



What is PSHE education?

Our children are growing up in the most rapidly changing period in our history. This creates complex challenges and new opportunities.

PSHE education deals with the real life issues affecting our children, families and communities. It is concerned with the social, health and economic realities of their lives, experiences and attitudes.

PSHE education helps all children and young people – the highest achievers as well as the vulnerable and excluded – to achieve their fullest potential.

Why is PSHE education so important?

This important aspect of a child's learning;-

- Promotes independence and responsibility, preparing children and young people for future roles as parents, employees and leaders.
- Improves employability by developing the personal and social skills demanded by commerce and industry.
- Contributes to health and wellbeing, encouraging individual responsibility for health (ultimately reducing cost to the National Health Service).
- Contributes to the safety and protection of our children and young people.

What does PSHE education provide for our children and young people?

Opportunities to learn about:

- **Relationships:** developing and maintaining positive relationships; dealing with negative relationships (which may include bullying and sexual violence); how to communicate effectively.
- **Health:** healthy lifestyles; healthy eating and exercise; mental and emotional health; drug, alcohol and tobacco education.
- **Personal finance:** savings, debt management and budgeting.
- **Risk:** personal safety and internet safety and violent incidents.
- **Career choices:** enterprise, business and finance.

What is actually taught in PSHE education?

Like other subjects PSHE education gradually builds key concepts and skills through topics that are relevant to children and young people's age and stage of development.

For example:

- *Learning the skills of fairness and turn taking with toys gradually builds to developing the skills of negotiation and assertiveness.*
- *Learning to work cooperatively and to respect one another underpins learning that enables young people to understand and manage a wide range of different types of relationships.*
- *Learning the importance of the safe use of medicines and chemicals in the home gradually leads to learning about the risks associated with alcohol and drug misuse.*
- *Understanding the roles of different people in our community and how they help us underpins subsequent careers education and choices.*
- *Understanding the concepts of 'borrowing and returning' and 'recognising that our actions have consequences' when combined with gradually developing numeracy skills underpins learning about the consequences and management of debt.*

Sex and relationship education (SRE) in primary schools

A planned, progressive programme of SRE *gradually and appropriately* begins to prepare our children for adult life. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible young people as they move into secondary education.

SRE teaches the skills children need to develop positive healthy relationships. It supports their moral development, helping them to understand themselves and to respect and care for others.

The idea of teaching sex and relationships education (SRE) to younger children may seem inappropriate and alarming to some parents. We hope that the information we are providing you will help to deepen an understanding of SRE and reduce any concerns that you may have.

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In Reception and Key Stage 1 (4 - 7 years old);

- Children might learn about their special people; friends and friendship; learning to recognise and react to different feelings and how to keep safe.
- They might explore how we show love and express feelings in our relationships. They might learn how we are all special and what makes us the same, what feelings we all share and what makes us different. They explore how we feel when our special people go away or even die.

- They learn about good and not so good *promises* and *secrets* and how to say “No!”, “Don’t”, “I’ll ask” and “I’ll tell”.
- They might explore growing and changing in animals, plants and people and understand that growing and changing is a natural part of living.

In year 2 and 3 (6 - 7 years old);

- Children continue to explore growing and changing. Children learn to recognise and name main body parts. They will hear the correct anatomical names used for their differing body parts. This helps children understand the differences between males and females and how they change as they get older.
- They bring in photographs of themselves as a baby, toddler and child and explore how they have grown and changed and what they can do now that they couldn’t do before.
- They explore the different stages of human development, understanding how some people’s needs and responsibilities stay the same whilst some change as they get older.

During Key Stage 2 (8 -11 years old);

- Children explore emotional changes and how to manage feelings towards themselves, their families and others in a positive way.
- They learn that we all go through physical and emotional changes but the age at which changes happen will depend on their own personal ‘body clock’.
- They learn that although people’s bodies may be ready to have/make babies, they as people are not ready in many other ways (emotionally, financially, and educationally) for a long time.
- Towards the end of their time in primary school children learn the process of conception and understand the importance of loving, stable relationships. Revisiting differences in reproductive system between boys and girls, they learn how they change during puberty.
- They learn that being able to talk sensibly and learn about this is an important part of growing up.

If you have any concerns about the PSHE education which we are required to deliver in school (as a statutory requirement from September 2019) or are worried about your child, please do speak to their class teacher or Ruth Welch (PSHE Lead).