RSHE KNOWLEDGE & SKILLS PROGRESSION – We are Respectful, Kind & Inclusive

"You are braver than you believe, stronger than you see and smarter than you think." ~AA Milne.

At George White Junior School, relationship, social, health and economic (PSHE) education is an embedded part of our broad and balanced curriculum. Pupils' spiritual, moral, social and cultural (SMSC) development is at the heart of our school ethos. British Values and protected characteristics are promoted through the overarching aims and objectives of RSHE by supporting our children to become healthy and responsible members of society, as well as preparing them for life and work in modern Britain. We use materials from the PSHE Association, RSE Solution and National Online Safety to support the teaching of our RSHE curriculum.

Children will leave us at the end of Key Stage 2 ready to transition seamlessly to their high schools with a suitable knowledge about how to conduct themselves and stay safe in their developing world. Our children demonstrate resilience, perseverance and independence with a social and cultural understanding that allows them to engage well with those around them and be able to respond to new opportunities and real life situations.

Our pupils learn to:

During key stage 2, RSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) and KS1 to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. RSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities. Our aim is for our pupils to:

- Develop confidence and responsibility and to make the most of their abilities
- Prepare to play an active role as citizens in Britain
- Develop a healthy, safer lifestyle
- Develop good relationships and to understand and celebrate the differences between people

Key Stage 2 National Curriculum Expectations

RSHE should:

- be age appropriate and developmentally appropriate.
- be taught sensitively and inclusively, with respect to the backgrounds and beliefs of pupils and parents, while always with the aim of providing pupils with the knowledge they need of the law.
- be developed to support all young people to be happy, healthy and safe
- Equip children and young people with skills and attributes they need in adult life to make a positive contribution to society
- helps children from all backgrounds build positive and safe relationships, and to thrive in modern Britain
- take into account the various different forms family life can take, and schools with a religious character have flexibility to build on the core content by reflecting their beliefs in their teaching.

A journey through our RSHE Curriculum

	Term 1		Term 2		Term 3	
Year 3	Being me in my world Online safety – Self-image and identity Copyright and ownership	Celebrating differences Online safety – Online relationships	Dreams and goals Online safety – Online reputation	Healthy me Online safety – online bullying	Relationships Online safety – Managing online information Privacy and security	Changing me Online safety – Health, well-being and lifestyle
Year 4	Being me in my world Online safety – Self-image and identity Copyright and ownership	Celebrating differences Online safety – Online relationships	Dreams and goals Online safety – Online reputation	Healthy me Online safety – online bullying	Relationships Online safety – Managing online information Privacy and security	Changing me Online safety – Health, well-being and lifestyle
Year 5	Being me in my world Online safety – Self-image and identity Copyright and ownership	Celebrating differences Online safety – Online relationships	Dreams and goals Online safety – Online reputation	Healthy me Online safety – online bullying	Relationships Online safety – Managing online information Privacy and security	Changing me Online safety – Health, well-being and lifestyle
Year 6	Being me in my world Online safety – Self-image and identity Copyright and ownership	Celebrating differences Online safety – Online relationships	Dreams and goals Online safety – Online reputation	Healthy me Online safety – online bullying	Relationships Online safety – Managing online information Privacy and security	Changing me Online safety – Health, well-being and lifestyle

What our pupils have experienced - a journey through MIANS KS1 Curriculum

Year 1	Paths units 1-4: Fostering posi2ve classroom, basic feelings 1 &2, self control. Hygiene and hand washing. • Transi/ons to new classroom environment and se_ng of new rou/nes. • Sessions to support the return to	Unit 5 - Sharing, caring and friendship Unit 6 - Basic problem solving	

	school following the school closure. • PSHE discussions related to quality English texts.			
Year 2	•Unit 1-Establishing a Posi/ve Classroom Environment, formula/ng classroom rules, PATHS readiness and complimen/ng. •Unit 2-Introduc/on to Feelings. This unit refines and extends understanding of happy, sad, excited and /red and introduces private when someone does not wish to share their feelings and 'fine'.	Unit 3- Feelings and Behaviours Unit 4- Self-Control and Anger Management Unit 5 – Anger management and Problem-Solving		
RSHE solutions	• Physical Health & Mental well being (Health Educa/on) • That there is a normal range of emo/ons (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emo/ons that all humans experience in rela/on to different experiences and situa/ons •How to recognise and talk about their emo/ons, including having a varied vocabulary of words to use when talking about their own and others' feelings. • The benefits of physical exercise, /me outdoors, community par/cipa/on, voluntary and service-based ac/vity on mental wellbeing and happiness. • Simple self-care techniques, including the importance of rest, /me spent with friends and family and the benefits of hobbies and interests.	My relationships My rights & responsibilities		My Body YR1 - Naming the main parts of the body, including external genitalia using scientific terms YR2 - Growing and changing throughout life. Asking for Help YR1 - The people who look after us. Who to go to if you are worried, and how to attract their attention. YR2 - The difference between secrets and surprises, and the importance of not keeping a secret that makes them feel unco
Online safety	Communicate safely and respecfully online, keeping personal information private, and recognise common uses of information technology beyond school – self image and identity, health, wellbeing and lifestyle.			Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.

Our RSHE Curriculum

	Year 3	Year 4	Year 5	Year 6
Autumn 1 – Being me in my world	• Setting personal goals • Self-identity and worth • Positivity in challenges • Rules, rights and responsibilities Rewards and consequences • Responsible choices • Seeing things from others' perspectives	• Being part of a class team • Being a school citizen Rights, responsibilities and democracy (school council) • Rewards and consequences • Group decision-making • Having a voice # • What motivates behaviour	• Planning the forthcoming year • Being a citizen • Rights and responsibilities • Rewards and consequences • How behaviour affects groups • Democracy, having a voice, • Participating	• Identifying goals for the year • Global citizenship Children's universal rights • Feeling welcome and valued • Choices, consequences and rewards • Group dynamics • Democracy, having a voice Anti-social behavior • Role-modelling

Vocabulary	Welcome, Valued, Achievements, Pleased, Personal Goal, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Fairness, Group Dynamics, Team Work, View Point, Ideal School, Belong	Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)	Challenge, Goal, Attitude, Citizen, Views, Opinion, Collective	Ghana, West Africa, Cocoa Plantation, Cocoa Pods, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Empathise, Obstacles, Co-operation, Collaboration, Legal, Illegal, Lawful, Laws, Participation, Motivation, Decision
Links to protected characteristics	**Discrimination - all 9 protected characteristics**	**Discrimination - all 9 protected characteristics**		**Discrimination - all 9 protected characteristics**
Links to Rights Respecting School	**Articles:** **12, 13, 15, 29, 36,** **Additional 24 and 31**	**Articles:** **12, 13, 15, 29, 36,** **Additional 5**	**Articles:** **12, 13, 15, 29, 36,** **Additional 5**	**Articles:** **12, 13, 15, 29, 36,** **Additional 5, 24, 27, 32**
Links to British Values	**Democracy** **Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Democracy** **Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Democracy** **Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Democracy** **Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**
Autumn 2 – Celebrating difference	• Families and their differences • Family conflict and how to manage it (child-centred) • Witnessing bullying and how to solve it • Recognising how words can be hurtful Giving and receiving compliments	• Challenging assumptions • Judging by appearance • Accepting self and others • Understanding influences • Understanding bullying • Problem-solving • Identifying how special and unique everyone is First Impressions	• Cultural differences and how they can cause conflict • Racism Rumours and name-calling • Types of bullying • Material wealth and happiness Enjoying and respecting other cultures	• Perceptions of normality • Understanding disability • Power struggles • Understanding bullying Inclusion/exclusion • Differences as conflict, difference as celebration Empathy
Vocabulary	Loving, Caring, Safe, Connected, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Feelings, Tell, Consequences, Hurtful, Compliment,	Character, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Secret, Deliberate, On purpose, Bystander, Witness, Problem-solve, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed	Culture, Conflict, Similarity, Belong, Culture Wheel, Racism, Colour, Race, Discrimination, Ribbon, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem solving, Indirect, Direct, Happiness, Developing World, Celebration, Artefacts, Display, Presentation	Male, Female, Biological sex, Stereotype, Individuality, Diverse, Different, Equality, Fairness, Identity, Gender Identity, Transgender, Non-binary, Courage, Fairness, Rights
Links to protected characteristics	**Gender reassignment - Gender diversity** **Being married or in a civil partnership – Families**	**Gender assignment - Judging by appearances**	**Race including colour, nationality, ethnic or national origin – Racism**	**Age – Power struggles** **Gender reassignment – understanding difference**

	Being pregnant or on maternity leave - Families		**Religion, belief or lack of religion/ belief - Different Cultures**	**Disability – Celebrating difference** **Sexual orientation - Boyfriends and girlfriends**
Links to Rights Respecting School	**Articles:** **7, 8, 12, 13, 14, 22, 30**	**Articles:** **7, 8, 12, 13, 14, 22, 30** **Additional 23**	**Articles:** **7, 8, 12, 13, 14, 22, 30** **Additional 24, 32**	**Articles:** **7, 8, 12, 13, 14, 22, 30** **Additional 23**
Links to British Values	**Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Democracy** **Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Democracy** **Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**
Vocabulary – online safety (Whole term)	Self-image and identity – identity, online, avatar, reputation Copyright and ownership – copyright, breach, copy Online relationships – sharing, trusted adult, online, trust respect, consent permission	Self-image and identity – identity, trusted adult, positive, reputation, perception, identity theft, profile Copyright and ownership – copy, permission, original, images, information, creative commons, license, commercial license, search, usage rights, research, copyright, licenses Online relationships – online community, online social environment, healthy, unhealthy, motive, respect, privacy, permission, consent	Self-image and identity – identity, copy, modify, alter, original Copyright and ownership – content, usage rights, permission, acceptable, rights, copy, paste, Online relationships – Responsible, trusted adult, block, report, GIF, meme, emoji, caption, community	Self-image and identity – identity, evaluate, representation, stereotype, inclusivity, CEOP, Childline, Copyright and ownership – copyright, ownership, content, usage, rights, cite, source, plagiarism, bibliography, reference Online relationships – privacy, consent, respect, appropriate, inappropriate, digital footprint, allowed, permission
Spring 1 – Dreams and goals	• Difficult challenges and achieving success • Dreams and ambitions • New challenges • Motivation and enthusiasm • Recognising and trying to overcome obstacles • Evaluating learning processes • Managing Feelings • Simple budgeting	• Hopes and dreams • Overcoming disappointment • Creating new, realistic dreams • Achieving goals • Working in a group • Celebrating contributions • Resilience • Positive attitudes	• Future dreams • The importance of money • Jobs and careers • Dream job and how to get there • Goals in different cultures • Supporting others (charity) • Motivation	• Personal learning goals, in and out of school • Success criteria • Emotions in success • Making a difference in the world • Motivation Recognising achievements • Compliments
Vocabulary	Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Enterprise, Design, Co-operation, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together'	Hope, Determination, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise	Feeling, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Motivation, Culture, Country, Sponsorship, Communication, Support, Rallying, Team Work, Co-operation, Difference	Feeling, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Motivation, Culture, Country, Sponsorship, Communication, Support, Rallying, Team Work, Co-operation, Difference

	Technique, Solutions, Review, Learning, Evaluate			
Links to protected characteristics			**Age**	**Age**
Links to Rights Respecting School	**Articles:** **6, 12, 13, 15, 16, 29**	**Articles:** **6, 12, 13, 15, 16, 29**	**Articles:** **6, 12, 13, 15, 16, 29** **Additional 24**	**Articles:** **6, 12, 13, 15, 16, 29** **Additional 23, 24**
Links to British Values	**Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Democracy** **Rule of law** **Individual liberty** **Mutual respect**	**Democracy** **Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Democracy** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**
Spring 2 – Healthy me	• Exercise Fitness challenges • Food labelling and healthy swaps • Attitudes towards drugs • Keeping safe and why it's important online and offline scenarios • Respect for myself and others • Healthy and safe choices	• Healthier friendships • Group dynamics • Smoking • Alcohol • Assertiveness • Peer pressure • Celebrating inner strength	• Smoking, including vaping • Alcohol • Alcohol and anti-social behaviour • Emergency aid • Body image • Relationships with food • Healthy choices • Motivation and behavior	• Taking personal responsibility • How substances affect the body • Exploitation, including 'county lines' and gang culture • Emotional and mental health • Managing stress
Vocabulary	Oxygen, Calories/kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice	Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong	Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation	Responsibility, Immunisation, Prevention, Drugs, Effects, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure
Links to protected characteristics		**Race, religion and beliefs**		
Links to Rights Respecting School	**Articles:** **6, 12, 19, 27, 29, 36** **Additional 23, 24**	**Articles:** **6, 12, 19, 27, 29, 36** **Additional 24**	**Articles:** **6, 12, 19, 27, 29, 36** **Additional 17, 24**	**Articles:** **6, 12, 19, 27, 29, 36** **Additional 24, 33**

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Vocabulary – online safety (Whole term)	**Online reputation – search, incorrect, inaccurate, official, information, online, share, profile, username, trusted adult, discussion, response,** **Online bullying – response, power, responsibility, positive, negative, cyberbullying, follower, add, block, report, support, safety, happy**	Online reputation – websites, information, search, search engine, trustworthy, source, online, profile Online bullying – screengrab/screenshot, intimidate, trusted grown-up	Online reputation – reputation, positive, profile, information, judgements, evidence, inaccurate, digital footprint, Online bullying – bullying, cyberbullying, continuous, repetitive, long period of time, virtual, physical, face to face, barter, joking, teasing, bullying, uncomfortable, appropriate, inappropriate, helpline services, trusted adult, anonymous	Online reputation – reputation, digital personality, positive, online reputation, positive image, digital footprint Online bullying – screenshot, screengrab, evidence, block, report, helplines,
Summer 1 - Relationships	• Family roles and responsibilities • Friendship and negotiation • Keeping safe online and who to go to for help • Being a global citizen • Being aware of how my choices affect others • Awareness of how other children have different lives • Expressing appreciation for family and friends	• Jealousy • Love and loss • Memories of loved ones • Getting on and Falling-out • Girlfriends and boyfriends • Showing appreciation to people and animals	• Self-recognition and self-worth • Building self-esteem • Safer online communities • Rights and responsibilities online • Online gaming and gambling • Reducing screen time • Dangers of online grooming • SMARRT internet safety rules	• Mental health • Identifying mental health worries and sources of support • Love and loss • Managing feelings • Power and control • Assertiveness • Technology safety • Take responsibility with technology use
Vocabulary	Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude	Relationship, Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love.	Personal attributes, Qualities, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Online, Community, Positive, Negative, Safe, Unsafe, Rights, Social network, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Physical health, Mental health, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARRT rules	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real/fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety

Links to protected characteristics	**Sex - Gender**	**Race religion and beliefs**		**Sexual orientation – Boyfriends and girlfriends**
Links to Rights Respecting School	**Articles:** **3, 15, 16, 19, 29, 34** **Additional 19, 24, 27, 31**	**Articles:** **3, 15, 16, 19, 29, 34**	**Articles:** **3, 15, 16, 19, 29, 34** **Additional 24, 34**	**Articles:** **3, 15, 16, 19, 29, 34** **Additional 17, 30**
Links to British Values	**Democracy** **Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Democracy** **Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Democracy** **Rule of law** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**
Summer 2 – Changing me	• How babies grow • Understanding a baby's needs • Outside body changes • Inside body changes • Family stereotypes • Challenging my ideas • Preparing for transition	• Being unique • Having a baby • Girls and puberty • Confidence in change • Accepting change • Preparing for transition • Environmental change	• Self- and body image • Influence of online and media on body image • Puberty for girls • Puberty for boys • Conception (including IVF) • Growing responsibility • Coping with change • Preparing for transition	• Self-image • Body image • Puberty and feelings • Conception to birth • Reflections about change • Physical attraction • Respect and consent • Boyfriends/girlfriends • Sexting • Transition
Vocabulary	Birth, Animals, Babies, Mother, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Sperm, Ovaries, Egg, Ovum/ova, Womb/uterus, Stereotypes, Task, Roles, Challenge	Personal, Unique, Characteristics, Parents, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance	Body image, Self-image, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Oestrogen, Fallopian Tube, Cervix, Develops, Breasts, Hips, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Fertilised, Unfertilised, Conception, Sexual intercourse, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights	Negative body-talk, mental health, midwife, labour, opportunities, freedoms, attraction, relationship, love, sexting, transition, secondary, journey, worries, anxiety, excitement

Links to protected characteristics				
Links to Rights Respecting School	**Articles:** **3, 6, 16, 17, 36** **Additional 24, 30, 34**	**Articles:** **3, 6, 16, 17, 36** **Additional 24, 34**	**Articles:** **3, 6, 16, 17, 36** **Additional 24**	**Articles:** **3, 6, 16, 17, 36** **Additional 17, 24, 34**
Links to British Values	**Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Democracy** **Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**	**Individual liberty** **Mutual respect** **Tolerance of those of different faiths and beliefs**
Vocabulary – online safety (Whole term)	**Managing online information – Autocomplete, suggestion, prediction, fact, opinion, belief, source, share, source, fair** **Privacy and security – safe, Wi-fi, devices, information, passwords, trustworthy, private, adverts, connected, collect, share, information, targeted** **Health wellbeing and lifestyle – happy, healthy, trusted adult, age restriction, PEGI, ability, violence**	Managing online information – search engine, influencer, encourage, persuade, advertising, purchase, pop-up, fake news, URL, accurate, online, sync Privacy and security – passwords, private, personal, convince, monitored, cookies, digital age of consent, data, consent Health, wellbeing and lifestyle – healthy, moderation, lifestyle, self-regulation,	Managing online information – digital content, trustworthy, search, skeptical, URL, genuine, bias, cookies, opinion, belief, fact Privacy and security – personal information, privacy settings, strong password, apps, share, protect, private, permissions Health, wellbeing and lifestyle – positive, negative, mindfulness, wellbeing, mental health	Managing online information – digital content, search engine, online, targeted advert, pop-up advert, influence, persuade, fake news, opinion, fact, information, misinformation, trusted adult Privacy and security – manage, passwords, shared, lost, stolen, update, content, target, illegally, scams, phishing, privacy, suspicious, genuine, Health, wellbeing and lifestyle – persuasive design, behavior, social, psychological, autoplay, streak, loot box, pressure, technology

ASPIRATIONS FOR THE FUTURE

Pupils develop an understanding of how subjects and specific skills are linked to future jobs. Here are some of the jobs you could aspire to do in the future:

Charities administrator, Civil Service administrator, health service manager, human resources officer, journalist, marketing executive, political party research officer, public affairs consultant (lobbyist), retail manager, secondary school teacher, solicitor

Our feeder high school KS£ snapshot RSHE curriculum

Jane Austen Information to follow.	**Open Academy** PSHE at Open Academy is known as Skills for Life (SKL). The curriculum intent is that we will cover topics that will help prepare our learners for a productive and positive life in the outside world.
Sprowston Community Academy - Personal Development All lessons are rooted in compulsory curriculum expectations set out by the Department for Education/National Curriculum; these include, Citizenship; Careers; Personal, Social, Health (PSHE); Wellbeing & Safety; Relationships & Sex (RSE); Global Issues & Values; Financial & Economic Education.	**The Hewett Academy** Information to follow.
CNS PSHE, RSE and SMSC Our Personal, Social, Health and Economic Education programme follows the new Department for Education Statutory guidelines on Relationships Education, Relationships and Sex Education (RSE) and Health Education. Our new PSHE curriculum gives young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. It is our hope that the knowledge, skills and attributes gained from the new curriculum with help the students manage life's challenges and make the most of life's opportunities. Key Stage 3 classes will receive PSHE as taught lessons once every two weeks. Whereas	**City Academy** Information to follow.
Ormiston Victory Academy Our vision is for students at Ormiston Victory Academy to develop the skills and knowledge to keep themselves safe, to be active and responsible citizens, to lead healthy lives, to be financially literate and to plan a fulfilling career.	Sewell Park Academy Email sent
Hellesdon High School - PSHRE Using PSHE Association: Our guiding principles have been that all of the compulsory subject content must be age appropriate and developmentally appropriate. It must be taught sensitively and inclusively, with respect to the backgrounds and beliefs of pupils and parents while always with the aim of providing pupils with the knowledge they need of the law. We are clear that parents and carers are the prime educators for children on many of these matters. Schools complement and reinforce this role we see the school building on what pupils learn at home as an important part of delivering a good education. Teaching will also build on the knowledge acquired at primary and develop further pupils' understanding these various knowledge areas.	**Notre Dame High School** You are growing up in a rapidly changing world, full of opportunities. Personal Social Health Economic Education (PSHEE) is a compulsory, non-examined subject. PSHEE equips you with trustworthy and reliable values, knowledge and skills to enable you to flourish and *'live life to the full'*. The subject is taught through three intertwining themes: Health and Wellbeing Living in the Wider World Forming Positive Relationships
Thorpe St Andrew School Using the PSHE Association: • Aspiring to Live in the Wider World	**Norwich School** Lower 4 and Upper 4 each attend a weekly, 40-minute PSHE lesson in which specialist teachers cover the following eight topics through a four-week rotation:

• Respectful Relationships and Sex Education • Engaging with Health & Wellbeing	Sex & Relationships - Appropriate language, puberty, body image, parenthood, laws relating to sex Knowing Myself - Communication, behaviour, relationships, managing conflict Drugs & Alcohol - Types and effects of alcohol and drugs, laws relating to each, sources of advice Online Life - Privacy, cyber-bullying, social networking, online gaming Healthy Mind - Happiness, sleep, effects of sugar and caffeine, balancing work and play Healthy Body - Healthy diets, importance of exercise, body image and the media, self-esteem Living Together - The global community, stereotypes, protected characteristics, race, gender, sexuality Resilience - Managing stress, fight or flight responses, bullying, loss and bereavement