



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.

Relationships

Discrimination & Prejudice & Puberty

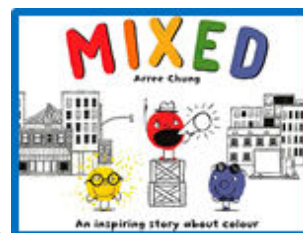
Autumn 2

Igniting Prior Knowledge:

Relationships & Sex Education (RSE) and 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.

No Outsiders



Key Vocabulary:

- Stereotypes
- Prejudice
- Discrimination
- Extremist
- Moods
- Menstruation
- Periods
- Tampons
- Sanitary towels
- Wet dreams
- Semen
- Erection
- Sweat
- Breasts
- Spots
- Pubic hair
- Facial hair
- Underarm hair
- Sexual feelings
- Choice
- Autonomy
- Control
- Respect
- Protect

New Knowledge:

- A stereotype is a fixed idea that many people have about a thing or group that can often be untrue or only partly true. (gender stereotyping).
- Stereotypes are presented in the media and wider world.
- Discriminatory language includes things such as homophobic, sexist, disablist, racist and transphobic.
- We must tell a trusted adult if they experience any discriminatory language at school or outside school.
- Discriminatory language is unacceptable and affect show people act and feel.
- There are laws against discrimination.

Relationship & Sex Education (RSE)

- Puberty:
- There are a range of physical and emotional changes that happen during puberty e.g. pubic hair, mood swings, acne, body odor.
- Physical hygiene is very important, especially during puberty.
- Emotions and relationships change during puberty.
- There are people to get help and support from during puberty.
- Puberty affects everyone differently i.e. some display more or less of the most common physical and emotional changes.