

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSHE. We access the PSHE Association for lesson plans to assist our teaching and learning where applicable.

No Outsiders:**Relationships****Summer 2**

Valuing Differences, Keeping Safe & Consent

Relationships & Sex Education (RSE) & Health Education**Growing Up:**

- Puberty is an important stage in the human lifecycle.
- Some physical and emotional changes happen during puberty.
- Children change into adults to be able to reproduce if they choose to.
- Respect is important in all relationships including online.
- Some friendships can make people feel unhappy or uncomfortable.
- The signs of puberty are; spots, mood swings, changes in body shape, growth and body hair.
- There are physical changes during puberty.
- Puberty begins and ends at different times for different people.
- Puberty affects feelings and emotions.
- It is okay to feel scared, confused or angry without knowing why.

Giving & Seeking Permission:

- If someone didn't ask your permission or didn't listen to what you had said, there are people you can talk to in school or at home.
- This includes class teachers, support assistants, midday supervisors, trusted adults at home such as parents, older siblings, community leaders, club leaders.
- You can also contact Childline on 0800 1111 or www.childline.org.uk.

Personal Boundaries:

- We all have boundaries depending on how well we know someone.
- We have different boundaries for what is safe or comfortable for us to do with our family, with our friends or with other people we know.

Appropriate and Inappropriate Touch:

- There are lots of different ways people can touch each other.
- Some of these are appropriate, and feel safe, comfortable or gentle.
- Sometimes, touch can be inappropriate.
- This might feel unsafe, uncomfortable or hurtful.

Key Vocabulary:

puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings, respect, positive relationships, negative/controlling relationships

