



## Haberdashers' Castle House School

### PSHE & RSE Curriculum and Scheme of work

Date of policy creation	1.9.19	I Sterling & E Butler
Date of policy adoption by Governing Body	1.9.19	Governors
Date of last Policy Review	August 2024	I Sterling E Butler
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Next Review	August 2025	I Sterling E Butler

The Department for Education has introduced a new curriculum for Relationship Education, Relationships and Sex Education and Health Education, commonly shortened to **RSE**. It will be compulsory for all **schools** to teach this curriculum from September 2020.

Children and young people are growing up in an increasingly complex world and living their lives both on and offline. This presents many positive opportunities, but also challenges and risks. Therefore, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. This is why Relationships Education is compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools, as well as Health Education in all state-funded schools.

The compulsory subject content must be age appropriate and developmentally appropriate. It must be taught sensitively and inclusively, with respect to the backgrounds and beliefs of pupils and parents while always with the aim of providing pupils with the knowledge they need of the law

In primary schools, the focus is key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.

Teaching about mental wellbeing is at the core of all we do at Castle House. We know that children and young people are increasingly experiencing challenges, and that young people are at particular risk of feeling lonely. The new subject content of PSHE and RSE will equip them the knowledge and capability to take care of themselves and receive support if problems arise.

Castle House Preparatory school will help to foster pupil wellbeing and develop the resilience and character that we know are fundamental to pupils being happy, successful and productive members of society. Central to this is pupils' ability to believe that they can achieve goals, both academic and personal; to stick to tasks that will help them achieve those goals, even when the reward may be distant or uncertain; and to recover from challenging periods in their lives.

In order to meet 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. Pupils can learn how to make sound decisions when facing risks, challenges and complex situations. These subjects can support young people to develop resilience, to know **how** and **when** to ask for help, and to know **where** to access support.

Castle House Preparatory School supports high quality, evidence-based and age-appropriate teaching of these

subjects, which can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.

**THE LAW** - The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools.

This policy also sets out both the rights of parents/carers to withdraw pupils from sex education (but not Relationships or Health Education) and the process that head teachers should follow in considering a request from a parent. Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.

Schools are free to determine how to deliver RSE in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme or lessons.

Castle House Preparatory School is aware that for many young people the distinction between the online world and other aspects of life is less marked than for some adults. Young people often operate very freely in the online world and are likely to spend a substantial amount of time online. Topics and issues outlined here are likely to be encountered by pupils online, this will be taken into account when planning how to support them in distinguishing between different types of online content and this should lead to informed decision making. **Our safeguarding / online safety training for pupils enhances pupil knowledge alongside the PSHE/RSE timetable.**

The internet and social media have other important characteristics which young people should be aware of in order to help them use them safely. SOCIAL MEDIA users are sometimes prepared to say things in more extreme, unkind or exaggerated ways than they might in face-to-face situations, and some users present highly exaggerated or idealised profiles of themselves online. Some platforms attract large numbers of users with similar, sometimes extreme, views, who do not welcome dissent or debate. Young people should be aware that certain websites may share personal data about their users, and information collected on their internet use, for commercial purposes (i.e. to enable targeted advertising). In addition, criminals can operate online scams, for example using fake websites or emails to extort money or valuable personal information. This information can be used to the detriment of the person or wider society. Castle House Preparatory School will take these factors into account when planning teaching of these subjects to ensure pupils know how to keep themselves and their personal information safe.

## **What is relationships and sex education?**

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being.

### **Castle House Preparatory School follows DfE guidance:**

- **Relationships Education, Relationships and Sex Education (RSE) and Health Education.**

[Relationships Education, Relationships and Sex Education and Health Education guidance \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/101311/relationships-education-relationships-and-sex-education-and-health-education-guidance.pdf)

- **Keeping Children Safe in Education 2024**

[Keeping children safe in education 2024 \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/101311/keeping-children-safe-in-education-2024.pdf)

- **Guidance for Personal Social Health and Economic (PSHE) Education 2019**

[Personal, social, health and economic \(PSHE\) education - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

**The Sex Education Forum believes that good quality RSE is an entitlement for all children and young people and must:**

- Be accurate and factual, covering a comprehensive range of information about sex, relationships, the law and sexual health, in order to make informed choices. In schools this should be part of compulsory curriculum provision;
- Be positively inclusive in terms of gender, sexual orientation, disability, ethnicity, culture, age, religion or belief or other life-experience particularly HIV status and pregnancy;
- Include the development of skills to support healthy and safe relationships and ensure good communication about these issues;
- Promote a critical awareness of the different attitudes and views on sex and relationships within society such as peer norms and those portrayed in the media;
- Provide opportunities for reflection in order to nurture personal values based on mutual respect and care;
- Be part of lifelong learning, starting early in childhood and continuing throughout life. It should reflect the age and level of the learner;
- Ensure children and young people are clearly informed of their rights such as how they can access confidential advice and health services within the boundaries of safeguarding;
- Be relevant and meet the needs of children and young people, and actively involve them as participants, advocates and evaluators in developing good quality provision;
- Be delivered by competent and confident educators;
- Be provided within a learning environment which is safe for the children, young people and adults involved and based on the principle that prejudice, discrimination and bullying are harmful and unacceptable.

### **Arrangements for Teaching at Castle House School**

All classes from Reception to Year 6 have a weekly RSE / PSHE Session. This is delivered by the Form Teacher and, in the case of more emotive topics for RSE, is delivered to **the pastoral lead in conjunction with class teachers**. All classes have a half termly session for the whole afternoon, which focuses in on their current learning allowing more time for discussion and reflection for the benefit of all pupils.

Pupils at Castle House Preparatory School receive extra training in addition to the RSE/PSHE curriculum. There is additional training in online safety and the STAR DRUGS programme from our safeguarding lead. We also have regular visits from the NSPCC to deliver their Speak Out Stay Safe programme, and this is reinforced in our curriculum on a regular basis.

We also hold a whole school Pastoral assembly every week with Mrs Butler, where a planned range of topics are covered to enhance the PSHE curriculum in detail, plus all aspects of FBV. Mrs Butler will hold several Mental Health Workshops throughout the year for all Year groups age appropriately.

### **Safeguarding**

The **statutory guidance on safeguarding for children in schools and colleges** requires schools to ensure that children are taught about safeguarding, including online safety. Schools should consider this as part of providing a broad and balanced curriculum'. Effective PSHE education supports safeguarding by delivering protective learning opportunities on a range of potential safeguarding issues identified by Ofsted in the guidance **Inspecting Safeguarding in Early Years, Education and Skills Settings**, including:

- neglect
- physical abuse
- sexual abuse
- emotional abuse

- bullying, including online bullying and prejudice-based bullying
- racist, disability and homophobic or transphobic abuse
- gender-based violence/violence against women and girls
- peer-on-peer abuse, such as sexual violence and harassment
- radicalisation and/or extremist behaviour
- risks linked to using technology and social media, including online bullying; the risks of being groomed online for exploitation or radicalisation; and risks of accessing and generating inappropriate content, for example 'sexting'
- substance misuse
- domestic abuse
- female genital mutilation
- forced marriage
- poor parenting

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<a href="#"><u>KS1 TEAM</u></a> (Relationships)	<a href="#"><u>KS1 Think Positive</u></a> (Health and Wellbeing)	<a href="#"><u>KS1 Diverse Britain</u></a> (Living in the Wider World)	<a href="#"><u>KS1 Be Yourself</u></a> (Relationships)	<a href="#"><u>KS1 It's My Body</u></a> (Health and Wellbeing)	<a href="#"><u>KS1 Aiming High</u></a> (Living in the Wider World)
Year 2	<a href="#"><u>KS1 VIPs</u></a> (Relationships)	<a href="#"><u>KS1 Safety First</u></a> (Health and Wellbeing)	<a href="#"><u>KS1 One World</u></a> (Living in the Wider World)	<a href="#"><u>KS1 Digital Wellbeing</u></a> (Relationships)	<a href="#"><u>KS1 Money Matters</u></a> (Living in the Wider World)	<a href="#"><u>KS1 Growing Up</u></a> (Health and Wellbeing)
Year 3	<a href="#"><u>LKS2 TEAM</u></a> (Relationships)	<a href="#"><u>LKS2 Think Positive</u></a> (Health and Wellbeing)	<a href="#"><u>LKS2 Diverse Britain</u></a> (Living in the Wider World)	<a href="#"><u>LKS2 Be Yourself</u></a> (Relationships)	<a href="#"><u>LKS2 It's My Body</u></a> (Health and Wellbeing)	<a href="#"><u>LKS2 Aiming High</u></a> (Living in the Wider World)
Year 4	<a href="#"><u>LKS2 VIPs</u></a> (Relationships)	<a href="#"><u>LKS2 Safety First</u></a> (Health and Wellbeing)	<a href="#"><u>LKS2 One World</u></a> (Living in the Wider World)	<a href="#"><u>LKS2 Digital Wellbeing</u></a> (Relationships)	<a href="#"><u>LKS2 Money Matters</u></a> (Living in the Wider World)	<a href="#"><u>LKS2 Growing Up</u></a> (Health and Wellbeing)
Year 5	<a href="#"><u>UKS2 TEAM</u></a> (Relationships)	<a href="#"><u>UKS2 Think Positive</u></a> (Health and Wellbeing)	<a href="#"><u>UKS2 Diverse Britain</u></a> (Living in the Wider World)	<a href="#"><u>UKS2 Be Yourself</u></a> (Relationships)	<a href="#"><u>UKS2 It's My Body</u></a> (Health and Wellbeing)	<a href="#"><u>UKS2 Aiming High</u></a> (Living in the Wider World)
Year 6	<a href="#"><u>UKS2 VIPs</u></a> (Relationships)	<a href="#"><u>UKS2 Safety First</u></a> (Health and Wellbeing)	<a href="#"><u>UKS2 One World</u></a> (Living in the Wider World)	<a href="#"><u>UKS2 Digital Wellbeing</u></a> (Relationships)	<a href="#"><u>UKS2 Money Matters</u></a> (Living in the Wider World)	<a href="#"><u>UKS2 Growing Up</u></a> (Health and Wellbeing)

## HEALTH AND WELL BEING KS1

<b>H1.</b> about what keeping healthy means; different ways to keep healthy
<b>H2.</b> about foods that support good health and the risks of eating too much sugar
<b>H3.</b> about how physical activity helps us to stay healthy; and ways to be physically active everyday
<b>H4.</b> about why sleep is important and different ways to rest and relax
<b>H5.</b> simple hygiene routines that can stop germs from spreading
<b>H6.</b> that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy
<b>H7.</b> about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
<b>H9.</b> about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV
<b>H10.</b> about the people who help us to stay physically healthy
<b>H11.</b> about different feelings that humans can experience

<b>H12.</b> how to recognise and name different feelings
<b>H13.</b> how feelings can affect people's bodies and how they behave
<b>H14.</b> how to recognise what others might be feeling
<b>H15.</b> to recognise that not everyone feels the same at the same time, or feels the same about the same things
<b>H16.</b> about ways of sharing feelings; a range of words to describe feelings
<b>H17.</b> about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)
<b>H19.</b> to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it
<b>H20.</b> about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better
<b>H21.</b> to recognise what makes them special
<b>H22.</b> to recognise the ways in which we are all unique
<b>H24.</b> how to manage when finding things difficult
<b>H25.</b> to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
<b>H26.</b> about growing and changing from young to old and how people's needs change
<b>H27.</b> about preparing to move to a new class/year group
<b>H28.</b> about rules and age restrictions that keep us safe
<b>H28.</b> about rules and age restrictions that keep us safe
<b>H29.</b> to recognise risk in simple everyday situations and what action to take to minimise harm
<b>H30.</b> about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)
<b>H32.</b> ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely
<b>H33.</b> about the people whose job it is to help keep us safe
<b>H34.</b> basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them
<b>H36.</b> how to get help in an emergency (how to dial 999 and what to say)
<b>H37.</b> about things that people can put into their body or on their skin; how these can affect how people feel

## HEALTH AND WELL BEING KS2

<b>H1.</b> how to make informed decisions about health
<b>H2.</b> about the elements of a balanced, healthy lifestyle
<b>H3.</b> about choices that support a healthy lifestyle, and recognise what might influence these
<b>H4.</b> how to recognise that habits can have both positive and negative effects on a healthy lifestyle
<b>H5.</b> about what good physical health means; how to recognise early signs of physical illness
<b>H6.</b> about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.
<b>H7.</b> how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle
<b>H8.</b> about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn
<b>H9.</b> that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it
<b>H10.</b> how medicines, when used responsibly, contribute to health; that some diseases can be prevented

by vaccinations and immunisations; how allergies can be managed
<b>H11.</b> how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)
<b>H12.</b> about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer
<b>H13.</b> about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online
<b>H14.</b> how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health
<b>H15.</b> that mental health, just like physical health, is part of daily life; the importance of taking care of mental health
<b>H16.</b> about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing
<b>H17.</b> to recognise that feelings can change over time and range in intensity
<b>H18.</b> about everyday things that affect feelings and the importance of expressing feelings
<b>H19.</b> a varied vocabulary to use when talking about feelings; about how to express feelings in different ways
<b>H20.</b> strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations
<b>H21.</b> to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others
<b>H22.</b> to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult
<b>H23.</b> about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement
<b>H24.</b> problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools
<b>H25.</b> about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
<b>H26.</b> that for some people gender identity does not correspond with their biological sex
<b>H27.</b> to recognise their individuality and personal qualities
<b>H28.</b> to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth
<b>H29.</b> about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking
<b>H30.</b> to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction
<b>H31.</b> to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction
<b>H32.</b> about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
<b>H33.</b> about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for
<b>H34.</b> about where to get more information, help and advice about growing and changing, especially about puberty
<b>H35.</b> about the new opportunities and responsibilities that increasing independence may bring
<b>H36.</b> strategies to manage transitions between classes and key stages
<b>H37.</b> reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming

<b>H38.</b> How to predict , assess and manage risk in different situations
<b>H39.</b> About hazards(including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risk and keep safe.
<b>H40</b> about the importance of taking medicines correctly and using household products safely eg following instructions
<b>H41</b> strategies for keeping safe in the local environment or unfamiliar places ( rail, water, road) and firework safety, safe use of digital devices when out and about.
<b>H42.</b> About the importance of keeping personal information private, strategies for keeping safe online including how to manage requests for personal information or images of themselves and others, what to do if frightened or worried and how to report concerns , inappropriate content and contact
<b>H43.</b> about what is meant by first aid, basic techniques for dealing with common injury.
<b>H44.</b> How to respond and react in an emergency situation, how to identify situations which may require emergency services, know how to contact and what to say.
<b>H45.</b> That FGM is against British law, what to do and whom to tell if they think they or someone they know may be at risk.
<b>H46.</b> , about the risks and effects of legal drugs common to everyday life ( eg cigarrey, e-cigarettes/vaping, alcohol and medicines) and their impact on health, to recognise That drug use may become a habit and is difficult to break.
<b>H47</b> to recognise that there are a laws surrounding the use of legal drugs, and that some drugs are illegal to own, use or give to theirs.
<b>H48.</b> about why people choose to use or not use drugs including alcohol o and smoking/vaping.
<b>H49</b> about the mixed messages in the media about drugs including alcohol, smoking/vaping
<b>H50.</b> about the organisations that can support people concerning alcohol, tobacco, nicotine or other drug use, who to talk to if they have concerns.

## Relationships KS1

<b>R1.</b> About the roles different people (e.g. acquaintances, friends and relatives) play in our lives
<b>R2.</b> To identify the people who love and care for them and what they do to help them feel cared for
<b>R3.</b> About different types of families including those that may be different to their own
<b>R4.</b> to recognise what is fair and unfair, kind and unkind, what is right and wrong
<b>R5.</b> That it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried
<b>R6.</b> About how people make friends and what makes a good friendship
<b>R7.</b> About how to recognise when they or someone else feels lonely and what to do
<b>R8.</b> Simple strategies to resolve arguments between friends positively
<b>R9.</b> How to ask for help if a friendship is making them feel unhappy

<b>R10.</b> That bodies and feelings can be hurt by words and actions; that people can say hurtful things online
<b>R11.</b> About how people may feel if they experience hurtful behaviour or bullying
<b>R12.</b> That hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult
<b>R13.</b> To recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private
<b>R14.</b> That sometimes people may behave differently online, including by pretending to be someone they are not
<b>R15.</b> How to respond safely to adults they don't know
<b>R16.</b> About how to respond if physical contact makes them feel uncomfortable or unsafe
<b>R17.</b> About knowing there are situations when they should ask for permission and also when their permission should be sought
<b>R18.</b> About the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)
<b>R19.</b> Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe
<b>R20.</b> What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard
<b>R21.</b> About what is kind and unkind behaviour, and how this can affect others
<b>R22.</b> About how to treat themselves and others with respect; how to be polite and courteous
<b>R23.</b> To recognise the ways in which they are the same and different to others
<b>R24.</b> How to listen to other people and play and work cooperatively
<b>R25.</b> How to talk about and share their opinions on things that matter to them

## Relationships KS2

<b>R1.</b> to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)
<b>R2.</b> that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different
<b>R3.</b> about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong
<b>R4.</b> that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others
<b>R5.</b> that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart
<b>R6.</b> that a feature of positive family life is caring relationships; about the different ways in which people care for one another
<b>R7.</b> to recognise and respect that there are different types of family structure (including single parents, same-



sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability

**R8.** to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty

**R9.** how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice

**R10.** about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing

**R11.** what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships

**R12.** to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face

**R13.** the importance of seeking support if feeling lonely or excluded

**R15.** strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others

**R16.** how friendships can change over time, about making new friends and the benefits of having different types of friends

**R17.** that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely

**R18.** to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

**R19.** about the impact of bullying, including offline and online, and the consequences of hurtful behaviour

**R20.** strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support

**R21.** about discrimination: what it means and how to challenge it

**R22.** about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);

**R23.** about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns

**R24.** how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know

**R25.** recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact

**R26.** about seeking and giving permission (consent) in different situations

**R27.** about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will

find out about) or should not be agreed to, and when it is right to break a confidence or share a secret
<b>R28.</b> how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this
<b>R29.</b> where to get advice and report concerns if worried about their own or someone else's personal safety (including online)
<b>H29.</b> about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking
<b>R30.</b> that personal behaviour can affect other people; to recognise and model respectful behaviour online
<b>R31.</b> to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships
<b>R32.</b> about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background
<b>R33.</b> to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own
<b>R34.</b> how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with.

## Living in the wider world. KS1

<b>L1.</b> about what rules are, why they are needed, and why different rules are needed for different situations
<b>L2.</b> how people and other living things have different needs; about the responsibilities of caring for them
<b>L3.</b> about things they can do to help look after their environment
<b>L4.</b> about the different groups they belong to
<b>L5.</b> about the different roles and responsibilities people have in their community
<b>L6.</b> to recognise the ways they are the same as, and different to, other people
<b>L7.</b> about how the internet and digital devices can be used safely to find things out and to communicate with others
<b>L8.</b> about the role of the internet in everyday life
<b>L9.</b> that not all information seen online is true
<b>L10.</b> what money is; forms that money comes in; that money comes from different sources
<b>L11.</b> that people make different choices about how to save and spend money
<b>L12.</b> about the difference between needs and wants; that sometimes people may not always be able to have the things they want
<b>L13.</b> that money needs to be looked after; different ways of doing this

**L14.** that everyone has different strengths

**L15.** that jobs help people to earn money to pay for things

**L16.** different jobs that people they know or people who work in the community do

**L17.** about some of the strengths and interests someone might need to do different jobs

## **Living in the wider world KS2**

**L1.** to recognise reasons for rules and laws; consequences of not adhering to rules and laws

**L2.** to recognise there are human rights, that are there to protect everyone

**L3.** about the relationship between rights and responsibilities

**L4.** the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others

**L5.** ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)

**L6.** about the different groups that make up their community; what living in a community means

**L7.** to value the different contributions that people and groups make to the community

**L8.** about diversity; what it means; the benefits of living in a diverse community; about valuing diversity within communities

**L9.** about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes

**L10.** about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced

**L11.** to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom

**L13.** about some of the different ways information and data is shared and used online, including for commercial purposes

**L14.** about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information

**L15.** recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images

**L16.** about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation

**L17.** about the different ways to pay for things and the choices people have about this

**L18.** to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'

**L19.** that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)

<b>L20.</b> to recognise that people make spending decisions based on priorities, needs and wants
<b>L21.</b> different ways to keep track of money
<b>L22.</b> about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe
<b>L23.</b> about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations
<b>L24.</b> to identify the ways that money can impact on people's feelings and emotions
<b>L25.</b> to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes
<b>L26.</b> that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life

<b>L27.</b> about stereotypes in the workplace and that a person's career aspirations should not be limited by them
<b>L28.</b> about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)
<b>L29.</b> that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid
<b>L30.</b> about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation
<b>L31.</b> to identify the kind of job that they might like to do when they are older
<b>L32.</b> to recognise a variety of routes into careers (e.g. college, apprenticeship, university)

## SUMMARY OF THE WORK COVERED IN RELATIONSHIP AND SEX EDUCATION

This is a summary of the scheme of work currently used at Castle House Preparatory School. Each year, the scheme is modified slightly to accommodate the specific needs of the individual children. However, we have found that this outline of work does embrace the main teaching points we wish to cover and seems suited to the general level of understanding of the children in Years 5 and 6. The staff concerned will continue to review and update the scheme each year, this will be Mrs Elizabeth Butler and the Year 6 teacher.

Sex and relationship education usually takes place during the last half of the Summer Term. Before beginning the lessons, a **detailed letter is sent to parents explaining that sex and relationship education will be part of the curriculum at a future date. No specific dates are given. The parents are invited to come into school and the staff involved explain the content of the scheme of work and show parents the resources, including videos which the children will be seeing. Parents have the right to withdraw their child from all or part of the sex education programme that we teach in our school. If**

a parent wished their child to be withdrawn from Sex education lessons, they should discuss this with the head teacher and make it clear which aspects of the programme they do not wish their child to participate in. Parents are not allowed to withdraw children from those parts of the statutory National Curriculum. See below:

### **National Curriculum Science**

#### **KEY STAGE 1**

- a) *to recognise and compare the main external parts of the bodies of humans*
- b) *that animals including humans, move, feed, grow, use their senses and reproduce*
- c) *that humans and animals can produce offspring and these grow into adults*
- d) *to recognise similarities and differences between themselves and others and treat others with sensitivity*

#### **KEY STAGE 2**

- a) *that the life processes common to humans and other animals include nutrition, growth and reproduction.*
- b) *about the main stages of the human life cycle.*

At the beginning of the first session on sex education, an explanation is given to the whole class about:

- What we mean by RSE
- Why and how we are going to approach it in school

**The scheme of work for RSE has been updated for summer 2024. Going forwards we shall be using the basis of this scheme every year, but it will be constantly reviewed to move with the current climate, as many aspects of teaching are fluid and the constantly changing threats to pupils online safety have to be taken into account every year when teaching this subject. The scheme we have adopted is: “Respect Yourself Transition Programme” developed by Shropshire County NHS Primary Care Trust. We shall also use elements of the NSPCC Speak Out Saty safe programme.**

**<https://lawleyprimary.co.uk/media/3244/year-6-7-transition.pdf>**

**This link will take you to the programme in its PDF form.**

# Relationships and Sex Education Scheme/Overview Year 6 Summer Term.

Letter sent to parents in early June (information and advice, with copy of pupil handbook and pupils safeguarding policies).

Parents invited to attend meeting with Pastoral/Safeguarding lead and Year 6 form teacher prior to lesson dates.

**Copy of letter:**

From: The Headteacher: Mr I Sterling  
E: [ian.sterling@castlehouseschool.co.uk](mailto:ian.sterling@castlehouseschool.co.uk)



Haberdashers'  
Castle House School

Dear Parents/Carers,

At Castle House School we believe that promoting the health and well-being of our pupils is a vital part of their overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum, alongside our pastoral care systems. The aim of the PSHE curriculum is to help our pupils to make safe and informed decisions during their school years and beyond.

Relationships and Sex Education (RSE) is part of the PSHE curriculum, and we will be teaching RSE over the next few weeks to year 6.

RSE is compulsory, and we believe that your child's understanding of RSE is of paramount importance. As parents/carers you have the right to withdraw your child from certain aspects of this program but **not** from the national curriculum expectations. Please do make an appointment with me to discuss your concerns and notice of withdrawal must be received in writing a week before the lessons are scheduled to start.

It is possible that pupils who are withdrawn from this part of their education may become curious and research information independently of adult guidance, which unsupervised could be confusing, and may lead to further inappropriate content. Similarly, they may consult their peers for gaps in knowledge rather than an adult.

We feel that delivering this information in a controlled and safe space with trusted staff will arm pupils with the knowledge they need in the right environment. There will be plenty of opportunities for discussion and every question will be answered, each pupil's privacy will be respected, and no one will be asked to reveal personal information.

The scheme we shall deliver will be based on elements of Shropshire County NHS Primary Care Trust "Respect Yourself Transition Program", plus NSPCC Speak Out Stay Safe. We will also include work on relationships with women and girls, sexual harassment, Child on Child abuse, LGBTQ+ relationships and gender-based work, all in an age-appropriate way that the children can understand. It is vital that the children have an embedded understanding of these aspects of life before they begin senior school where their horizons will be broadened considerably.

Our school PSHE/RSE policy is available to view on the school website with an overview of the program we shall deliver.

### **Safeguarding.**

As Head of Pastoral care and the Designated Safeguarding Lead, I am perfectly placed to deliver this course with the Year 6 form tutor. Should any safeguarding concerns arise at any time during the course, I will be on hand to attend to them personally. We shall have an anonymous question box on hand every day, and the children will also be offered the opportunity to talk to either of us in the days "afterwards" if they have any further concerns or were too embarrassed to speak up in class. I have also written Child Friendly Policies which I will be handing out to Year 6 to keep, on Safeguarding, Bullying, Child on Child Abuse, Mental Health and Online Safety.

### **Withdrawing your child.**

Should you wish to come into school on June at 4.00pm to meet with us, we will discuss any concerns you may have. Please e-mail the school if you would like to attend.

After the meeting, you may inform us if you wish to withdraw your child from aspects of the scheme. We feel that when you are familiar with the content and have had a chance to look at the booklet and talk to us, you can make an informed decision. We will assume you are **not** withdrawing your child if we do not hear from you.

Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school.

We have enclosed the children's handbook "Growing Up ok" for you to look through and then pass on to your child shortly before 12th June when the course begins. This book will benefit Year 6 at this time and going forwards into senior school.

With kind regards,

Mrs Elizabeth Butler, Head of Pastoral Care. Designated Safeguarding Lead. School Counsellor.

Miss L Campbell. Year 6 Form Tutor.

## **SEND pupils.**

Pupils will be offered additional support or alternative provision according to their needs. We will consult with parents if we feel this support is necessary on a case-by-case basis. The DSL and Pastoral lead will consult with the Year 6 teacher for each individual child before we progress with this course.

## **Copy of contents (as presented in PSHE/RSE Policy and published on school website):**

### **RSE lesson plan overview 2023/onwards Year 6.**

**Letter to parents** to be sent out a week before delivery of programme. Letter includes option to withdraw child from certain areas of the programme (apart from the mandatory national curriculum areas)

**Meeting** to include discussion of the contents of the programme, question and answer session, and introduction to the booklet "Growing Up Ok!" Parents will be given a copy of the booklet and our Child Friendly Policies, both of which will also be given to year 6 in the first lesson.

**Provisions** will be made from the outset for SEND pupils and the maturity of the class, in how we proceed at every lesson.

### **DELIVERY OF PROGRAMME**

Teaching to be adapted daily as to length and pace of the sessions, according to how well received and how mature pupils are. If it is going well and time allows, move on at the desired pace.

- Introductory chat and ice breaker.
- Hand out class "Charter" page 7
- Hand out and read out "Ground Rules" (lesson 1 page 1:1)
  - Ask the three set questions page 14, score 1-10. (Analyse results later to influence next steps).
  - Introduce Boz Baz characters (themed throughout) - Question box (box to remain in situ for whole programme for anonymous questions)

There is a CD which runs throughout the programme, called SENSE:

### **CD contents:**

Growing up and Keeping Safe KS2

Under Being Healthy, select Sex section

What does love mean? (Children talking) 1 m

What do we mean by the word sex? (Children talking) 2 m

Where do babies come from? (Children talking) 1 m

When do you know when to have sex? (Cartoon characters talking) 1 m

Why do people have sex? (Cartoon characters talking) 1 m

Others' views (Cartoon characters taking) 1 m



Under Being Healthy, select Puberty section

What is puberty? (Children talking) 1 m

What happens to boys during puberty? (Children talking) 1 m

What happens to girls during puberty? (Children talking) 1 m

Growing up changes in puberty (narrator) 1 m

Specific physical and emotional changes with cartoon characters 7 m

### **START CD “Puberty” watch video**

Boz and Baz begin aged ten.

- Hand out Boz Baz pictures and images 2:3 (lesson 2- 2nd page)
- Pupils contribute and add facts, but the basis of Boz Baz is as follows...
- Boz (F) age 10,
- Baz (M) age 10
- Two main characters are used throughout the Respect Yourself programme - Boz (female), Baz (male). There are images of them aged 5, 9, 14 and 20. They are used as a distancing technique so pupils can explore issues and concerns via a third party (2.1)). Boz and Baz appear in several Shropshire publications such as school nurse leaflet and to advertise CHAT (confidential help and advice for teenagers) and the Respect Yourself booklets. They provide a recognisable, consistent brand for young people across Shropshire.

### **PLAY CD “Boy Girl Changes”**

- Hand out Boz Baz pictures age 14
- Hand out puberty quiz
- Allow plenty of time for discussion
- Read book “Hair in Funny Places” from PDF.

Read mummy laid an egg (from PDF)

### **SHOW CD.**

(What does sex mean, where do babies come from, what is love, when do you know when to have sex) we will be extremely sensitive about how this is delivered, this means taking into account the pupils' maturity and SEND pupils. Time will be taken to make sure this is well understood.

- Hand out card game (look at Y6 lesson 4 activities)
- Discuss CONSENT, No means NO
- Discuss sexual violence (non-consensual sex) in a way pupils can understand
- Show consent video “Consent for kids”.

### **NSPCC AREA.**

- Introduce NSPCC pants section. (See separate notes and booklet) pupils are familiar with this already from school visits from the NSPCC Speak out Stay Safe programme
- Allow time for discussion
- Make sure the issue of consent is clarified.
- Remind pupils about questions box, encourage its use.

## **SEXUALLY TRANSMITTED DISEASES - STI's**

- Discuss STI and show video. We have videos from various sources to explain STI issues, including Amaze.org. We shall also spend time discussing this in detail so that the pupils understand fully how to take care of themselves and others without alarming,

## **MENSTRUATION**

- To be discussed with all pupils present. Further discussion for girls with EB separately if needed. EB show video again if needed. Show pupils sanitary products which we have in school. Encourage pupils to talk to their parents/carers about periods and reassure them. Explain that there will be a pastoral lead at their next school who can help them with personal issues and provide products.
- Re visit "giving birth" if needed.

## **FINAL LESSON. SEXUAL HARASSMENT**

- Refer to P21 of the Growing up ok booklet
- Show video from Amaze.org which is age appropriate.
- Allow plenty of time for discussion as this is especially important.

## **RELATIONSHIPS/RESPECTING WOMEN AND GIRLS**

- Refer to what is acceptable/unacceptable
- Refer to domestic violence, make sure it is understood that this can happen to anyone and does not just refer to men hurting women.
- Refer to up-skirting, make sure it is understood this is a criminal offence.
- Refer to Sexting and talk about think before you post.
- Show a video from Amaze.org which is age appropriate Read out any questions from Boz and Baz box.

## **REFLECTION.**

- Give out "Reflection Sheet" (lesson 3:5)
- Remind pupils that they can come and talk to us in the time "afterwards" if they feel they still do not understand or are worried about something. Encourage pupils to trust their parents/carers and always talk to them about their problems if they can.
- Explain that searching the Internet for answers can often lead to inappropriate and confusing messages and images.

## **Teachers Notes: in lesson.**

### **RSE delivery Year 6 Summer Term**

Resources prep:

Prepared worksheets and reference documents.

YouTube open

EB e mail list in readiness for links

### **Follow this order precisely:**

Ice breaker - General chat around embarrassment etc.

Hand out folder - ground rules are glued to front cover – go through rules.

Boz Baz pictures on board.

Page 14 of main RESPECT YOURSELF book 1.0 - find out what they already know.

(children write Sticky Notes and stick by Boz and Baz Pictures)

Introduce question box, that it can be anonymous... and explain about “afterwards” and ongoing support, school or parents.

## **PUBERTY**

**VIDEO** – search You Tube “Sex education for middle school video 2 puberty” (its sex ed time with Eleanor Stein) 15 mins

Discuss anything which comes up, then onto next videos.

**VIDEOS** from my pinned e mail (Samuel).

1.1 hygiene

1E

1F

1G all these are further videos on puberty but very short in time.

Boz Baz age 14 onto the board.

Ask children to tell you changes and write as Sticky Notes again, next to the Pictures.

Discuss puberty general - how much it is to deal with and its hard, but we’ve all been there....

**READ BOOK** hair in funny places If needed. Base this on SEND and class maturity.

**HAND OUT** “growing growing growing up!” poster (“it's so amazing” sheets)

**HAND OUT** the puberty quiz and crossword.

After completing, have a break.

## **CONCEPTION SEX AND CHILDBIRTH**

**READ BOOK** “Mummy lays an egg”

**VIDEOS** from (Samuel) e mail again All very short in time

1.4 sex (cartoon) meaning of sex and when to have

1.i sex (children talking) intercourse and condoms

1.j babies (children talking)

**HAND OUT** and read out “it's so amazing” sheets “What's love”

**HAND OUT AND THEN READ OUT!** “It's so amazing sheets”:

- 1) Gender and sex
- 2) Sex

**VIDEO** search you tube “Sexual orientation explained: Lesbian Gay, Heterosexual, Bisexual”.

(amaze)

**HAND OUT** body parts diagrams to be labelled.

**PLAY GAME** children play matching card game. Two groups.

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**VIDEO** you tube search “Conception explained aptaclub Ireland”

**HAND OUT** its so amazing sheets “Twins and more” **READ OUT**

**BREAK AGAIN.**

**HAND OUT** its so amazing sheets “Come out come out wherever you are”

If the girls seem upset or worried at this point talk about the joy of childbirth and tell them about different kinds of pain relief. Also stress the need for a supportive partner during birth.

**TALK ABOUT** contraception – focus on condoms, the pill, and seeing a doctor to discuss what is the right method for girls. Discuss **RESPONSIBILITY OF BOTH PARTIES** to discuss and use contraception.

**VIDEO from** (Samuel) e mail;

1.H falling in love (children talking) short clip

## HEALTHY RELATIONSHIPS;

**VIDEO** search you tube “healthy vs unhealthy relationships” amaze

**HAND OUT** its so amazing sheets “keeping safe ok touches” **READ IT OUT**

**NSPCC PANTS** work – prepared just hand out and explain body diagram.

**VIDEO** search you tube “consent for kids” or my pinned e mail 6<sup>th</sup> one down

**VIDEO** search you tube “what is sexual harassment” amaze

Discuss women and girls, treatment. Brush with Domestic Abuse (works both ways and can be financial and emotional as well as just physical, or all three)

## STD’s

**HAND OUT** its so amazing sheets “HIV and AIDS”

Talk about STD’s seek advice from doctor for any symptoms, don't be shy and scared to go!

Name a few more common STD#s from sheet.

## Finale – if girls need this (girls only)

**Video** on menstruation products and self-care. Can be done following week if they have had enough now.

Record of attendance/parental engagement and SEND provision.

	2023	2024	2025
Pre lesson parents meeting with staff - attended after invitation	4	0	
Children withdrawn from programme at parents request (apart from national curriculum science compulsory)	0	0	
SEND additional needs pupils offered alternative provision	0	1	