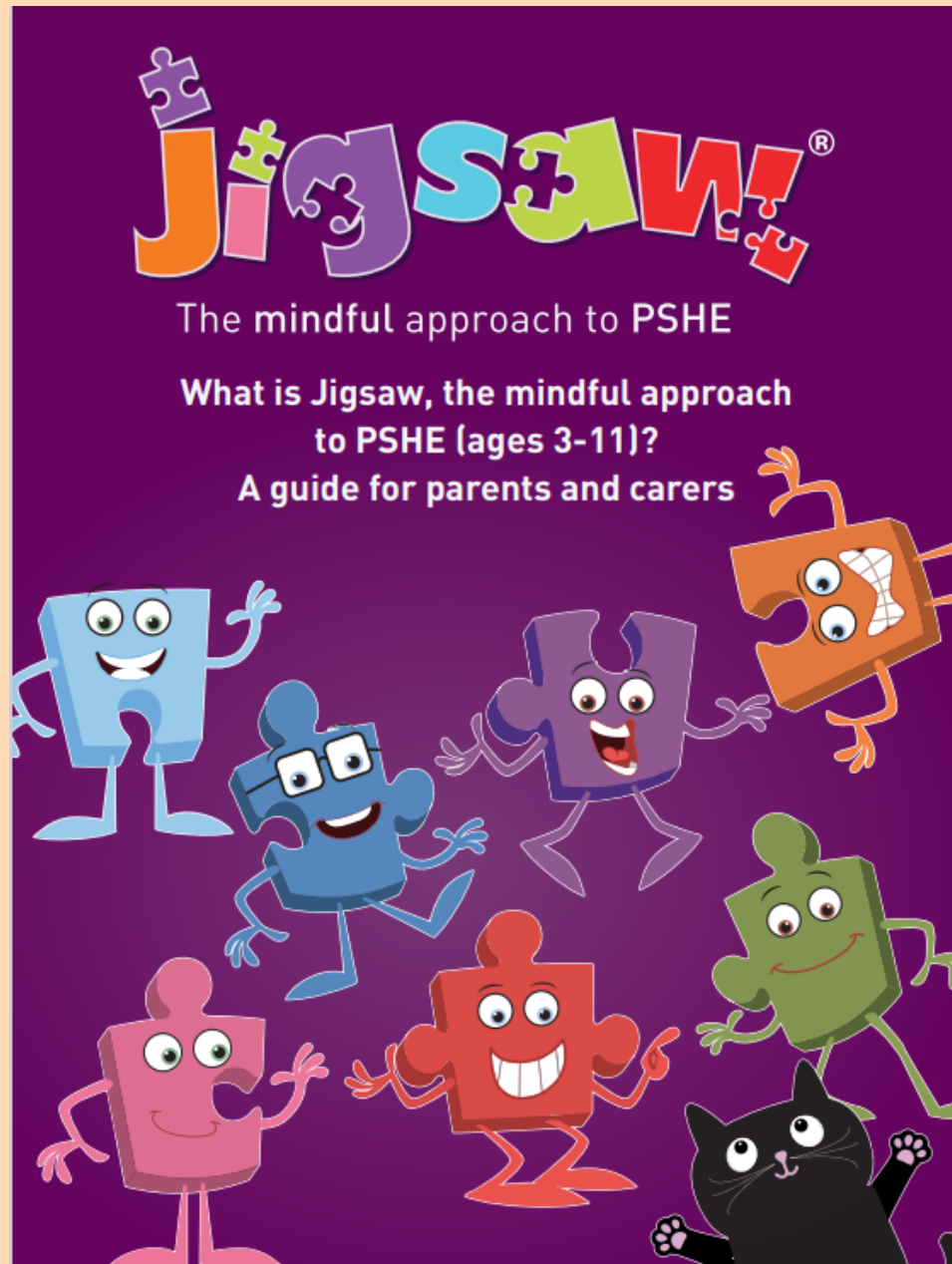


# PSHE Parent Consultation<sup>SR</sup>



# What does PSHE stand for?

P = personal

S = social

H = health

E = economic

education

# Why teach PSHE?

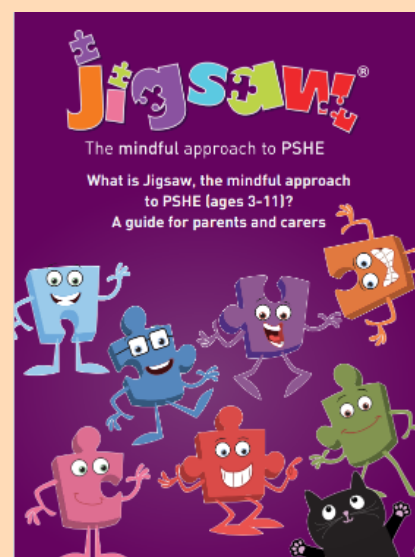
- it promotes the spiritual, moral, cultural, mental and physical development of pupils at our school and in society.
- it prepares pupils for the opportunities, responsibilities and experiences for later life.

PSHE is a non-statutory subject however the government consider it to be an important and necessary part of all pupils' education.

The DfE is clear regarding curriculum content when they say, *"What is taught, and how, is ultimately a decision for the school."*

At Maidenbower Junior School, we teach PSHE as a whole school approach to underpin children's development as people.

We use a scheme of work called JIGSAW which we tailor to meet the needs of our school and pupils. JIGSAW is an age appropriate programme of work.



Every half term there is a new topic (or puzzle piece) in PSHE



Term	Puzzle (Unit)	Content
<b>Autumn 1:</b>	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
<b>Autumn 2:</b>	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
<b>Spring 1:</b>	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
<b>Spring 2:</b>	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
<b>Summer 1:</b>	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
<b>Summer 2:</b>	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change



Even though the unit topic themes are the same each year, the lessons are age appropriate and build on from learning in previous years.

Each year, teachers review and adapt the planning and lessons to ensure that the resources and content match the emotional needs of that particular cohort of children.

Each year group has a different puzzle toy, a cat and a chime to use in their weekly lessons.



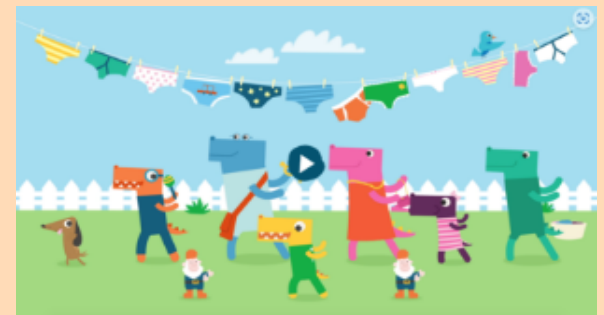


DFW

One of the areas which the JIGSAW programme focuses on is Relationships Education. This is covered in the Relationships and Changing Me units of work (both are taught in summer term).

Some of this teaching includes the safeguarding of children. E.g one aspect is delivered through the NSPCC Pantasaurus programme.

<https://www.youtube.com/watch?v=LnroTxz7USI>



Lower School (KS2)



**PANTASAURUS**

<https://www.youtube.com/watch?v=LnroTxz7USI>

**NSPCC**

**Talk PANTS - Keeping Safe**

<https://www.youtube.com/watch?v=D3XIWUIJZMw>

KS1

**#TalkPANTS** is a campaign created by the NSPCC that gives parents, carers and teachers the support they need to explain the Underwear Rule to young children aged 4-8 in a simple and age-appropriate way. Each letter of PANTS provides a simple but valuable rule, highlighting that their body belongs to them, that they have a right to say no, and that they should tell an adult they trust if they're worried or upset.

These resources are available, at the back of the hall, for you to look at at the end of today's session.

# RSHE

SR

One aspect of PSHE is RSHE which is Relationships, Sex and Health Education. This is taught through a combination of the JIGSAW programme and Christopher Winters resources. This will be covered primarily in the Relationships and Changing Me units of work.

<b>Autumn 2:</b>	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
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This is where we discuss different types of families.

<b>Summer 1:</b>	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
<b>Summer 2:</b>	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

## Why are we teaching the children Relationships Education?

Through Relationships Education pupils are supported and taught about how to seek out positive relationships.

They are encouraged to understand that they have rights over their own bodies.

This includes understanding boundaries in friendships with peers and also families, and with others, in all contexts, including online.

This knowledge can support the **safeguarding** of all children.

## The right to withdraw from PSHE lessons

- Parents will not be able to withdraw their children from any aspect of our Relationships or Health Education unit of work which includes learning about the changing adolescent body and puberty.
- Parents will be able to withdraw their children from any aspects of Sex Education e.g. 'conception'.
- However, parents can not withdraw children from Science lessons.

# These areas will be covered in Lower School

Year group	Learning objectives	Key vocabulary
3	<ul style="list-style-type: none"><li>-To explore the differences between males and females and to name the body parts</li><li>-To consider touch and to know that a person has the right to say what they like and dislike</li><li>-To explore different types of families and who to go to for help and support</li></ul>	Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationship
4	<ul style="list-style-type: none"><li>-To explore the human lifecycle</li><li>-To identify some basic facts about puberty</li><li>-To explore how puberty is linked to reproduction</li></ul>	Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

This is what the children will be taught and cannot be withdrawn from.

# These areas will be covered in Year 5

5

- To explore the emotional and physical changes occurring in puberty
- To understand male and female puberty changes in more detail
- To explore the impact of puberty on the body & the importance of hygiene
- To explore ways to get support during puberty

Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings



# These areas will be covered in Year 6

6	<ul style="list-style-type: none"><li>-To consider puberty and reproduction</li><li>-Consider physical &amp; emotional behaviour in relationships</li><li>-To explore the process of conception and pregnancy (lesson 3)*</li><li>-To explore positive and negative ways of communicating in a relationship</li></ul>	Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, love, friendship, consent, intimacy, communication, personal/private information, internet safety
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\*In year 6, the children learn about sex.

Parents have a right to withdraw their children from the lesson.

The DfE Guidance 2019 (p.23) recommends that all primary schools *'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'*.

At Maidenbower Junior School, we believe children should understand the facts about human reproduction before they leave our school so that they can lead healthy, confident, independent lives and become informed and active citizens.

# LGBTQ+

L = Lesbian

G = Gay

B = Bisexual

T = Transgender

Q = Queer or Questioning

+ = e.g. Asexual, Pansexual etc.



## Teaching Pupils about LGBTQ+

- In September 2020, the government set out new guidance which replaced the Sex and Relationships curriculum given to schools in 2000.
- The then Secretary of State, Damien Hinds, set out specific advice for schools regarding the delivery of teaching pupils about LGBTQ+.

The advice given in the RSE framework **currently** states:

- All compulsory subject content must be age appropriate and developmentally appropriate.
- The content must be appropriate to our school context and respect the backgrounds and beliefs of pupils and parents.

In 2010 the Equality Act was introduced.

This states that it's unlawful to discriminate against a pupil or prospective pupil by treating them less favourably because of their:

- sex
- race
- disability
- religion or belief
- sexual orientation
- gender reassignment

pregnancy or maternity  
The aim of the Equality Act is to eliminate discrimination related to these characteristics.

# JIGSAW

The JIGSAW scheme of work covers some aspects of LGBTQ+ through the 'Celebrating Difference' and 'Relationships' unit of work.

This unit of work is built upon every year to ensure that it is age appropriate for our pupils.

For the younger children in Year 3 and 4 we discuss different types of relationships, romantic relationships and families.

In PRIDE month (June) we discuss significant events in the history of LGBTQ+ rights.

In upper school they build on this awareness.

For example in Year 6 in the second part of the Autumn term, children are presented with a variety of scenarios related to the protected characteristics mentioned previously.



Training is given to staff about how to deliver these lessons and to answer questions from pupils in a sensitive and age appropriate way.

Teachers can adapt these lessons further to ensure that they are age appropriate for their class.

Colleagues at MJS are encouraged to consult with myself if they feel that they need any further guidance on how to support their pupils.

Further information is available on our website under the 'For Parents tab'.



Keeping Safe Online

Over to Mr Caddy...

## Online safety at Maidenbower

The Computing curriculum provides a fantastic opportunity to develop our school's approach to online safety.

Online safety is included in the Programmes of Study for all Key Stages to help ensure that young people are "responsible, competent, confident and creative users of information and communication technology."

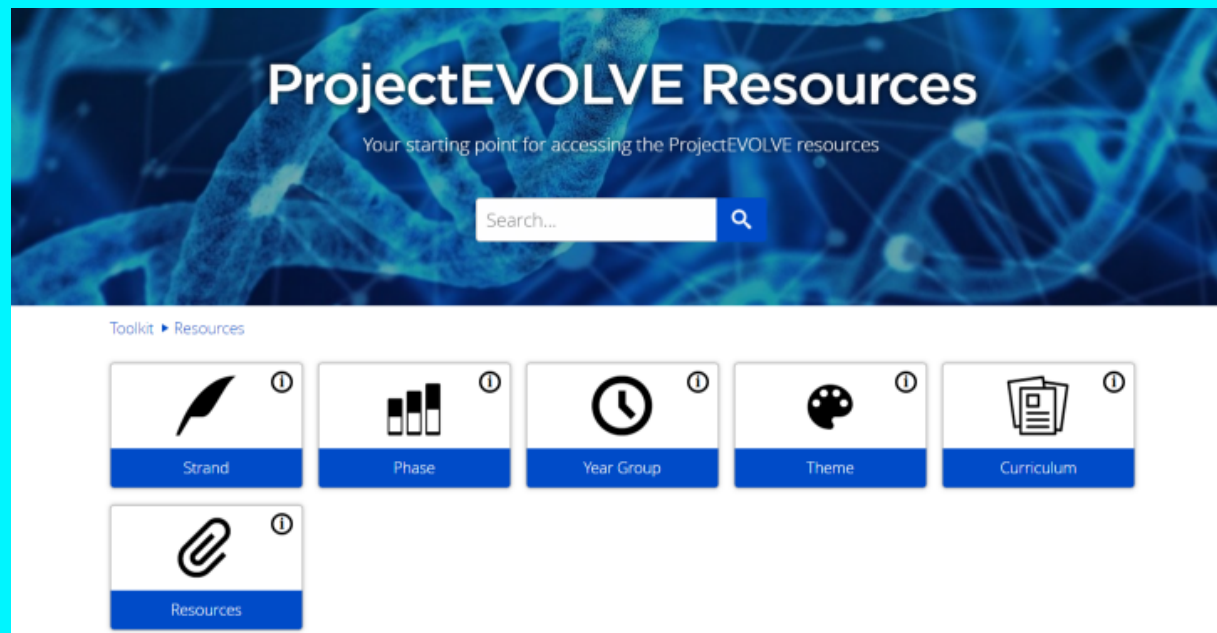
"Safe and responsible use of technologies must be embedded throughout the curriculum to ensure that all children develop the required range of digital literacy skills." Safer Internet.org

KS2:

use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.



*1 lesson per half term as part of Computing.*



*Interland is also used for Online Safety  
(more for Lower KS2)*



*Live Google Assemblies*

*Every February*



<https://saferinternet.org.uk/>



NSPCC

All social media apps, including Instagram and TikTok are aged rated 13+

Children should not be using these without parental consent or **careful monitoring**.

On the Google Play store, most social media apps are rated 'Parental Guidance Recommended' by PEGI. This symbol comes up as an exclamation mark. This rating recommends that parents carefully consider whether these apps are suitable for children under 18. Fortnite is PEGI 12.

Buy or download parental control software, switch it on and keep it updated. There are many versions on the market, which work in different ways and available at a range of prices, starting at free.

## Monitoring & reports

Kidslox phone and tablet monitoring features let you see your child's browsing history, videos watched, total screen time and more.

**KIDSLOX**



## McAfee's parental controls

Our online protection plans for families offer additional controls and monitoring to help your kids build healthy digital habits.



Kaspersky Safe Kids

**The all-in-one app for digital parenting and family wellbeing**

## Fortnite

Everything you need to know about the popular battle-royale style game.

[Read more](#)

# NSPCC

# FORTNITE

## More online safety advice for parents



### Talking to your child about online safety

Advice on how to start the conversation and get support if you're worried.

[Learn more](#)



### Parental controls

Get advice on setting up parental controls to help keep your child safe online.

[Learn more](#)



### Livestreaming and online video apps

Information and advice to help you understand the challenges and keep your child safe.

[Learn more](#)

# Parentzone Parent Guides

<https://parentzone.org.uk/article/whatsapp>

<https://parentpact.smartphonefreechildhood.co.uk/>



**By signing this Pact, you're joining a fast-growing community of families across the UK who are choosing to wait to give their child a smartphone, until at least the end of Year 9.**

<https://parentpactresults.smartphonefreechildhood.co.uk/westsussex>

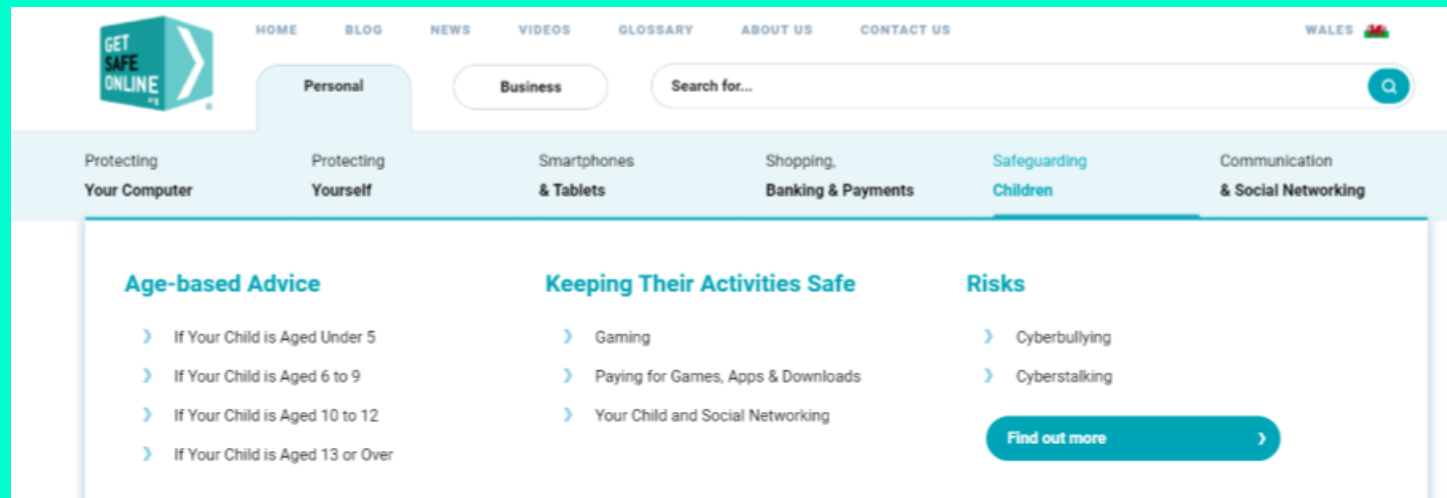
## The main messages to our children

- Age restrictions - 12-13 years old.
- Be kind in all forms of communication. Would your family be happy to read everything that is sent?
- Information/photos can be recovered after being sent.

Lastly

# Get safe online

[Get Safe Online | The UK's leading Online Safety Advice Resource](https://www.getsafeonline.org/)



<https://www.getsafeonline.org/yourkidsonline/>

Advice for parents aged 6-9

<https://www.getsafeonline.org/personal/articles/6-to-9/>

Advice for parents aged 10-12

<https://www.getsafeonline.org/personal/articles/10-to-12/>

We will be around for 10 minutes, please feel free to come and ask us any questions and to look at some of the resources on the back table.