



Red Hall PSHE overview.

"We are all born free" - Amnesty international



Topic weeks and assemblies:

Mental health week.
Road Safety
NSPCC PANTS
Internet safety week
Transition day

Workshop and experiences:

NSPCC PANTS
Loud Mouth
Dudley's community tooth brush scheme
School Nurse
Local services - Police/ fire/ street officers

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Autumn term - Living in the wider world						
'Belonging to a community'	What rules are; caring for others' needs; looking after the environment	Belonging to a group; roles and responsibilities; being the same and different in the community	The value of rules and laws; rights, freedoms and responsibilities	What makes a community; shared Responsibilities	Protecting the environment; compassion towards others	Valuing diversity; challenging discrimination and stereotypes
Media literacy and digital resilience	Using the internet and digital devices; communicating online	How to access the internet	How the internet is used; assessing how information is used online	How data is shared and used	How information online is targeted; different media types, their role and impact	Evaluating media sources; sharing things online
Money and work	Strengths and interests; jobs in the community	What money is; needs and wants; looking after money	Different jobs and skills; job stereotypes; setting personal goals	Making decisions about money; using and keeping money safe	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Influences and attitudes to money; money and financial risks
Spring Term - Health and wellbeing						
Physical health and mental wellbeing	Keeping healthy; food and exercise; hygiene routines; sun safety	Why sleep is important; medicines and keeping healthy; keeping teeth healthy;	Health choices and habits; what affects feelings; expressing feelings	Maintaining a balanced lifestyle; oral hygiene and dental care	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online
Growing and changing	Recognising what makes them unique	Growing older; naming body parts; moving class or year	Personal strengths and achievements;	Physical and emotional changes in	Personal identity; recognising	Human reproduction and birth; increasing independence; managing transitions

	and special; feelings; managing when things go wrong		managing and reframing setbacks	puberty; external genitalia; personal hygiene routines; support with puberty	individuality and different qualities; mental wellbeing	
Keeping safe	How rules and age restrictions help us; keeping safe online	Safety in different environments; risk and safety at home; emergencies	Medicines and household products; drugs common to everyday life	Risks and hazards; safety in the local environment and unfamiliar places	Keeping safe in different situations, including responding in emergencies and first aid	how to protect personal information online

Summer Term - Relationships and Transitions

Families and relationships	Roles of different people; families; feeling cared for	Making friends; feeling lonely and getting help	What makes a family; features of family life	Positive friendships, including online	Managing friendships and peer influence	Attraction to others; romantic relationships; civil partnership and marriage
Safe relationships	Recognising privacy; staying safe; seeking permission	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Physical contact and feeling safe	Recognising and managing pressure; consent in different situations
Respecting ourselves and others	How behaviour affects others; being polite and respectful	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Respecting differences and similarities; discussing difference sensitively	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Expressing opinions and respecting other points of view, including discussing topical issues