

Where to get help

If we need help or someone to talk to about anything, these are the people that we can rely on:

Our parents, a teacher, or a trusted adult.

Mrs Bell is always there if something is bothering you.

Mrs Jeffrey & Mrs Hewitt: they look after the children and make sure that you happy. Children can go and see them if they need some help, especially about friendships. They have some activities to help us if we are finding some things difficult to cope with on our own.

We should always speak to someone if you need help, don't keep it inside.

We had an assembly about Child line, the number to call is **0800 11 11**. They helped us to learn about different parts of the body, and signs of abuse. We want to be safe and we can call this number if we need help.

Rules to remember in our PSHE lessons

To be kind to and supportive of each other.

To laugh with but not at each other.

To listen by looking at each other and not interrupting.

To respect other people's views and Feelings.

It's ok to say pass / not join in.

It isn't a secret, but what we discuss should stay in the class, don't discuss with younger children.



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Special Relationships & Education Policy



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Aims

Why do we have PSHE lessons in school?

To prepare us for the changes that will happen as we get older.

We have changed so much since we were in Reception class, we will keep growing and PSHE lessons help us learn different ways to cope with things.

Our parents may feel embarrassed to talk to us about some things like relationships and body changes. If we learn new things at school, then we can talk about it at home. Our parents might not know what was happening and how to tell us about it.

We have the lessons to learn about peer pressure, this is being told that you have to do something. You must not listen if something feels dangerous or unsafe.

We learn about drugs, alcohol, tobacco. Our PSHE give us skills so that we can learn how to cope with difficult situations.

Growing up & changing KS2

This is what we learn in Year 4.

In this part of PSHE we learnt about boys and girls and the changes that will happen to our bodies as we grow and change.

When we get older we become more mature in our mind and our bodies change too.

When we are older we will go through puberty, we talked about the changes in a male and female.

We talked about some of the changes that will happen, we will probably get sweaty and need to use deodorant and wash our hair more if it is greasy. Our body will also change inside and we learnt about what happens inside our body. Our feelings may change too.

Boys and girls had different lessons in this topic. The girls talked about our body changes in more details and don't need to be embarrassed.

We remembered not to talk about it with children that are too young, they might not understand. They are not ready to understand some things that Year 5 and 6 are learning about..

Boys, girls & families KS1

This is what we learn in Year 2.

We learnt that boys can be anything they want to be and so can girls. They can also do anything that they want to do, such as football as girls and boys can do that and dancing, again they can both do that. We can all do any sort of sport that we like. Boys and girls can also have any sort of job that they want, like being a nurse, boys and girls can both do that. Cooking too, girls don't just cook and boys just eat. Sometimes your Dad might cook or your parents might cook together.

We learnt about male and female animals and the lifecycle of some Animals, like a cat.

We talk about how a girls body is different to a boys, we also looked at how our bodies change from being a baby to being an adult.