others about your feelings.	Know about what bullying looks like (moved from RR lesson 6)
Know that sharing and asking nicely are good friendship behaviours	Know how to phone the emergency services.	Know that differences make us special
Know what we can do when others act unkindly	Know why people use the internet	Know how to be kind and make others feel welcome



## Appendix 2: Year 2 PSHE Curriculum Objectives



Autumn – Families and Friendships	Spring - Happy, healthy and Safe	Summer - Respectful and Resilient
Know to be appreciative for what our families do for us (thank you slips)	Know the importance of keeping our bodies clean	Know that being helpful makes you and others feel better
To understand that everyone's family is different (Tango)	To know the correct names for body parts, including external genitalia  To know which parts of our body need to be cleaned most often and why	Know how and when to say sorry
Know how to be an appreciative and sharing friend	To know which part of the body are private be able to use the correct names for these parts of the body.  Know that there is good and bad touch, and that touching should never be secret	Know how to show respect by treating others how I want to be treated
Know that friendships work best they are welcoming Three by the sea	Know the importance of brushing their teeth and how to brush their teeth effectively	Know that the internet is very useful, and why children should be supervised when using the internet



Know that friends are honest with each other	Know that a healthy diet is balanced and varied	Know that online, people can pretend to be someone they are not, and why they might do this
Know how to use Kelso's wheel to resolve problems in the playground	Know that cyber bullying makes people feel bad and what to do if it happens	Know what you can do to help a someone who has been bullied



## Appendix 2: Year 3 PSHE Curriculum Objectives



Autumn – Families and Friendships	Spring - Happy, healthy and Safe	Summer - Respectful and Resilient
Know that family help us grow up and shape who we are	Know that we all may have different feelings and reactions in different scenarios	Know how to ask for help politely and when to ask for help
Know that you have choices when someone encourages you to do something that make you feel uncomfortable, that you can always say no.	Know how to describe feelings as positive and negative and how deal with negative feelings through talking, exercise and helping others.	Know to accept that no means no
Know the importance of friendships and think about how to start new friendships	Know who to turn to for advice in different situations	Know how to show our classmates respect
Know the effect that leaving others out has on their feelings	Know how to be assertive and when to stand up for yourself	Know that permission is a sign of a positive relationship
Know to solve resolve conflicts using Kelso’s choices, and when to ask others for help	Know the importance of sleep for being happy and healthy children	Know why social media has age restrictions
Know that relationships are based on trust and how we can be more trustworthy	Know that we can all feel lonely sometimes and that there is always something we can do improve our situation	Know that bystanders can make decisions to help situations



## Appendix 2: Year 4 PSHE Curriculum Objectives



<b>Autumn – Families and Friendships</b>	<b>Spring - Happy, healthy and Safe</b>	<b>Summer - Respectful and Resilient</b>
Know that a smile can make others feel welcome	Know the importance after ourselves through basic personal hygiene  Know about safe exposure to the sun and how to reduce the risk of skin damage	Know how to say a proper thank you that can make someone's day
Know the meaning of different families (foster family, birth family, adoptive family, step family) and that all families love and care for each other	Know what to do if you, or someone you know, feel unwell	Know how to make a proper apology
Know how to make good choices when under peer pressure	Know the effects of bullying and the importance of kindness (an anti-bully)	Know that the golden rule for respect is shared by many religion's
Know why we have rules and how rules keep us safe	Know the importance of regular visits to the dentist	Know that stereotypes about age can be unfair
Know how to give advice  Know how to act safely and responsibly with friendship	Know the importance and facts about immunisation and vaccination	Know what to do if someone is mean to you online, and the importance of keeping some information private
Know about our responsibilities	Know what we can do in school and at home to improve our mental wellbeing	Know that no one should suffer in silence



## Appendix 2: Year 5 PSHE Curriculum Objectives



Autumn- Respectful and Resilient	Spring – Money Matters	Summer - Happy, healthy and Safe
Know how to use Kelso's wheel to resolve conflicts and make moral choices.	To understand expenses and spending	Know that giving compliments makes people happier and how to give appropriate compliments Hidden Chimp
Know that unfair treatment is against the law (discrimination).	To understand what influences our decision to buy something.	Know how putting others first makes you and others feel better (empathy and compassion) Hidden Chimp
Know that we sometimes prejudge others, but we should always be welcoming DUMBO + person with DOWN SYNDROME (moved from FF6)	To solve problems involving money	Know the facts about menstrual wellbeing and the menstrual cycle
Know that gender stereotypes can be harmful	To understand that money can help everyone	Know the facts about puberty and the <b>physical</b> changes that take place during adolescent
Types of bullying: Know the meaning of the word gay and not to use homophobic language, and the legal implications of this	To understand the debt and credit.	Know the facts about puberty and the <b>emotional</b> changes that take place during adolescence



## Appendix 2: Year 6 PSHE Curriculum Objectives



Autumn – Economic Wellbeing	Spring - Happy, healthy and Safe	Summer - Preparing for Change
Know what makes a strong society and how I can contribute	Know what contributes to a healthy lifestyle, and that your health is your responsibility	Preparing to transition to high school socially, emotionally and personally
Know how democracy works in the UK parliament	Know the importance of making responsible decisions about sleep	
Know the difference between national and local government	Know the facts about a healthy dental routine and the impact of poor dental health on general wellbeing	
Know why we have laws and how laws are made and enforced in the UK	Know about the concept of privacy	
Know what tax is, how it is collected and what it pays for	Know how to respond to peer pressure	
Know how you can have a say in how your council tax is spent	Know how to use social media responsibly	

