

Elements of our PSHE/RSHE Curriculum.

Our PSHE/RSHE curriculum is broken down into six teaching areas:

Being Me in My World Autumn 1	Celebrating Differences Autumn 2	Dreams and Goals Spring 1	Healthy Me Spring 2	Relationships Summer 1	Changing Me Summer 2
Knowledge and understanding					
Substantive knowledge: The what, why, how and who taught within PSHE and RSHE lessons.			Topic specific vocabulary: The language and vocabulary for each teaching area of PSHE/RSHE.		
Being part of a class. Citizenship Role models – anti-social behaviour. Rights, responsibilities and expectations. Choice, consequence and rewards. Democracy, having a voice. Identity and independence. The growing understanding of self-identity.	Challenging assumptions- enjoying and respecting cultures. Wealth and happiness. Perceptions of normality. Racism. Types of bullying and tackling bullying. Understanding disability. Differences as conflicts. Celebrating differences. Power struggles. Empathy.	Hopes and dreams now and for the future. Learning goals in and out of school. Overcoming disappointment; coping when things don't go to plan. Building resilience and positive attitudes. The importance of money. Jobs. Recognising achievements and understanding compliments. Motivation. Supporting others (charity).	Healthy friendships- peer pressure and assertiveness. Smoking and vaping. Alcohol and how it changes behaviour. The affect of substances on the body. Emergency aid. Relationships with food. Healthy choices. Exploitation (including county lines and gang culture). Emotional and mental health. Managing stress	Being jealous. Love and loss. Getting on and falling out. Girlfriends and boyfriends. Self recognition, self-worth and self-esteem. Mental wellbeing – identifying mental health worries and finding help. Safer on-line communities. Reducing screen time. Dangers of on-line grooming. SMART internet safety rules. Managing feelings. Power and control. Assertiveness.	Changes in my body – growing up. Life cycles in nature (including humans). How babies grow. The differences between males and females (with the correct terminology). Challenging my ideas. Accepting changes in me. Puberty in boys and girls. Growing responsibilities. Body image. Puberty and feelings. Conception to birth. Physical attraction. Respect and consent. Boyfriends and girlfriends. Sexting. Transition.

There are three interlocking strands of PSHE/RSHE, Knowledge and understanding, thinking and questioning, living: Actions and choices.

