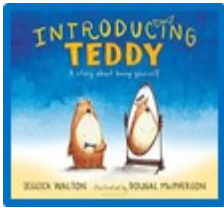


All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSCHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, 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 PSCHE.

No Outsiders



Relationship & Consent

Summer 2

Igniting Prior Knowledge:

- 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:

- Womb
- Sperm
- Egg
- Conception
- Fertilisation
- Pregnancy
- Sexual intercourse
- Twins
- Fostering
- Adoption
- Relationship
- Friendship
- Love
- Consent
- Intimacy
- Communication
- Personal/private information
- Internet safety
- Peer-on-peer abuse
- Sexual harassment
- Taunting

New Knowledge:

- Conception and Pregnancy:
- A woman has to have sexual intercourse with a man in order to have a baby.
- When a woman is pregnant, her periods stop.
- Identical twins occur when one egg is fertilised by two sperms.
- Most babies are born after being inside of their mothers for nine months.
- The umbilical cord provides the foetus with oxygen and nutrition in the mother's womb.
- Personal positive qualities will be beneficial in high school.
- Growth mindset is important for high school.
- Know the difference between fixed and growth mindset.
- Growth mindset is enjoying learning new learning with showing enthusiasm with new challenges.
- Fixed mindset is when you think if you are not good at something, you will typically never be good at it.
- It is important to be kind to yourself.
- Resilience is the ability to bounce back after difficulties.
- There may be conflict amongst friendships groups.
- Perseverance is important for success.
- Fear of failure can prevent success.
- Failure should be seen as a learning experience.
- In life we go through different changes or transitions – schools, house, jobs, diets, siblings.
- Being worried can affect the body physically – headache, sickness, sleeping etc.
- A healthy body and mind can help with changes.
- To live a healthy life you could switch off technology, sleep well, be physically active etc.
- Sleep benefits, health, memory, concentrations, emotions.
- Screen time should be limited where possible and used wisely.