

PSHE Education

This guide will support you to contribute to your child's PSHE education outside of school or through home learning.

PSHE (personal, social, health and economic) education is a school curriculum subject through which children and young people acquire knowledge and skills to stay safe, be healthy (physical and mentally) and prepared for life, and work, in the modern world. As a parent/carer you are your child's first educator and play a vital role in their personal and social development.

PSHE education is not therapy or counselling. In order to engage safely with the subject matter, it is important that neither you nor your child feels 'put-on-the-spot' or expected to share personal stories or experiences.

- Develop ground rules together and agree to adhere to these during PSHE discussions e.g. **"We will talk openly but we will not ask each other personal questions."**
- Help your child to explore a situation through the lens of a fictional person. Rather than "What would you do in this situation?" instead ask **"What could this character do in this situation?" / "What could someone do if this happened to them?"** It enables children and young people to engage objectively with the subject matter, without embarrassment or emotional upset from being asked to imagine themselves in (or relive) a stressful experience.

You don't need to be an expert on every topic; be guided by your child's starting point and be prepared to do some research of your own should you feel unsure about a topic or question.

PSHE education covers many topics, which are organised into three themes;

- Health and wellbeing
- Relationships
- Living in the wider world (which focusses on careers, media literacy and economic wellbeing).



This term's topic is: **Relationships**

Groups: 1 & 2

During this term the students will learn;

- The characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality.
- The role of pleasure in intimate relationships, including orgasm.
- Diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them.
- To understand a variety of faith and cultural practices and beliefs concerning relationships and sexual activity; to respect the role these might play in relationship values.
- Strategies to manage the strong emotions associated with the different stages of relationships.
- How to safely and responsibly manage changes in personal relationships including the ending of relationships.
- How to recognise unwanted attention (such as harassment and stalking including online), ways to respond and how to seek help.

This term's topic is: **Relationships**

Groups: 3,4,5

During this term the students will learn;

- About different types of relationships, including those within families, friendships romantic or intimate relationships and the factors that can affect them.
- The similarities, difference and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation.
- The difference between biological sex, gender identity and sexual orientation.
- How the media portrays relationships and the potential impact of this on people's expectations of relationships.
- That the portrayals of sex in the media and social media (including pornography) can affect people's expectations of relationships and sex.
- The importance of trust in relationships and the behaviours that can undermine or build trust.
- To evaluate expectations about gender roles, behaviour and intimacy within romantic relationships.

