

LifeWise

LifeWise PSHE

PSHE resources built to successfully prepare children for life.

A Deep Dive for Parents and Carers

Sex Education and Drugs Awareness



Relationships and Health Education

The Department for Education guidance for primary school children:

Relationships Education

Relationships Education will lay the foundation for healthy and secure connections, both offline and online, with friends, family, and the general public. Your child will learn what it means to be in a relationship, what friendship is, what family is, and who their supporters are. Your child's school will discuss how to treat others with kindness, thoughtfulness, and respect in a manner that is appropriate for their age.

Health Education

The goal of health education is to equip your child with the knowledge they need to make sensible decisions about their own health and wellbeing, to identify problems in both themselves and others, and to seek help as soon as possible when problems do occur.

A summary of what a primary school must teach

- ↳ Relationships Education
- ↳ Health Education
- ↳ Puberty Education
- ↳ Names of external body parts
- ↳ Human development from birth to old age
- ↳ Reproduction in animals and plants

Your rights as a parent

As a parent you have a right to:

- ↳ know what our school policy is on Relationships and Health Education
- ↳ know what will be covered in Relationships and Health Education by our school
- ↳ see the resources used by our school to teach Relationships and Health Education
- ↳ [withdraw your child from Sex Education](#) lessons in our school

Our School, PSHE and LifeWise

We take PSHE education very seriously, and we have partnered with LifeWise PSHE to deliver our curriculum.

The following slides show what the learning intentions are for Sex Education and Drugs Awareness at our school.

If you have any further questions, please speak to your class teacher.

Sex Education In Key Stage One

Y1 – My Growing Body

- ↳ Naming, labelling and drawing main body parts eg: neck, chest, legs, toes, stomach, bottom, back.
- ↳ 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 respecting ourselves and respecting others
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.
- ↳ 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
- ↳ This lesson reminds pupils that their body is their own and they can say 'no' if they do not wish to be touched
- ↳ This lesson reminds pupils to talk to someone they trust if they are unhappy or uncomfortable with anyone touching any part of their body
- ↳ The teacher reminds pupils that they can talk to them or an adult they trust if they have questions about what they have learned
- ↳ This lesson talks about the human life cycle and how our bodies change as we grow.

Sex Education In Key Stage One

Y2 – My Private Body

- This lesson recaps on the names of external genitalia taught in Year 1.
- 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
The teacher reminds pupils that they can talk to them or an adult they trust if they have questions about what they have learned
- The lesson discusses that adults asking children to keep secrets, particularly secrets around bodies and touching are not ok and what they should do if this happens.
- This lesson discusses how to respond if physical touch leaves them feeling uncomfortable or unsafe.
- It talks about respecting ourselves and respecting others
- This lesson reminds pupils that their body is their own and they can say 'no' if they do not wish to be touched
- This lesson reminds pupils to talk to someone they trust if they are unhappy or uncomfortable with anyone touching any part of their body

Sex Education In Key Stage Two

Y3 – My Body, Your Body – Keeping Healthy

- The resources discuss how we can keep our bodies healthy in a variety of ways such as needing the right types and amount of nutrition
- They talk about the human skeleton and its functions in terms of movement, support and protection and the names and locations of systems and major organs inside the human body
- They address 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)
- They advise about how and when to seek support including which adults to speak to in school if they are worried about their health
- Lessons emphasise the important fact that everyone has the right to decide who can touch their body, as well as where, and in what way

Y3 – Different Kinds of Friendship

- They discover the values of different types of friendship and as they experience an even wider range of relationships, they will establish the differences in qualities and behaviours that they should expect and exhibit within them.
- They build on sessions about friendships in Key Stage One and children navigate some of the challenges of developing friendships based in respect, kindness, trust and honesty. They are encouraged to think about the boundaries of different friendships in preparation to explore how friendships can change from platonic to romantic

Sex Education In Key Stage Two

Y3 - Gender

- Gender based lessons build on an understanding of the differences between biological sex and gender and explore the ideas that social or cultural beliefs influence gender roles
- They encourage children to respect the different ways that people think of themselves and for them to be confident that the way they describe themselves to others is a matter for their personal choice and that uniqueness should be respected
- Lessons underline the fact that, sometimes unconscious expectations about gender can lead us to treat people badly;

Y4 – My Body, Your Body Keeping Safe

- Pupils fully understand the meaning of 'body rights' and 'body autonomy', identifying which parts of the body are private.
- They should develop the confidence and know how to respond if someone is touching them in a way that makes them feel uncomfortable and they learn how to talk to a parent/guardian or trusted adult if they are feeling uncomfortable about being touched.
- Pupils know that they are within their rights to speak up if someone is making them feel uncomfortable, and what to say if they experience unwanted touch
- Lessons explore when touch might be necessary but it doesn't always feel good – like when a Doctor needs to examine them or when a parent has to react quickly to keep them out of an immediate danger. They learn that, even in these cases, it is their right to have someone they trust present or to express to a parent or carer how they feel about protecting themselves and their rights to privacy and respect.

Sex Education In Key Stage Two

Yr 4 - What's Love?

- ↳ Lessons prompt pupils to consider different kinds of love and how we can express it. In the English language we use the word love to represent so many different feelings - but what do we mean when we say we love another person?

Yr 4 - Identity & Gender

- ↳ Lessons explore how we can be accepting of the rights of everyone to choose their own identity. They support all pupils to be exactly who they feel they should be.
- ↳ They allow the opportunity to consider the different compositions of families, and offer respect for LGBTQ+ especially those children who have family members who identify as LGBTQ.

Yr 4 - Understanding Consent

- ↳ As children mature, modesty may become more linked to their self-esteem and children who grow up with a strong sense of respect and appreciation for their bodies will have a greater sense that they are in charge. They can be taught that their bodies are beautiful and precious yet private - even in front of their parents.
- ↳ They must always tell a trusted adult when they feel vulnerable. Although they will have seen the Pantosuarius video before, it is a gentle way to emphasise this
- ↳ There are opportunities to discuss how culture and family values impact modesty - there is nothing shameful about the human body, but there are socially acceptable norms when it comes to covering up in public.

Sex Education In Upper Key Stage Two

Y5 – My Body Changes The Human Body

- ↳ Lessons use the terminology for the genitals/private parts and assign them to a boy, a girl or both using diagrams
- ↳ They discuss changes in physical bodies both inside and out - and understand why these changes occur
- ↳ Lessons address how puberty and the menstrual cycle might affect both mind and body
- ↳ Lessons discuss sperm production and fertilisation of the female egg cell
- ↳ They discuss how the penis may feel hard and grow bigger at times but that this is normal and the penis will return to its usual state
- ↳ Mood swings, emotions, embarrassment and feelings of insecurity are discussed and pupils learn that these are normal feelings around the time of puberty
- ↳ They address the human life cycle

Yr 5 – Expressing Love Differently As You Grow

- ↳ Pupils learn that maintaining respectful relationships is vital for our well-being; they influence and impact our sense of self and identity...
- ↳ Intimacy, passion and commitment are addressed through age-appropriate topics exploring shared passions, appreciating more intimate, trustworthy connections and developing commitments to a purpose
- ↳ They learn about the biology behind their emotions to understand how to navigate themselves into healthier relationships.
- ↳ They address the considerations to be made before creating an embryo

Sex Education In Upper Key Stage Two

Yr 5 – Keeping My Body The Same

- ↳ Lessons ensure pupils know about the procedure called Female Genital Mutilation and to understand that FGM is illegal in the UK
- ↳ Pupils will know that there is someone to talk to about FGM and there are organisations that can provide help and support.

Y6 – My Amazing Body

- ↳ Pupils learn more about how growing up is a biological and emotional process
- ↳ Lessons explore in greater detail how the body makes changes to prepare for being an adult.
- ↳ Pupils learn that the biology and emotions do not always progress at the same time, which is why the law protects them
- ↳ Sex, reproduction and the process of birth are biological processes that require mature understanding.
- ↳ There are a lot of responsibilities to consider before having an intimate relationship.

Yr 6 – The Power of Love

- ↳ Pupils learn about coercion in relationships and how to protect themselves from it
- ↳ They begin to consider what unwanted sexual attention is. Pupils will be able to explain that, especially during puberty, privacy about one's body and private space become even more important for both boys and girls. They will be able to define unwanted sexual attention, feel confident in their intuition and be assertive in their communication about it.

Sex Education In Upper Key Stage Two

Yr 6 - Consent

- ↳ They will believe that unwanted sexual attention towards both boys and girls is a violation of privacy and that it challenges their rights to decide about their own body.
- ↳ Lessons help them to establish boundaries in personal relationships and prepare them for the fact that future relationships have the potential to be intimate.
- ↳ They consider these additional factors of healthy relationships and understand more about the laws that protect them.

Yr 6 - Identity, Gender & Sexuality

- ↳ Lessons explore ways that laws about gender discrimination have changed in the last thirty years.
- ↳ They require pupils to think critically about the changes that are still required; despite the Equality Act and new parliamentary law on RSHE, discrimination and prejudice still exist.
- ↳ Pupils will begin to understand the power and responsibility they have to change this.

Drugs Awareness

Our school uses the LifeWise PSHE and Activity programme to deliver this information:

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
- ↳ 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

Drugs Awareness

Our school uses the LifeWise PSHE and Activity programme to deliver this information:

Y2 – Medicines And Drugs

- ↳ 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

Y3 – Vaccinations and Diseases

- ↳ Building on simple principles of self-care based around personal hygiene covered in KS1, pupils understand that other physical care practices, such as looking after their skin and considering the pros and cons of immunisation, will enable them to take more responsibility for their own personal care.
- ↳ The resources encourage an understanding of what constitutes good health, learning that it is essential preparation for successful independent living. Independent decision-making is a part of children's development processes and an important life skill.
- ↳ The lesson explores how babies are born with natural protection against some diseases but that the protection is temporary.
- ↳ They learn that vaccination has been the way to create immunity from some disease, whether caused by viruses (such as the measles virus) or bacteria (such as pneumococcus).

Drugs Awareness

Our school uses the LifeWise PSHE and Activity programme to deliver this information:

Yr 3 - Safety With Household Meds

- ↳ Children under the age of 16 can consent to their own treatment if they're believed to have enough intelligence, competence and understanding to fully appreciate what's involved in their treatment. This is known as being Gillick competent. But they will only become competent, even as an adult, if they receive age appropriate facts and an opportunity to consider them...
- ↳ The lesson inform pupils about the benefits and dangers of household meds.
- ↳ Pupils learn that medicines, when taken correctly, contain chemicals intended to make us well but some substances - prescription or non-prescription drugs, household cleaning and DIY products and certain plants - are harmful if swallowed
- ↳ Pupils learn that everyday, children are hospitalised for ingesting something they shouldn't - they are informed about what those things are, where they can be found, and how they should be stored - these are important steps in preventing unintentional poisonings and guiding them to make informed decisions about their health.

Drugs Awareness

Our school uses the LifeWise PSHE and Activity programme to deliver this information:

Y4 – Recreational Drugs of Alcohol and Nicotine

↳ Pupils learn that "Recreational drugs" is a term that refers to both legal and illegal drugs that are used without medical supervision.

They are introduced to the vocabulary which labels the four categories of recreational drugs: analgesics, depressants, stimulants, and hallucinogens.

↳ They learn that nicotine and alcohol come under the depressant category.

↳ They are encouraged to consider how the use of the term 'recreational' when describing the use of alcohol and nicotine is not helpful, suggesting that the use of such drugs means it's just play and is both safe and fun. Pupils learn that neither is true because of the chemical reactions which place us in danger.

↳ Drugs create psychological and physical dependence, both of which leave us open to addiction and mental and physical decline.

↳ Recreation is an emotional need that requires legitimate activities, such as sport, hobbies, exercise, conversation, music, dance, art, and literature. This lesson encourages pupils to think about euphemisms used to distract us from the reality of alcohol and nicotine and to consider their own recreations which offer a healthier alternative.

Drugs Awareness

Our school uses the LifeWise PSHE and Activity programme to deliver this information:

Y5 - Caffeine...helpful or harmful?

- ↳ Pupils learn that most addictive drugs stem from one of two classes: stimulants and depressants and that their names give a basic clue about the ways they differ. Stimulants stimulate the central nervous system and depressants do the opposite, slowing it down along with all the parts of the body controlled by it.
- ↳ In earlier sessions, recreational drug use was explored, looking at alcohol and nicotine. This lesson goes on to explore another 'recreational' drug - caffeine and explains how it is a stimulant.
- ↳ They become familiar with the effects of each type of drug in order to be able to recognise the signs of abuse, addiction, or overdose.
- ↳ Pupils learn that caffeine is a drug that appears naturally in some foods but that it is also added to other products that are eaten or drunk. They discover that caffeine has both benefits and negative health implications and that it is used in energy drinks, readily sold to children, currently without regulation
- ↳ Pupils are encouraged to weigh up the pros and cons of caffeine, thinking about the effects on the mind and body, linking it to the energy drinks industry and the ethics of selling addictive substances to children.

Drugs Awareness

Our school uses the LifeWise PSHE and Activity programme to deliver this information:

Y6 – Alcohol, Smoking and Vaping

- ↳ The lessons start by reiterating the danger of alcohol and smoking, then develops by address vaping
- ↳ Vaping is often presented as less harmful but nicotine is the primary agent in regular cigarettes and e-cigarettes, and it is highly addictive. Pupils learnt that it causes craving and withdrawal symptoms
- ↳ Cigarettes, alcohol and vapes are easily accessible and have an appeal. The glamour of them in advertising is discussed alongside the negative effects: nicotine is a toxic substance, raising blood pressure and spiking adrenaline, which increases the heart rate and the likelihood of having a heart attack.
- ↳ Pupils are asked to consider if vaping is bad when it is promoted as a healthy alternative to smoking. There are many unknowns about vaping, including what chemicals make up the vapour and how they affect physical health over the long term.

Drugs Awareness

Our school uses the LifeWise PSHE and Activity programme to deliver this information:

Yr 6 - Drugs / Illegal Drugs

- ↳ The lesson asks pupils to show their understanding of what a drug is and allows pupils to give their interpretation of this
- ↳ They revisit the short and long-term effects of drug taking, smoking and alcohol that they have researched before revising the types of drug known as stimulants and depressants
- ↳ They learn that both stimulants and depressants claim lives every year due to overdose and other health problems related to long-term abuse.
- ↳ In addition to overdose, addiction is a serious problem on both ends of the spectrum, for legal and illicit drugs.
- ↳ It can be easy for people to put themselves at risk, experimenting without understanding either scientific, legal or psychological consequences and that it's possible to develop a substance use disorder and find life is controlled by a drug. An inability or refusal to stop abusing a drug results in early death from health complications.
- ↳ Pupils are informed of the organisations that can offer support and advice about substances
- ↳ 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
- ↳ Lessons address how equipped children feel to cope with peer pressure around substance misuse
- ↳ It reminds pupils of the organisations that can offer support and advice about substances

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