

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

Team 3

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: Body Differences

Learning Intention

To identify that people are unique and to respect those differences

To explore the differences between male and female bodies

Learning Outcomes

Know and respect the body differences between ourselves and others

Name male and female body parts using agreed words

Lesson 2: Personal Space

Learning Intention

To consider appropriate and inappropriate physical contact and consent

Learning Outcomes

Understand that each person's body belongs to them

Understand personal space and unwanted touch

Lesson 3: Help and Support

Learning Intention

To explore different types of families and who to go to for help and support

Learning Outcomes

Understand that all families are different and have different family members

Identify who to go to for help and support

No Outsiders – Equality Curriculum

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

"Oliver" Birgitta Sif LO: To understand how difference can affect someone

British Values

Democracy

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

"We're all wonders" RJ Palacio *LO: To use my pupil voice*
 "The Hueys in the New Jumper" Oliver Jeffers *LO: To use strategies to help someone who feels different*
 "Beegu" Alexis Deacon *LO: To be welcoming*

"Two Monsters" David McKee *LO: To find a solution to a problem*
 "This is Our House" Michael Rosen *LO: To understand what discrimination means*
 "The Truth about Old People" Elina Ellis *LO: To recognise a stereotype*
 "Planet Omar: Accidental Trouble Magnet" Zanib Mian *LO: To consider living in Britain today*

- 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/

What is Money?

- **Challenge:** Identify why money is important and what we did before it was invented.
- **More challenging:** Describe different uses for money and how currency has changed over time.
- **Mega challenge:** Explain why currency has changed over time and why modern currency is more useful.

Christopher Winter – Drugs and Alcohol

Lesson 1: Why People Smoke

Learning Intention

To know what effect smoking has on the lifestyle of a smoker

Learning Outcomes

To understand why people smoke

To know how smoking affects people

Lesson 2: Physical Effects of Smoking

Learning Intention

To know the effects of smoking on the body

To understand the impact of smoking and passive smoking

Learning Outcomes

To understand what quitting smoking does to the body

Lesson 3: Smoking and Society

Learning Intention

To know how society responds to the impact of smoking and passive smoking

Learning Outcomes

To know the negative effects of smoking

To be able to make the positive choice not to smoke