

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

## Team 5

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 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: Talking about Puberty

##### Learning Intention

To explore the emotional and physical changes occurring in puberty

##### Learning Outcomes

Explain the main physical and emotional changes that happen during puberty

Ask questions about puberty with confidence

#### Lesson 2: The Reproduction System

##### Learning Intention

To understand male and female puberty changes in more detail

##### Learning Outcomes

Understand how puberty affects the reproductive organs

Describe what happens during menstruation and sperm Production

#### Lesson 3: Puberty Help and Support

##### Learning Intention

To explore the impact of puberty on the body and the importance of physical hygiene

To explore ways to get support during puberty

##### Learning Outcomes

Explain how to keep clean during puberty

Explain how emotions/relationships change during puberty

Know how to get help and support during puberty

### No Outsiders – Equality Curriculum

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

*"Rose Blanche" Ian McEwan LO: To justify my actions*

### British Values

#### Democracy

- I can start to understand the word democracy and why it matters

"The Cow Who Climbed a Tree" Gemma Merino *LO: To exchange dialogue*  
 "How to Heal a Broken Wing" Rob Graham *LO: To recognise when someone needs help*  
 "And Tango Makes Three" Justin Richardson *LO: To accept people who are different from me*  
 "Where the Poppies Now Grow" Hilary Robinson *LO: To learn from our past*  
 "The Artist who Painted a Blue Horse" Eric Carle *LO: To appreciate artistic freedom*  
 "Kenny lives with Erica and Martina" Oli Pike *LO: To consider consequences*  
 "Mixed" Aree Chung *LO: To consider responses to racist behaviour*  
 "The Girls" Lauren Lee and Jenny Lovlie *LO: To explore friendship*

- 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/](https://schools.beano.com/lesson_plan_category/moneyandme/)

### Introduction to Banking

- **Challenge:** Identify what a bank is and how banks work.
- **More challenging:** Describe how banks make money, through the 'money cycle'.
- **Mega challenge:** Explain how banks use our money to invest in other people and businesses and how they can reward savers with interest.

### What is the Bank of England?

- **Challenge:** Identify how the Bank of England balances saving and spending in the UK.
- **More challenging:** Describe how the Bank of England uses interest rates to encourage spending or saving, and to keep inflation low.
- **Mega challenge:** Explain how the Bank of England keeps inflation low and explain how balancing saving and spending helps maintain financial stability.

### Why do prices change over time?

- **Challenge:** Identify what we mean by supply and demand and the reasons why prices can change.
- **More challenging:** Describe accurately how supply and demand can affect prices.

## Christopher Winter – Drugs and Alcohol

### Lesson 1: Legal and Illegal Drugs

#### Learning Intention

To explore a range of legal and illegal drugs, their risks and their effects

#### Learning Outcomes

To know about a range of legal and illegal drugs

To have some understanding of the effects and risks of illegal drugs

### Lesson 2: Attitudes to Drugs

#### Learning Intention

To have considered the children's attitudes and beliefs and drug use and drug users

#### Learning Outcomes

To explore our attitudes to drug use

To understand that all sorts of people may misuse drugs

To challenge the myths about drug use

### Lesson 3: Peer Pressure

#### Learning Intention

To have considered strategies to resist drug use

#### Learning Outcomes

To know a range of skills to resist peer pressure

To have developed some assertiveness skills

- **Mega challenge:** Explain the relationship between supply and demand as well as why prices change over time.

*Why is money so important?*

- **Challenge:** Identify different ways we can all be successful with money and how can we use decisions wisely to make money grow.
- **More challenging:** Describe how people can make more money through enterprise and investing.
- **Mega challenge:** Explain how people can make more money through enterprise and investing wisely in other people's business ideas.