

WELCOME TO THE LIFEWISE PSHE PROGRAMME

Learn along
with me,
Lenny
LifeWise!



LifeWise.

What Is PSHE?

- PSHE = Personal, Social and Health Education
- In a very small nutshell...
- It looks at the people who care for us, families and what they might look like, friendships (both face to face and digital), respecting others, keeping ourselves safe in the world, digitally and online. It talks about growing up, learning, money and the world of work.
- PSHE looks at how we help each other and how we can support the community. It looks at communication, who we talk to and what we share with others and how spending time with friends and family is important.
- PSHE talks about emotions like anxiety and happiness, dealing with loss, puberty and menstruation, healthy eating and exercise, mindfulness and relaxation, medicines and drugs and keeping ourselves safe and much more...

What Do Schools Have To Teach?

- FROM SEPTEMBER 2020, the Department for Education says that all primary schools must teach their pupils:

✓ Relationships Education

✓ Health Education

- Sex Education is not compulsory **BUT** puberty, naming external body parts, human development from birth to old age and reproduction in animals must be taught to all pupils because it is part of the Science National Curriculum in primary schools.
- Many schools choose to teach Sex Education because it supports 'pupils' ongoing emotional and physical development' as they transition to secondary school. The Department for Education recommends that 'all primary schools should have a Sex Education programme tailored to the age and physical and emotional maturity of the pupils'. It should prepare boys and girls for the 'changes that adolescence brings'.

What Are My Choices As a Parent?

What Must Be Taught...

- Relationships Education
- Health Education
- Puberty Education
- Names of external body parts
- Human development from birth to old age
- Reproduction in animals and plants

Parent Choice...

- You have the right to know what our school policy is on Sex Education
- You have the right to know what will be covered in Sex Education by our school
- You have the right to see the resources used by our school to teach Sex Education
- You have the right to withdraw your child from Sex Education lessons in our school

What Do We Do At Our School?

- We believe that teaching Sex Education informs our pupils about body differences, growing up, body changes and the emotions and feelings that they might have. Specific vocabulary that they learn allows them to keep their bodies safe and empowers them to communicate any concerns that they might have about their own health or safety. It prepares pupils for their transition to secondary school and life's journey.
- We use the Lifewise PSHE and Activity programme and resources for our PSHE and Sex Education – take a look at it with us today to see what you think
- Pupils from Year 1 to Year 6 are taught age appropriate information using specific and relevant vocabulary
- The teaching often links to the Science National Curriculum and other curriculum subjects and topics
- Parent e-mails keep parents and carers informed about what has been taught in recent lessons to support their child's learning at home
- We keep parents fully informed about when Sex Education will be taught in each year group and what will be covered. We have a 'Parent Choice – Sex Education form' that notifies us if you wish to withdraw your child from Sex Education lessons in their year group.

Our PSHE Timetable and Learning Intentions For Key Stages 1 And 2



- Our PSHE timetable covers Year 1 through to Year 6
- Usually, your child will have one lesson of PSHE each week
- Each topic has two planned lessons with learning intentions – what we expect the pupils to learn in the lessons
- Each topic has a colour code linked to the [LifeWise PSHE and Activity programme](#). These cover [Survival](#), [Well-being](#), [Lifestyle](#), [Life Prep\(ARATION\)](#), [Sex Education](#), [Drugs Awareness](#) and [FGM \(Female Genital Mutilation\)](#). All of these make up a rich, varied and comprehensive coverage of primary PSHE
- The following slides show what the learning intentions are for [Sex Education](#) and [Drugs Awareness](#) at our school

A SUGGESTED SEQUENCE OF TEACHING TOPICS ACROSS KS 1 AND KS 2

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 1	BRAVING THE WEATHER ROAD SAFETY EMERGENCY SERVICES	COMMUNICATION TRUST SIGNALLING AND SIGN LANGUAGE	SAFETY SYMBOLS FOOD AND WHAT NOT TO EAT WATER SAFETY	MY BODY BELONGS TO ME		
YEAR 2 FOREST SURVIVAL NAVIGATION	HAPPINESS IT'S OKAY NOT TO BE OKAY ANGER – DIFFICULT FEELINGS AND BEHAVIOUR	FEELING SAD A PROBLEM SHARED IS A PROBLEM HALVED DEALING WITH LOSS	PERSONAL GOAL SETTING THE ART OF FAILURE RELAXATION	MY BODY IS GROWING FIRE SAFETY FIRST AID/CPR	FIGHT OR FLIGHT DESERT ISLAND MEDICINES AND DRUGS	ENVIRONMENT WILDLIFE CYBER SAFETY
YEAR 3	RELATIONSHIPS WITH OTHERS HELPING OTHERS TO GET HELP GROWTH MINDSET	MINDFULNESS SELF-IMAGE ANXIETY	STRESS PROBLEM SOLVING AND TIME MANAGEMENT SELF-WORTH	MY BODY, YOUR BODY		
YEAR 4	RESPECT PROBLEM SOLVING AND RESOURCEFULNESS LEADERSHIP	A BALANCED DIET HEALTHY EATING THE IMPORTANCE OF PHYSICAL ACTIVITY	WHERE DOES MY FOOD COME FROM? SLEEP SCREEN TIME	KEEPING MY BODY SAFE		
YEAR 5 *FGM RESOURCES AVAILABLE	LEARNING RESILIENCE TEAMWORK	DEALING WITH ADVERSITY RESPONSIBILITY AND INSPIRATION BODY LANGUAGE AND COMMUNICATION	YOU GET OUT WHAT YOU PUT INTO LIFE COMMUNICATING EFFECTIVELY THE DIGITAL WORLD	RESPECTING OTHERS – BOUNDARIES AND BELIEFS MY BODY CHANGES THE NHS	SUPPORTING THE COMMUNITY SAVING MONEY BORROWING MONEY	JUNK FOOD NUTRITIONAL VALUES THE HUMAN BODY
YEAR 6	FROM LEARNING TO WORKING HOW TO WRITE A CV ENTREPRENEURSHIP/ ENTERPRISE AND BUSINESS	THE POWER OF NEGOTIATION THE GOVERNMENT THE LAW	THE ORGANISATION OF LIFE TAX BANKS	PENSIONS MY AMAZING BODY DRUGS, ALCOHOL AND SMOKING		
* SURVIVAL * WELL-BEING * LIFESTYLE * LIFE PREP * SEX EDUCATION * DRUGS AWARENESS * FGM YEAR 5 RESOURCES *						



Sex Education In Key Stage One

Y1 – My Body Belongs to Me

- Naming, labelling and drawing main body parts eg: neck, head, legs, arms, elbows, face, ears, eyes, mouth, teeth, hair, nose.
- It talks about looking after our body and how parents, carers or people we trust may help us keep clean by helping us to wash or bathe
- It talks about times when our body may be looked at or touched eg: by being washed, applying cream, by being examined by a doctor or nurse
- It talks about saying 'no' if we don't want our bodies to be touched and who to talk to if we feel uncomfortable or unhappy about our body being touched
- It talks about who to talk to if we are worried about our health
- It talks about respecting ourselves and respecting others
- It talks about having the same scientific names for other body parts to avoid confusion (family names or different names and terms used for private parts are acknowledged but are not specifically named to avoid pupils becoming confused)
- This lesson introduces the scientific body parts of the anus, nipples, vulva, vagina, penis and testicles
- This lesson discusses which body parts belong to male and female bodies and where they are located (in simple diagrammatical form using the drawn sketch outline of a boy and girl on the SMARTBOARD)
- This lesson describes what the anus does (the 'hole' where 'poo' comes from) and that boys/men have one penis and two testicles and girls/women have one vulva and one vagina
- The teacher reinforces that these body parts are private and are usually covered and they are not to be touched unless we are comfortable with this
- Playing a game called 'It belongs to me!' to reinforce understanding of who has these body parts – teacher says the word 'nipples' or 'throat' and all the class stand up, teacher says the word 'testicles' and the boys stand up etc.
- This lesson reminds pupils that their body is their own and they can say 'no' if they do not wish to be touched
- This lesson reminds pupils to talk to someone they trust if they are unhappy or uncomfortable with anyone touching any part of their body
- The teacher reminds pupils that they can talk to them or an adult they trust if they have questions about what they have learned



Sex Education In Key Stage One

Y2 – My Body Is Growing

- This lesson is about noticing that animals, including humans, have offspring which grow into adults
- It talks about when to ask for support from adults including those in school if they are worried about their health
- It talks about looking after our bodies and looking out for signs of physical illness, such as weight loss, or unexplained changes to the body
- It talks about the importance of personal hygiene and keeping our bodies healthy and clean
- It talks about eating and drinking the right foods and drinks and how important sleep is to our health and development
- It talks about how harmful substances and risks such as smoking and alcohol and drinking can affect our development
- It talks about safety in the sun, how dental health is important and how diseases can be prevented or treated using vaccinations
- This lesson reminds pupils why offspring are produced
- The lesson introduces pupils to vocabulary related to the human stages of growth and development
- The lesson introduces the word 'Reproduction' as a process that occurs when adults of the same species breed or mate to produce offspring
- The lesson reminds children about who they can talk to if they are worried about their health and who they can trust for advice
- The lesson discusses how growing up can be challenging and that there may be times when advice or support is needed from others. It talks about the stages of human development in broad terms and looks at female and male outward appearance during these stages



Sex Education In Key Stage One

Y3 – My Body, Your Body

- This lesson discusses how we can keep our bodies healthy in a variety of ways such as needing the right types and amount of nutrition
- It talks about the human skeleton and its functions in terms of movement, support and protection
- It talks about the names and locations of major organs inside the human body
- It talks about how and when to seek support including which adults to speak to in school if they are worried about their health
- It talks about the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (eg: the impact of alcohol on diet or health)
- It talks about the facts about legal and illegal substances and associated risks, including smoking, alcohol use and drug taking
- It talks about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
- It talks about the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn
- It talks about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist
- It talks about the facts and science relating to allergies, immunisation and vaccination
- This lesson talks about how and when to seek support including which adults to speak to in school if they are worried about their health



Sex Education In Key Stage Two

Y3 – My Body, Your Body

- This lesson talks about 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
- It talks about what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- It talks 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
- It talks about that each person's body belongs to them, and the difference between appropriate and inappropriate or unsafe physical, and other, contact
- It talks about how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- It talks about how to recognise and report feelings of being unsafe or feeling bad about any adult
- It talks about how to ask for advice or help for themselves or others, and to keep trying until they are heard
- It talks about how to report concerns or abuse, and the vocabulary and confidence needed to do so
- It talks about where to get advice from eg: family, school and/or other sources.
- It consolidates understanding of the names and locations of the male and female genitals
- It discusses how body parts grow or change to accommodate the growth or feeding of offspring



Sex Education In Key Stage Two

Y4 – Keeping My Body Safe

- It talks about the names and locations of male and female body parts, including genitals
- it talks about what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- It discusses the concept of privacy and the implications of it for both children and adults
- It discusses that each person's body belongs to them
- It talks 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
- It talks about that each person's body belongs to them, and the difference between appropriate and inappropriate or unsafe physical, and other, contact
- It talks about how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- It talks about how to recognise and report feelings of being unsafe or feeling bad about any adult
- It talks about how to ask for advice or help for themselves or others, and to keep trying until they are heard
- It talks about how to report concerns or abuse, and the vocabulary and confidence needed to do so
- It talks about where to get advice from eg: family, school and/or other sources.



Sex Education In Upper Key Stage Two

Y5 – My Body Changes

- This lesson is about using the terminology for the genitals/private parts and assigning them to a boy, a girl or both and looking at these on a diagram
- It talks about changes in a woman's body both inside and out as she gets older
- It talks about why these changes occur in the female
- It talks about the menstrual cycle and why and how this occurs
- It talks about who women might speak to about their body changes and menstrual cycle
- It talks about how puberty and the menstrual cycle might affect both mind and body
- This lesson reminds children about puberty and what changes occur in a female body
- It looks at the changes in the male body as it ages
- This lesson is about using the terminology for the genitals/private parts and looking at these on a diagram
- This lesson discusses sperm production and fertilisation of the female egg cell
- This lesson discusses how sometimes sperm is sometimes released from the penis and that this is commonly known as a 'wet dream'
- it discusses that the penis may feel hard and grow bigger at times but that this is normal and the penis will return to its usual state
- The lesson discusses mood swings, emotions, embarrassment and feelings of insecurity and that these are normal feelings around the time of puberty
- The lesson discusses the human life cycle and the considerations to be made before creating an embryo



Drugs Awareness

Our school uses the **LifeWise PSHE and Activity programme** to deliver this information Specifically in Year 2 and Year 6 although, medicines, drugs, smoking and alcohol are discussed in other topics in other year groups.

Y2 – Medicines And Drugs

- This lesson shows pupils how sweets and medicines can look very similar
- This lesson discusses what medicines are for, where to get them and who would give them to pupils
- It looks at how they should make a good choice about medicines knowing that they may look similar to each other
- It talks about the effects of taking the wrong medicine or too much of a medicine
- It looks at how medicines might help us
- It talks about who to call in an emergency if they are someone they know has swallowed a medicine that does not belong to them
- It shows pupils what a range of familiar medicine packets and bottles look like
- It talks about how medicines should be stored and kept safe away from children
- It reminds pupils that they can talk to a trusted adult about medicines, drugs and anyone they are concerned about who might have a problem with taking medicines
- This lesson recaps on what medicines are and how they are to be used safely
- It talks about what alcohol is
- It talks about the effects that alcohol may have on our body
- It talks about what tobacco is
- It talks about the effects that tobacco may have on our body
- It talks about alcohol and tobacco being drugs that are addictive
- It talks about peer pressure and being offered alcohol and tobacco and what to do or say
- It talks about who you can talk to if you are concerned about your health or anyone else's who might be smoking or drinking around you



Drugs Awareness

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Y6 – Drugs, Alcohol And Smoking

- This lesson asks what a drug is and allows pupils to give their interpretation of this
- This lesson talks about alcohol and tobacco being drugs
- It talks about solvents and how these everyday chemicals are sometimes abused
- Pupils retrieve specific information from information sheets on alcohol, drugs and smoking
- Pupils discuss the positives and negatives that they have found from the information sheets about smoking, alcohol and drug use
- Pupils discuss the short and long-term effects of drug taking, smoking and alcohol that they have researched
- It reminds them how to call the emergency services if these are needed
- It reminds pupils of the organisations that can offer support and advice about substances
- It talks about who you can talk to if you are concerned about your health or anyone else's who might be smoking or drinking around you
- It reminds pupils of the organisations that can offer support and advice about substances
- It reminds pupils that they can talk to a trusted adult about medicines, drugs and anyone they are concerned about who might have a problem with taking medicines
- This lesson recaps on the positive and negative outcomes of using drugs, alcohol and smoking
- It talks about drugs and the reasons why people choose to take drugs
- It talks about a variety of drugs including alcohol, tobacco, caffeine, energy drinks, painkillers and sleeping tablets etc
- It talks about the effects that substances have on our bodies and minds
- it talks about how equipped they feel to cope with peer pressure around substance misuse



Frequently Asked Questions



Will my child learn about same sex marriage or partnerships?

Yes. Your child is growing up in a modern, diverse society and they will see different relationships around them. We talk with them about relationships and families and how they may look different to their own. We focus on what makes families, partnerships and relationships special, important and secure and emphasise that love, care, trust and respect is the key to any happy relationship.

Why does my child need to know the names of private body parts?

By using the scientific names for body parts from an early age, pupils become more familiar with using these, are more likely to use them correctly and it avoids confusion with family 'pet' names for parts of the body. Children are then more able to identify and talk about their health and safety more accurately too.

What do I do if I want to discuss what is being taught in Sex Education?

Talk to your child's class teacher, the PSHE subject leader in the school or the Head Teacher if you have questions that you wish to ask.

Where can I find the school's policy on PSHE and Sex Education?

You can find this on our school website or ask at the school office for a hard copy. The policy is reviewed and updated regularly and feedback from pupils, parents, staff and governors is used to shape this.

Will my child learn about FGM?

The school and Governing Body will make the decision about whether FGM lessons are taught in their schools. Each school is different and aims to provide a bespoke PSHE curriculum to meet the needs of their pupils and community. The **Lifewise PSHE and Activity Programme** FGM lessons are aimed at Year 5 pupils and talks about FGM using a short fictional story to encourage girls to speak out to those they can trust if they need help or advice.

Will boys and girls be taught separately about Sex Education?

All lessons are planned to include both boys and girls. Nurse or medical advice may also be available to schools to discuss menstruation and personal hygiene in more detail. Schools may offer this to the girls only so that they can discuss this subject further in a smaller group. Ask the school for more details.

What do I do if I decide to withdraw my child from Sex Education?

Please come and talk to us first if you have questions about our programme for Sex Education. We might be able to address any concerns you have or discuss the learning in more detail with you. Once you receive notification that your child's year group will be beginning lessons about Sex Education, The 'Parent Choice – Sex Education Form' template is on the school website, should you wish to withdraw your child from these lessons. This will need to be completed and returned to the office at least the week **BEFORE** the lessons begin. If we do not receive notification from you, then we will assume that you are happy for your child to learn about Sex Education in class.

Thank You so Much For listening!

