

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

Team 6

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.

Circle Time is undertaken at least once per week to support this curriculum, and to also address bespoke, current needs identified in each class.

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 5 and 6)

Lesson 1 – Friendships on and offline

Explain how healthy friendships make them feel

Explain what online bullying looks like

Know where to go for help if something they have seen online upsets them

Lesson 2 – Friendships and Secrets

Explain what a safe secret is and what an unsafe secret is

Describe when keeping secrets is not a sign of a good friendship

Know where to go for help regarding secrets

Lesson 3 – Peer Pressure

Explain what peer pressure is

Explain whether certain situations are peer pressure or not

Respond appropriately when they feel they are being peer pressured by a friend

Lesson 4 – Identity and Respect

Define what makes them an individual

Understand what makes others unique

Explain why it is important to respect others individuality and differences

Lesson 5 – Discrimination and the Law

Define what discrimination is

Understand that the law protects those that are commonly discriminated against

Know what to do if they witness discrimination

Lesson 6 – Online Safety-Images

Recognise that they may sometimes feel pressurised to share their images online

Know where to go for help if they need it

Recognise the importance of protecting their own and others privacy online

Know to speak to a trusted adult if they feel uncomfortable with images being shared online

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: Puberty and Reproduction

Learning Intention

To consider puberty and reproduction

Learning Outcomes

Describe how and why the body changes during puberty in preparation for reproduction

Talk about puberty and reproduction with confidence

Lesson 2: Communication in Relationships

Learning Intention

Exploring the importance of communication and respect in relationships

Learning Outcomes

Explain differences between healthy and unhealthy relationships

Know that communication and permission seeking are important

Lesson 3: Families, Conception and Pregnancy

Learning Intention

To consider different ways people might start a family

Learning Outcomes

Describe the decisions that have to be made before having children

Know some basic

Lesson 4: Online Relationships

Learning Intention

To explore positive and negative ways of communicating in a relationship

Learning Outcomes

To have considered when it is appropriate to share personal/private information in a relationship

To know how and where to get support if an online relationship goes wrong

No Outsiders – Equality Curriculum

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

"The Whisperer" Nick Butterworth *LO: To stand up to discrimination*

"The Thing" Simon Puttock *LO: To welcome difference and stand up to discrimination*

"Dreams of Freedom" Amnesty international *LO: To recognise my freedom*

"My Princess Boy" Cheryl Koldavis *LO: To promote diversity*

"The Island" Armin Greder *LO: To challenge the causes of racism*

"Love you Forever" Robert Munsch *LO: To consider how my life may change as I grow up*

"King of the Sky" Nicola Davis *LO: To responses to immigration*

"The Only Way is Badger" Stella J Jones and Carmen Saldana *LO: To consider language and freedom of speech*

"Leaf" Sandra Dieckmann *LO: To overcome fears about difference*

"Introducing Teddy" Jessica Walton and Dougal MacPherson *LO: To show acceptance*

"A Day in the Life of Marlon Bundo" Marlon Bundo and Jill Twiss *LO: To consider democracy*

British Values

Democracy

- I can start to understand the word democracy and why it matters
- I can write a short speech about ideas to improve life
- I can take part in a fair vote

Rule of Law

- I can think about why we have the rule of law
- I can explore rules, learning their value and purpose

Mutual Respect, Tolerance and Diversity

- To understand how all people are equal and different

Individual Liberty

- I can explore the right to live in freedom and individual liberty
- I can explore ways I can support other people's right to live in freedom and individual liberty
- I can explore the idea that we need to allow other people to have liberty
- I understand that individual liberty had to be within the rules
- I can explore the UN Children's Rights

Money and Me! – Finance Curriculum

https://schools.beano.com/lesson_plan_category/moneyandme/

Managing my Money

- **Challenge:** Demonstrate budgeting in practice and identify times we should spend, borrow or save.
- **More challenging:** Describe how we can budget and where we should spend, borrow or save.
- **Mega challenge:** Explain how people budget and why sometimes it is better to save money than to spend it.

How can I keep my money Safe?

- **Challenge:** Identify how our money can be at risk, both online and offline, as well as how we can do our best to keep it safe.
- **More challenging:** Describe the different ways our money can be at risk online and offline and how we can protect our money in a variety of different situations.

Christopher Winter – Drugs and Alcohol

Lesson 1: Cannabis

Learning Intention

To understand the effects, risks and law relating to cannabis

Learning Outcomes

To know what effect Cannabis can have on your health and life
To know the legal consequences of using cannabis

Lesson 2: Volatile Substance Abuse and Getting Help

Learning Intention

To understand the risk of Volatile Substance Abuse (VSA)

Learning Outcomes

To know the risks and effects of VSA
To know how to get and give help

Lesson 3: Help, Advice and Support

Learning Intention

- **Mega challenge:** Explain in detail how we can avoid risk and keep our money safe.

What is Debt?

- **Challenge:** Identify how our money can be at risk, both online and offline, as well as how we can do our best to keep it safe.
- **More challenging:** Describe the different ways our money can be at risk online and offline and how we can protect our money in a variety of different situations.
- **Mega challenge:** Explain in detail how we can avoid risk and keep our money safe.

Ethical Spending

- **Challenge:** Identify what we mean by spending ethically and the different reasons why this is a good idea.
- **More challenging:** Describe what we mean by spending ethically, how we can do this and why it's a good idea.
- **Mega challenge:** Explain how and why we should consider ethical spending when making decisions and describe the positive consequences.

To be aware of the options for getting help, advice and support

Learning Outcomes

To have practised communication with adults

To knowhow to access help and support