Godwin Primary School



PSHE & Citizenship Policy

July 2022



GODWIN PRIMARY SCHOOL

PSHE & Citizenship Policy and Procedures

Date	Review date	Responsible Person
June 2022	July 2024	Chris Wilding

Rationale

PSHE education makes a major contribution to schools' statutory responsibilities to provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010 such a curriculum must:

- promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society;
- prepare pupils at the school for the opportunities, responsibilities and experiences of later life.

Maintained schools also have statutory duties to:

- promote children and young people's wellbeing (Wellbeing is defined in the Children Act 2004 as the
 promotion of physical and mental health; emotional wellbeing; social and economic wellbeing;
 education, training and recreation; recognition of the contribution made by children to society; and
 protection from harm and neglect.)
- promote community cohesion (Education and Inspections Act 2006; Education Act 2002)

In addition, the *Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019,* made under sections 34 and 35 of the *Children and Social Work Act 2017,* make Relationships Education compulsory for all pupils receiving primary education from September 2020. They also make Health Education compulsory in all schools except independent schools.

Godwin Primary School recognises the importance of PSHE in promoting healthy lifestyles, managing feelings, building positive relationships, promoting positive behaviour, mutual respect and self-awareness. This policy is part of our commitment to pupil health and well-being and is part of a whole-school approach, along with other policies and practices including: Anti-Bullying, Relationship & Sex Education, Drugs, Alcohol & Tobacco Education, Safeguarding, ICT, RE, Science, Safety Week, SEAL and a commitment to the London Healthy Schools programme.

Purpose of the Policy

- To clarify the schools' approach to the subject for all staff, pupils, governors, parents/carers, external agencies and the wider community;
- To show the context in which it should be taught;
- To link to other relevant policies;
- To outline some practical strategies for teaching;

- To emphasise the importance of working in partnership with parents and the wider community;
- To reinforce the role of the school in contributing to local and national strategies.

Aims of PSHE & Citizenship in Godwin Primary School

To help pupils:

- Recognise how their own choices and behaviour can affect local, national or global issues and political and social institutions and communities
- Instil the basic rules, skills and importance of keeping clean, healthy and safe
- Articulate feelings, views, needs and rights and recognise those of others
- Take responsibility for themselves and their environment
- Develop social skills such as sharing, taking turns, playing, helping others, resolving conflict, as well as recognising, defining and resisting bullying
- Consider the consequences of their words and actions on others and recognise that bullying, including cyber-bullying is wrong

PSHE & Citizenship at Godwin Primary School

PSHE and citizenship is delivered through discrete PSHE & Citizenship lessons where appropriate, covering national statutory requirements for Relationships Education, Health Education and the PSHE Association's Programme of Study. It may also be taught on a cross-curricular basis at the teacher's discretion to support other learning. Whole school approaches are also a large contributor, including assemblies, school council, charity events, circletime and activities such as the Godwin Playground Squad. Safety Weeks, colour teams, School Travel Plan and the School Council are also heavily linked to the subject. Social and emotional aspects of learning, which often link to PSHE & Citizenship, are also taught through the school's RE and SEAL provision. Drugs, Alcohol and Tobacco Education (DATE) and Relationships & Sex Education (RSE) are a valued part of PSHE & Citizenship and have their own policies and guidelines.

Methodology and Resources

Teachers timetable a minimum of half an hour per week for PSHE. A scheme of work provides objectives and activities for each year group. Learning activities are suggestions only but key ideas/objectives must be covered and included on weekly plans. Teachers may adapt lessons based upon the needs of the learners, including cross-curricular lessons or circletime. Year group partners should ensure consistency between classes. The class teacher should also adapt lessons for vulnerable and SEN children, as well the religious and cultural beliefs of individuals and their families.

PSHE & Citizenship shares the features of any well-taught lesson within the school in keeping with the Teaching & Learning Policy.

A wide range of resources assists with the teaching of PSHE & Citizenship including books, DVDs, videos, props, games and posters. Staff should inform the PSHE & Citizenship coordinator if they require specific resources that are not available in school. A PSHE & Citizenship budget is provided to purchase such items.

External contributors are invited if they enhance provision, for example: School Nurse, Public Health Promotions Officer and religious leaders. The teacher still has overall responsibility for the lesson and should remain present to maintain discipline and devise follow-up work. Beforehand, agree clear learning outcomes and content. External contributors should be competent facilitators, fully aware of their role and

Working Together

responsibilities within the lesson and in the context of the school's values and policies e.g. disclosure, confidentiality, child protection etc.

Staff should also make sure that they are familiar with the correct school procedures regarding disclosure, confidentiality and child protection. Any concerns should be raised with the appropriate members of staff.

Staff Training

Those involved in teaching PSHE & Citizenship have opportunities to develop skills, knowledge and confidence their CPD. Such opportunities include: team teaching, peer coaching, observations, training courses and classroom support.

Assessment

It is useful to incorporate a before and after assessment of children's understanding of PSHE & Citizenship. Children should be asked to share their level of understanding; the most effective teaching techniques and what they believe will help them further as units of work progress. Summative assessment may also take place in the form of more formal activities, however assessment may also include:

- Self-assessment diaries, check lists, portfolios
- Peer-group assessment discussion, feedback, pupil reflection
- Teacher assessment observations, debates, discussions, written work, drama, role-play, worksheets, quizzes or tests.

Written work should be recorded in pupils' writing books and marked in line with the Marking and Feedback Policy.

Monitoring and Evaluation

The PSHE & Citizenship coordinator is responsible for the overall monitoring and evaluation of the PSHE & Citizenship programme. Responsibilities include, as appropriate: Lesson observations with feedback to teachers; sampling pupils' work; oral feedback from staff, parents, governors and pupils; monitoring planning; discussions in staff meetings/INSET sessions/subject team meetings; questionnaires.

Location and Dissemination of the Policy

A copy of the PSHE & Citizenship Policy shall be held by the coordinator and published on the school website for other stakeholders to view.

Ratified by Governors at Full Governing Body meeti	ing
Signed by: P. Malcolm (Chair of Governors)	Date:

Appendix 1 - The PSHE Curriculum at Godwin Primary School:

Core Theme 1: Health and Wellbeing

Pupils should learn:

Key Stage 1 Key Stage 2 Healthy Lifestyles H1. about what keeping healthy means; different ways to H1. how to make informed decisions about health **H2.** about the elements of a balanced, healthy lifestyle keep healthy **H2.** about foods that support good health and the risks of H3. about choices that support a healthy lifestyle, and recognise what might influence these eating too much sugar **H3.** about how physical activity helps us to stay healthy; H4. how to recognise that habits can have both positive and and ways to be physically active everyday negative effects on a healthy lifestyle H4. about why sleep is important and different ways to **H5.** about what good physical health means; how to recognise early rest and relax signs of physical illness **H6.** about what constitutes a healthy diet; how to plan healthy **H5.** simple hygiene routines that can stop germs from spreading meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including **H6.** that medicines (including vaccinations and immunisations and those that support allergic reactions) obesity and tooth decay. can help people to stay healthy H7. how regular (daily/weekly) exercise benefits mental and physical H7. about dental care and visiting the dentist; how to health (e.g. walking or cycling to school, daily active mile); recognise brush teeth correctly; food and drink that support dental opportunities to be physically active and some of the risks health associated with an inactive lifestyle **H8.** about how sleep contributes **H8.** how to keep safe in the sun and protect skin from sun to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour damage and ability to learn H9. about different ways to learn and play; recognising the importance of knowing when to take a break from **H9.** that bacteria and viruses can affect health; how everyday time online or TV hygiene routines H10. about the people who help us to stay physically can limit the spread of infection; the wider importance of personal healthy hygiene and how to maintain it **H10.** how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed H11. how to maintain good oral hygiene (correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking) **H12.** about the benefits of sun exposure & risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer **H13.** about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health

Mental Health

- $\mbox{\bf H11.}$ about different feelings that humans can experience
- **H12.** how to recognise and name different feelings
- **H13.** how feelings can affect people's bodies and how they behave
- **H14.** how to recognise what others might be feeling
- **H15.** to recognise that not everyone feels the same at the same time, or feels the same about the same things
- **H15.** that mental health, just like physical health, is part of daily life; the importance of taking care of mental health
- **H16.** about strategies and behaviours that support mental health: including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family & friends can support mental health and wellbeing

- **H16.** about ways of sharing feelings; a range of words to describe feelings
- **H17.** about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)
- **H18.** different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good
- **H19.** to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it
- **H20.** about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better

- **H17.** to recognise that feelings can change over time and range in intensity **H18.** about everyday things that affect feelings and the importance of expressing feelings
- **H19.** a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;
- **H20.** strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations
- **H21.** to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others
- **H22.** to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult
- **H23.** about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement
- **H24.** problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools

Ourselves, Growing and Changing

- **H21.** to recognise what makes them special
- **H22.** to recognise the ways in which we are all unique
- **H23.** to identify what they are good at, what they like and dislike
- **H24.** how to manage when finding things difficult
- **H25.** to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
- **H26.** about growing and changing from young to old and how people's needs change
- **H27.** about preparing to move to a new class/year group

- **H25.** about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
- **H26.** that for some people gender identity does not correspond with their biological sex
- **H27.** to recognise their individuality and personal qualities
- **H28.** to identify personal strengths, skills, achievements and interests and how
- these contribute to a sense of self-worth
- **H29.** about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking
- **H30.** to identify the external genitalia/ internal reproductive organs in males and females and how the process of puberty relates to human reproduction
- **H31.** about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)
- **H32.** about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
- **H33.** about the processes of reproduction and birth as part of the human life
- cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for
- **H34.** about where to get more information, help and advice about growing and changing, especially about puberty
- **H35.** about the new opportunities and responsibilities that increasing independence may bring
- **H36.** strategies to manage transitions between classes and key stages

Keeping safe

- **H28.** about rules and age restrictions that keep us safe
- **H29.** to recognise risk in simple everyday situations and what action to take to minimise harm
- H30. about how to keep safe at home (including around
- **H37.** reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming

electrical appliances) and fire safety (e.g. not playing with matches and lighters)

- **H31.** that household products (including medicines) can be harmful if not used correctly
- **H32.** ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely
- **H33.** about the people whose job it is to help keep us safe **H34.** basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them
- **H35.** about what to do if there is an accident and someone is hurt
- **H36.** how to get help in an emergency (how to dial 999 and what to say)

- $\mbox{{\bf H38.}}$ how to predict, assess and manage risk in different situations
- **H39.** about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe
- **H40.** about the importance of taking medicines correctly and using household

products safely, (e.g. following instructions carefully)

- **H41.** strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about
- **H42.** about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact
- **H43.** about what is meant by first aid; basic techniques for dealing with common Injuries
- **H44.** how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say
- **H45.** that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk

Drugs, Alcohol and Tobacco

H37. about things that people can put into their body or on their skin; how these can affect how people feel

H46. about the risks and effects of legal drugs common to everyday life (e.g.

Cigarettes/e-cigarettes/vaping/alcohol/medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break

H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others

H48. about why people choose to use or not use drugs (including nicotine,

alcohol and medicines);

H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping

H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns

Pupils should learn:

Key Stage 1 Key Stage 2

Families and Close Positive Relationships

- **R1.** about the roles different people (e.g. acquaintances, friends and relatives) play in our lives
- **R2.** to identify the people who love and care for them and what they do to help them feel cared for
- **R3.** about different types of families including those that may be different to their own
- R4. to identify common features of family life
- **R5.** that it is important to tell a trusted adult if something about their family makes them unhappy or worried
- **R1.** to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)
- **R2.** that people may be attracted to someone emotionally, romantically and
- sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different
- **R3.** about marriage and civil partnership as a legal declaration of commitment
- made by two adults who love and care for each other, intended to be lifelong
- **R4.** that forcing anyone to marry against their will is a crime; help and support is available to people who are worried about this for themselves or others
- **R5.** that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart
- **R6.** that a feature of positive family life is caring relationships; about the different ways in which people care for one another
- **R7.** to recognise and respect different types of family structure (including single parents/same-sex parents/step-parents/blended families/foster parents); families of all types can give members love, security and stability
- **R8.** to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty
- **R9.** how to recognise if family relationships are making them feel unhappy or
- unsafe, and how to seek help or advice

Friendships

- **R6.** about how people make friends and what makes a good friendship
- **R7.** about how to recognise when they or someone else feels lonely and what to do
- **R8.** simple strategies to resolve arguments between friends positively
- **R9.** how to ask for help if a friendship is making them feel unhappy
- **R10.** about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing
- **R11.** what constitutes a positive healthy friendship (e.g. mutual respect, trust,
- truthfulness, loyalty, kindness, generosity, sharing interests and experiences,
- support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships
- **R12.** to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face
- **R13.** the importance of seeking support if feeling lonely or excluded
- **R14.** that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them
- **R15.** strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others
- R16. how friendships can change over time, about making new

friends and the

benefits of having different types of friends

R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely

R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

Managing Hurtful Behaviour & Bullying

R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online

R11. about how people may feel if they experience hurtful behaviour or bullying

R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult

R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour

R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support

R21. about discrimination: what it means and how to challenge it

Safe Relationships

R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private

R14. that sometimes people may behave differently online, including by pretending to be someone they are not

R15. how to respond safely to adults they don't know

R16. about how to respond if physical contact makes them feel uncomfortable or unsafe

R17. about knowing there are situations when they should ask for permission and also when their permission should be sought

R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)

R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe

R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard

R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);

R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns

R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know

R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact

R26. about seeking and giving permission (consent) in different situations

R27. about keeping something confidential or secret, when this should (e.g. a

birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret

R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this

R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online)

Respecting self and others

R21. about what is kind and unkind behaviour, and how this can affect others

R22. about how to treat themselves and others with respect; how to be polite and courteous

R23. to recognise the ways in which they are the same/different to others

R24. how to listen to other people and play and work cooperatively

R25. how to talk about and share their opinions on things that matter to them

R30. that personal behaviour can affect other people; to recognise and model

respectful behaviour online

R31. to recognise the importance of self-respect and how this can affect their

thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships

R32. about respecting the differences and similarities between people and

recognising what they have in common with others e.g. physically, in personality or background

R33. to listen and respond respectfully to a wide range of
people, including those whose traditions, beliefs and lifestyle are
different to their own
R34. how to discuss and debate topical issues, respect other
people's point of
view and constructively challenge those they disagree with

Godwin Primary School

Pupils should learn:

Key Stage 2

Shared Responsibilities

- **L1.** about what rules are, why they are needed, and why different rules are needed for different situations
- **L2.** how people and other living things have different needs; about the
- responsibilities of caring for them
- L3. about things they can do to help look after their environment
- **L1.** to recognise reasons for rules and laws; consequences of not adhering to rules and laws
- **L2.** to recognise there are human rights, that are there to protect everyone
- L3. about the relationship between rights and responsibilities
- **L4.** the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others
- **L5.** ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)

Communities

- **L4.** about the different groups they belong to
- **L5.** about the different roles and responsibilities people have in their community
- **L6.** to recognise the ways they are the same as, and different to, other people
- **L6.** about the different groups that make up their community; what living in a community means
- **L7.** to value the different contributions that people and groups make to the community
- **L8.** about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities
- **L9.** about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes
- **L10.** about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced

Media Literacy & Digital Resilience

- **L7.** about how the internet and digital devices can be used safely to find things out and to communicate with others
- L8. about the role of the internet in everyday life
- L9. that not all information seen online is true
- **L11.** recognise ways in which the internet and social media can be used both positively and negatively
- **L12.** how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results
- **L13.** about some of the different ways information and data is shared and used online, including for commercial purposes
- **L14.** about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information
- **L15.** recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images
- **L16.** about how text and images in the media and on social media can be
- manipulated or invented

Economic Wellbeing: Money

- **L10.** what money is; forms that money comes in; that money comes from different sources
- **L11.** that people make choices about how to save and spend money
- **L12.** about the difference between needs and wants; that sometimes people may not always be able to have the things they want
- **L17.** about ways to pay for things and the choices people have about this
- **L18.** to recognise that people have different attitudes towards saving and
- spending money; what influences people's decisions; what makes something 'good value for money'
- L19. that people's spending decisions can affect others and the

L13. that money needs to be looked after; different ways of doing this

- environment (e.g. Fair trade, buying single-use plastics, or giving to charity)
- **L20.** to recognise that people make spending decisions based on priorities, needs and wants
- L21. different ways to keep track of money
- **L22.** about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe
- **L23.** about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations
- **L24.** to identify ways that money impacts on people's feelings and emotions

Economic Wellbeing: Aspirations, Work and Career

- L14. that everyone has different strengths
- **L15.** that jobs help people to earn money to pay for things
- **L16.** different jobs that people they know or people who work in the community do
- **L17.** about some of the strengths and interests someone might need to do different jobs
- **L25.** to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes
- **L26.** that there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life
- **L27.** about stereotypes in the workplace and that a person's career aspirations should not be limited by them
- **L28.** about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)
- **L29.** that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid
- **L30.** about some of the skills that will help them in their future careers e.g.

teamwork, communication and negotiation

- **L31.** to identify the kind of job that they might like to do when they are older
- L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)
