

LifeWise

**Welcome to the
LifeWise PSHE
and Activity
Programme**

**Learn along with me,
Lenny LifeWise!**





PARK LANE
PRIMARY SCHOOL



What Is PSHE?

PSHE = Personal, Social, Health and Education

In a very small nutshell...

- It looks at the people who care for us, families and what they might look like, friendships (both face to face and digital), respecting others, keeping ourselves safe in the world, digitally and online. It talks about growing up, learning, money and the world of work.
- PSHE looks at how we help each other and how we can support the community. It looks at communication, who we talk to and what we share with others and how spending time with friends and family is important.
- PSHE talks about emotions like anxiety and happiness, dealing with loss, puberty and menstruation, healthy eating and exercise, mindfulness and relaxation, medicines and drugs and keeping ourselves safe and much more...



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What Do Schools Have To Teach?



Relationships Education

- Sex Education is not compulsory BUT puberty, naming external body parts, human development from birth to old age and reproduction in animals must be taught to all pupils because it is part of the Science National Curriculum in primary schools.
- Many schools choose to teach Sex Education because it supports 'pupils' ongoing emotional and physical development' as they transition to secondary school. The Department for Education recommends that 'all primary schools should have a Sex Education programme tailored to the age and physical and emotional maturity of the pupils'. It should prepare boys and girls for the 'changes that adolescence brings'.



Health Education



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What Are My Choices As a Parent?

What must be taught?



Relationships Education



Health Education



Puberty Education



Names of external body parts



Human development from birth to old age



Reproduction in animals and plants

Parents' choice?

You have the right to know what our school policy is on Sex Education

You have the right to know what will be covered in Sex Education by our school

You have the right to see the resources used by our school to teach Sex Education

You have the right to withdraw your child from Sex Education lessons in our school

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What Do We Do At Our School?

- We believe that teaching Sex Education informs our pupils about body differences, growing up, body changes and the emotions and feelings that they might have. Specific vocabulary that they learn allows them to keep their bodies safe and empowers them to communicate any concerns that they might have about their own health or safety. It prepares pupils for their transition to secondary school and life's journey.
- We use the Lifewise PSHE and Activity programme and resources for our PSHE and Sex Education – take a look at it with us today to see what you think
- Pupils from Year 1 to Year 6 are taught age appropriate information using specific and relevant vocabulary
- The teaching often links to the Science National Curriculum and other curriculum subjects and topics
- Parent emails keep parents and carers informed about what has been taught in recent lessons to support their child's learning at home
- We keep parents fully informed about when Sex Education will be taught in each year group and what will be covered. We have a 'Parent Choice – Sex Education form' that notifies us if you wish to withdraw your child from Sex Education lessons in their year group.

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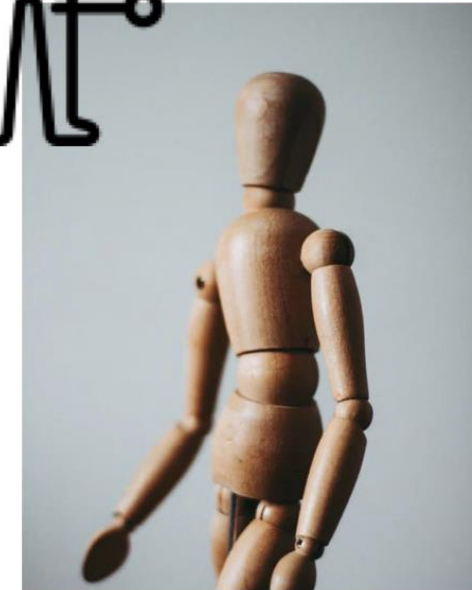
Sex Education In Key Stage One

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Y1 – My Body Belongs to Me

- Naming, labelling and drawing main body parts eg: neck, head, legs, arms, elbows, face, ears, eyes, mouth, teeth, hair, nose.
- It talks about looking after our body and how parents, carers or people we trust may help us keep clean by helping us to wash or bathe
- It talks about times when our body may be looked at or touched eg: by being washed, applying cream, by being examined by a doctor or nurse
- It talks about saying 'no' if we don't want our bodies to be touched and who to talk to if we feel uncomfortable or unhappy about our body being touched
- It talks about who to talk to if we are worried about our health
- It talks about respecting ourselves and respecting others



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- It talks about having the same scientific names for other body parts to avoid confusion (family names or different names and terms used for private parts are acknowledged but are not specifically named to avoid pupils becoming confused)
- This lesson introduces the scientific body parts of the anus, nipples, vulva, vagina, penis and testicles
- This lesson discusses which body parts belong to male and female bodies and where they are located (in simple diagrammatic form using the drawn sketch outline of a boy and girl on the SMARTBOARD)
- This lesson describes what the anus does (the 'hole' where 'poop' comes from) and that boys/men have one penis and two testicles and girls/women have one vulva and one vagina
- The teacher reinforces that these body parts are private and are usually covered and they are not to be touched unless we are comfortable with this
- Playing a game called 'It belongs to me!' to reinforce understanding of who has these body parts – teacher says the word 'nipples' or 'throat' and all the class stand up, teacher says the word 'testicles' and the boys stand up etc.
- This lesson reminds pupils that their body is their own and they can say 'no' if they do not wish to be touched

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Sex Education In Key Stage One



Y2 – My Body Is Growing

- This lesson is about noticing that animals, including humans, have offspring which grow into adults
- It talks about when to ask for support from adults including those in school if they are worried about their health
- It talks about looking after our bodies and looking out for signs of physical illness, such as weight loss, or unexplained changes to the body
- It talks about the importance of personal hygiene and keeping our bodies healthy and clean
- It talks about eating and drinking the right foods and drinks and how important sleep is to our health and development
- It talks about how harmful substances and risks such as smoking and alcohol and drinking can affect our development



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- It talks about safety in the sun, how dental health is important and how diseases can be prevented or treated using vaccinations
- This lesson reminds pupils why offspring are produced
- The lesson introduces pupils to vocabulary related to the human stages of growth and development
- The lesson introduces the word 'Reproduction' as a process that occurs when adults of the same species breed or mate to produce offspring
- The lesson reminds children about who they can talk to if they are worried about their health and who they can trust for advice
- The lesson discusses how growing up can be challenging and that there may be times when advice or support is needed from others. It talks about the stages of human development in broad terms and looks at female and male outward appearance during these stages



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Sex Education In Key Stage One

Y3 – My Body, Your Body

- This lesson discusses how we can keep our bodies healthy in a variety of ways such as needing the right types and amount of nutrition
- It talks about the human skeleton and its functions in terms of movement, support and protection
- It talks about the names and locations of major organs inside the human body
- It talks about how and when to seek support including which adults to speak to in school if they are worried about their health
- It talks about the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (eg: the impact of alcohol on diet or health)
- It talks about the facts about legal and illegal substances and associated risks, including smoking, alcohol use and drug taking



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- It talks about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
- It talks about the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn
- It talks about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist
- It talks about the facts and science relating to allergies, immunisation and vaccination
- This lesson talks about how and when to seek support including which adults to speak to in school if they are worried about their health



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Sex Education In Key Stage Two

Y3 – My Body, Your Body

- What Do We Do At Our School? This lesson talks about how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed
- It talks about what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- It talks about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
- It talks about that each person's body belongs to them, and the difference between appropriate and inappropriate or unsafe physical, and other, contact



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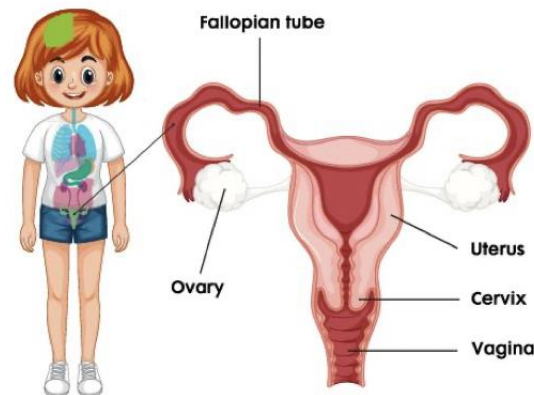
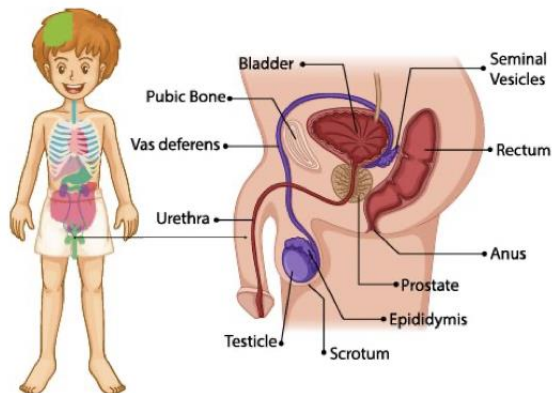
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SCHOOLS
TRUST

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- It talks about how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- It talks about how to recognise and report feelings of being unsafe or feeling bad about any adult
- It talks about how to ask for advice or help for themselves or others, and to keep trying until they are heard
- It talks about how to report concerns or abuse, and the vocabulary and confidence needed to do so
- It talks about where to get advice from eg: family, school and/or other sources.
- It consolidates understanding of the names and locations of the male and female genitals
- It discusses how body parts grow or change to accommodate the growth or feeding of offspring



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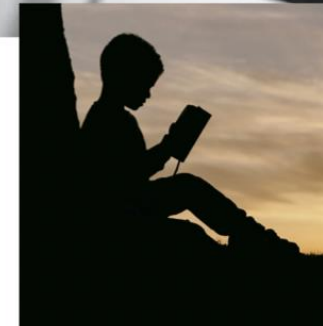
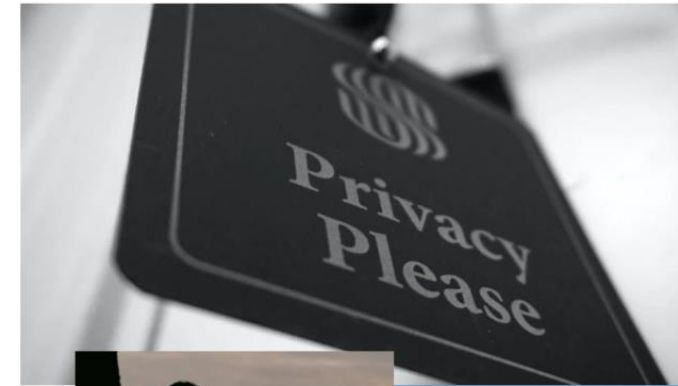
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Sex Education In Key Stage Two

Y4 – Keeping My Body Safe

- It talks about the names and locations of male and female body parts, including genitals
- it talks about what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- It discusses the concept of privacy and the implications of it for both children and adults
- It discusses that each person's body belongs to them
- It talks about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
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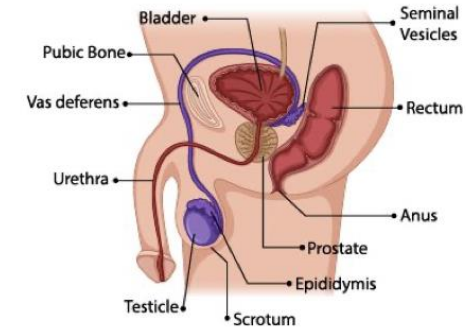
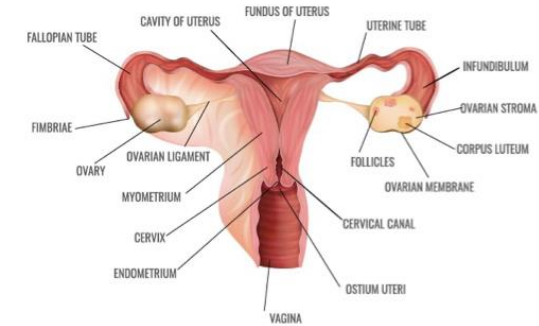
Sex Education In Upper Key Stage Two

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Y5 – My Body Changes

- This lesson is about using the terminology for the genitals/private parts and assigning them to a boy, a girl or both and looking at these on a diagram
- It talks about changes in a woman's body both inside and out as she gets older
- It talks about why these changes occur in the female
- It talks about the menstrual cycle and why and how this occurs
- It talks about who women might speak to about their body changes and menstrual cycle
- It talks about how puberty and the menstrual cycle might affect both mind and body
- This lesson reminds children about puberty and what changes occur in a female body



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- It looks at the changes in the male body as it ages
- This lesson is about using the terminology for the genitals/private parts and looking at these on a diagram
- This lesson discusses sperm production and fertilisation of the female egg cell
- This lesson discusses how sometimes sperm is sometimes released from the penis and that this is commonly known as a 'wet dream'
- it discusses that the penis may feel hard and grow bigger at times but that this is normal and the penis will return to its usual state
- The lesson discusses mood swings, emotions, embarrassment and feelings of insecurity and that these are normal feelings around the time of puberty
- The lesson discusses the human life cycle and the considerations to be made before creating an embryo



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PSHE LifeWise Family Information



Drugs Awareness

Our school uses the **LifeWise PSHE and Activity programme** to deliver this information. Specifically in Year 2 and Year 6 although, medicines, drugs, smoking and alcohol are discussed in other topics in other year groups.

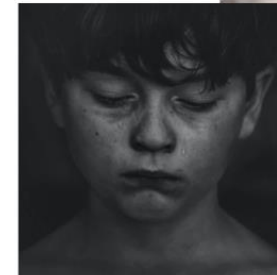
Y2- Medicines And Drugs

- This lesson shows pupils how sweets and medicines can look very similar
- This lesson discusses what medicines are for, where to get them and who would give them to pupils
- It looks at how they should make a good choice about medicines knowing that they may look similar to each other
- It talks about the effects of taking the wrong medicine or too much of a medicine
- It looks at how medicines might help us
- It talks about who to call in an emergency if they are someone they know has swallowed a medicine that does not belong to them
- It shows pupils what a range of familiar medicine packets and bottles look like
- It talks about how medicines should be stored and kept safe away from children

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- It reminds pupils that they can talk to a trusted adult about medicines, drugs and anyone they are concerned about who might have a problem with taking medicines
- This lesson recaps on what medicines are and how they are to be used safely
- It talks about what alcohol is
- It talks about the effects that alcohol may have on our body
- It talks about what tobacco is
- It talks about the effects that tobacco may have on our body
- It talks about alcohol and tobacco being drugs that are addictive
- It talks about peer pressure and being offered alcohol and tobacco and what to do or say
- It talks about who you can talk to if you are concerned about your health or anyone else's who might be smoking or drinking around you



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Drugs Awareness

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Y6- Drugs, Alcohol And Smoking

- This lesson asks what a drug is and allows pupils to give their interpretation of this
- This lesson talks about alcohol and tobacco being drugs
- It talks about solvents and how these everyday chemicals are sometimes abused
- Pupils retrieve specific information from information sheets on alcohol, drugs and smoking
- Pupils discuss the positives and negatives that they have found from the information sheets about smoking, alcohol and drug use
- Pupils discuss the short and long-term effects of drug taking, smoking and alcohol that they have researched
- It reminds them how to call the emergency services if these are needed
- It reminds pupils of the organisations that can offer support and advice about substances

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- It talks about who you can talk to if you are concerned about your health or anyone else's who might be smoking or drinking around you
- It reminds pupils of the organisations that can offer support and advice about substances
- It reminds pupils that they can talk to a trusted adult about medicines, drugs and anyone they are concerned about who might have a problem with taking medicines
- This lesson recaps on the positive and negative outcomes of using drugs, alcohol and smoking
- It talks about drugs and the reasons why people choose to take drugs
- It talks about a variety of drugs including alcohol, tobacco, caffeine, energy drinks, painkillers and sleeping tablets etc
- It talks about the effects that substances have on our bodies and minds
- it talks about how equipped they feel to cope with peer pressure around substance misuse



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