

# Relationship Education including Sex Education, PSHE, Equality, Mental Health and British Values

## Team 4

At Horn's Mill, children have access to a number of resources to ensure that their personal development needs are met. Teachers use these resources throughout the year to ensure that children's understanding of RSE, Equality and British Values develops progressively, and that growing independence is observed in their ability to look after their own well-being and mental health.

Some concepts within MyHappyMind are re-visited each year. Children access open ended tasks and discussion at their developmental level at that time, and build on their skills and understanding each year.

### MyHappyMind – Mental Health Curriculum

#### Happy Breathing takes place in all year groups on a daily basis:

- Children understand the ways in which they can look after their brains
- Children understand how happy breathing helps them
- Children learn how to slow their breathing down and be still
- Our brain helps us with many jobs and sometimes it gets tired
- There are two main ways for our brain to rest; sleeping and happy breathing
- Happy breathing is a special way to relax our brain and it also helps to relax our bodies

#### Module 1: Meet your Brain

- Your brain and your mind are different
- Children learn that their brain is an organ and that it has many functions. They learn that the brain controls most of what we do and that, it is an amazing thing!
- *Neuroplasticity*: Children formulate a basic knowledge of the concept of neuroplasticity i.e. That the brain can grow and change when you practice and work on something.

#### Module 2: Celebrate:

- What the different types of character strengths
- How children can learn to spot different strengths in themselves and others
- Which character strengths the children identify with

#### Module 3: Appreciate

- What happens in our brain when we give and receive gratitude?
- The types of gratitude that children should try to take the time to notice
- Children are encouraged to think about what they appreciate about themselves or their top strengths - developing self esteem
- children are encouraged to stop and reflect about who in their lives they appreciate and why
- children are encouraged to stop and think about the simple, everyday experiences that they should appreciate e.g. eating, listening

#### Modules 4: Relate

- The importance of being able to relate or get along with others in order to have positive relationships.
- The need to be able to see other perspectives in order to build relationships.
- Children learn *Active listening* - ensure that children are really understanding other points of view rather than jumping to conclusions.
- *Stop, Understand, Consider* - this is all about taking the time to pause, and think about what someone else's point of view.

## Module 5: Engage

- reflect about who in their lives they appreciate and why
- children are encouraged to stop and think about the simple, everyday experiences that they should appreciate e.g. eating, listening

### MyHappyMind – Relationship Curriculum (Year 3 and 4)

#### Lesson 1 – Families in the wider world

Recognise that everyone's family looks a little different

Understand how families come together to celebrate

Understand how families care for each other

#### Lesson 2 – All About Me

Identify those things about them that makes them special and unique

Talk about the things they want to develop

Consider the strengths of others and know how to share those

#### Lesson 3 – Learning to Love Difference

Recognise what a gender stereotype is and isn't

Discuss their views on gender and diversity

Identify when a gender stereotype is being used

#### Lesson 4 – Getting along with our families

Identify things that are the same about families and the things that may be different

Explain how they would respond if people are unkind about their family or someone else's.

Understand where to go for help if needed

#### Lesson 5 – Friendship ups and downs

Identify things that make them a good friend

Identify the things that would make them think that someone was not being a good friend.

Know what to do if they are struggling with a friendship

#### Lesson 6 – Keeping Safe

To know what risky means

Be able to discuss risk and be able to share their opinion on what is safe or unsafe

Know where to go for help if they need it

**Christopher Winter** - Horn's Mill Governors have agreed that in addition to legal requirements, out of respect for some groups' cultural beliefs, families will be given the informed opportunity to excuse their children from the lessons in red.

#### Lesson 1: Changes

##### Learning Intention

To explore the human lifecycle

To identify some basic facts about puberty

##### Learning Outcomes

Understand that puberty is an important stage in the human lifecycle

Know some changes that happen during puberty

#### Lesson 2: What is Puberty

##### Learning Intention

To explore how puberty is linked to reproduction

##### Learning Outcomes

Know about the physical and emotional changes that happen in puberty

Understand that children change into adults to be able to reproduce if they choose to

#### Lesson 3: Healthy Relationships

##### Learning Intention

To explore respect in a range of relationships

To discuss the characteristics of healthy relationships

##### Learning Outcomes

Know that respect is important in all relationships including online

Explain how friendships can make people feel unhappy or uncomfortable.

### No Outsiders – Equality Curriculum

*These lessons are enhanced with a weekly assembly, using the No Outsiders theme.*

*"The Flower" John Light LO: To ask questions*

### British Values

#### Democracy

- I can explore ways we can express our opinions and campaign for democratic change

"Red: A Crayon's Story" Michael Hall *LO: To be who you want to be*  
 "The Way Back Home" Oliver Jeffers *LO: To overcome language as a barrier*  
 "King and King" Linda De Hann and Stern Nijland *LO: To understand why people get married*  
 "Dogs Don't do Ballet" Anna Kemp and Sara Ogilvie *LO: To know when to be assertive*  
 "Along came a Different" Tom McLaughlin *LO: To help someone accept difference*  
 "Aalfred and Aalbert" Morag Hood *LO: To find common ground*  
 "When Sadness comes to Call" Eva Eland *LO: To look after my mental health*  
 "Julian is a Mermaid" Jessica Love *LO: To show acceptance*

- I can write a short speech about my attributes to lead a democracy.
  - I can take part in a fair vote.
  - I can start to understand the terms democracy and rule of law and why they are important.
- Rule of Law**
- I can follow and value rules
  - I can explore and make rules, learning their value and purpose
  - I can think thoughtfully about why rules are needed, explaining this to someone else.
- Mutual Respect, Tolerance and Diversity**
- I can use encouragement when respecting everyone's differences
- Individual Liberty**
- I can describe how to welcome people and practice being welcoming.
  - I can think about what different people in Britain are like.

## Money and Me! – Finance Curriculum

[https://schools.beano.com/lesson\\_plan\\_category/moneyandme/](https://schools.beano.com/lesson_plan_category/moneyandme/)

### *What's new with Money*

- **Challenge:** Identify different methods of payment and the security features on banknotes.
- **More challenging:** Describe how we securely make payments today and categorise 21st century money correctly.
- **Mega challenge:** Explain the best payment methods to use, depending on the circumstance, and why our banknotes are so secure

### *What can I do with Money?*

- **Challenge:** Identify the different ways we can choose to use our money and begin to make informed financial decisions.
- **More challenging:** Make informed financial decisions considering a variety of factors. Categorise luxuries and essentials.
- **Mega challenge:** Explain how we can 'grow' and best spend our money, both in the bank and by making wise spending decisions.

## Christopher Winter – Drugs and Alcohol

### Lesson 1: Effects of Alcohol

#### Learning Intention

To understand the effect alcohol has on the body

#### Learning Outcomes

To know what alcohol is and how it affects the body

To understand that everyone will be affected differently by alcohol

### Lesson 2: Alcohol and Risk

#### Learning Intention

To understand the risks associated with drinking alcohol

#### Learning Outcomes

Be able to make sensible choices about using alcohol

### Lesson 3: Limits to drinking alcohol

#### Learning Intention

To consider how society limits the drinking of alcohol

#### Learning Outcomes

To know some laws about drinking alcohol

To consider ways of persuading people to drink alcohol sensibly

Know the rules about medicines

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