



Archdiocese of
Liverpool

Relationship, Sex and Health Education Policy (RSHE) 2025



St Matthew' Catholic Primary School

Chair of Governors	Deacon R Burke
Headteacher	Mrs C Sime
Date adopted: September 2024	Review Date: September 2026



MISSION STATEMENT:

"Love, Learn and Shine Together with Jesus."

Rationale

'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL'

(Jn.10.10)

We are involved in Relationship, Sex and Education (RSE) precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSE will be firmly embedded in the PSHE/RSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All Relationship, Sex and Health Education RSHE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

Aim

St Matthew's Catholic Primary School aims to provide a suitable programme that follows the statutory need to include RSHE into their curriculum from September 2020 which meets the ethos of its Catholic identity and mission.

The purpose of this Relationship, Sex and Health Education (RSHE) policy is to set out the ways in which the school's provision supports pupils through their spiritual, moral, social, emotional and physical development, and prepares them for the opportunities, responsibilities and experiences of life growing up in today's world.

Our School's mission embraces the spiritual, physical, intellectual, emotional, moral and social development of children and young people, and through an agreed approach to Relationship and Sex Education (RSE) using the Archdiocesan recommended resource 'Journey In' Love 2020 we believe that we can promote the development of the whole child, so that children can grow in *virtue, wisdom and stature*, understanding both the emotional, social and physical aspects of growing spiritually, as well as moral aspects of relationships within a context of a Christian vision for the purpose of life.

The other aspects of the Statutory curriculum intent will be met by carefully following a mix of strategies to ensure that the children in St Matthew's Catholic Primary School receive an RSHE curriculum that is tailored towards their needs. (See Appendix 7)

The Purpose

The aims of Relationship, Sex and Health Education (RSHE) at St Matthew's Catholic Primary School are to:

- Provide a framework in which sensitive discussions can take place.
- Help pupils develop feelings of dignity, self-worth, self-respect, confidence and empathy.
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

Statutory Requirements

At St Matthew's Catholic Primary School, we must provide Relationships Education to all pupils as per section 34 of the Children and Social work act 2017.

In teaching Relationship and Sex Education, we must have regard to Catholic Education Service guidance issued by the Bishops Conference of England and Wales 2017.

The statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996 Appendix A

The statutory guidance from the Department for Education Equality Act 2010.

Policy Development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – SLT, Mr Edwards (RSHE lead), Mrs Pritchard (PSHE lead) including relevant national and local guidance.

2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations in staff meeting. (See Appendix 7 and 8)
3. Parent/stakeholder consultation – parents and any interested parties including the Diocesan adviser/schools officers were invited to attend meetings about the policy. (See Appendix 5 and 6)
4. Pupil consultation – we investigated what exactly pupils want from their Relationship Sex and Health Education through pupil voice questionnaires. (See Appendix 4)
5. Ratification – once amendments were made, the policy was shared with governors and ratified.

Definition

Relationship, Sex and Health Education involves a combination of sharing information, and exploring issues underpinned by our Catholic values.

Relationship Sex and Health Education is about the emotional, social and cultural development of pupils, and involves learning about personal relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

Curriculum

We have developed our curriculum with recommendations from the Archdiocesan Education Department to ensure that they meet with Catholic Church teaching.

After consultation with parents Relationship Sex Education will be covered using the Archdiocesan recommended resource 'Journey In Love' 2020 this includes *sexual intercourse at Year 6. (See right of withdrawal – Appendix 5)

We have considered the age, stage and feelings of pupils and have consulted with parents and staff to ensure we are offering a quality curriculum which is adequately catered to meet their needs.

See Appendix 7 – RSHE Curriculum Overview

If pupils ask questions outside the scope of our curriculum, teachers will respond in an appropriate manner so they are fully informed and do not seek answers online.

Delivery of Relationship, Sex and Health Education (RSHE)

Relationship Sex and Health Education (RHSE) is taught both discretely and within the Personal, Social and Health Education (PSHE) curriculum lessons. Some aspects of the RSHE curriculum may be touched upon in other lessons as it shares links with Religious Education, Science and Physical Education.

Lessons have been planned throughout the year so that RSHE is complimented by other areas of the curriculum. (See Appendix 6)

Our RSHE will ensure that content is relevant to the age, experience and maturity of pupils. We have ensured that age appropriate elements of Journey in Love are taught in a way that is sympathetic to the teachings of the Catholic Church. (Appendix 8 and 9)

The new statutory guidance for Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

These areas of learning are taught within the context of 'family life' and could include married or single parent families, same sex parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures, along with reflecting sensitively that some children may have a support structure around them (for example: looked after children or young carers).

As a school, we promote equality of opportunity and foster good relations. Our school environment uniformly applies values of inclusion and respect to all pupils and their families. All staff are proactive in promoting positive relationships and receive regular training. We follow the 'No Outsiders in Our School,' to cover all aspects of the Equality Act 2013.

Equal Opportunities

All pupils have access to the RSHE curriculum. Where pupils have specific educational needs, arrangements for support from outside agencies and support staff are made to ensure these pupils have an appropriate, differentiated curriculum.

Roles and Responsibility

The Governing Body

The governing body will approve the RSHE policy and hold the headteacher to account for its implementation.

The Headteacher

The headteacher is responsible for ensuring that RSHE is taught consistently across the school and for managing requests to withdraw pupils from the non-statutory element of Relationship and Sex Education in Year 6* (see right of withdrawal)

Staff

Staff do not have the right to opt out of teaching RSHE as this forms part of the Teaching Standards. Any staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher.

Staff are responsible for:

- Delivering RSHE in a sensitive way which complies with Church teaching.
- Modelling positive attitudes to RSHE.
- Monitoring progress.
- Responding to the needs of individual pupils.
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE.

Pupils

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with dignity, respect and sensitivity.

Parents' right to withdraw

Parents have the right to withdraw their children from the non-statutory component of sex education in Year 6. This is where sexual intercourse is taught discretely as part of the physical aspect within Journey In Love, the Archdiocesan recommended resource.

Requests for withdrawal should be made in writing and addressed to the headteacher. The headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from RSE.

Parents do not have the right to withdraw their children from Statutory Relationships Education as set out in the DFE guidance 2020.

Monitoring arrangements

The delivery of RSHE is monitored by Mrs Sime (head teacher), Mr Edwards (RSHE lead) and Mrs Pritchard (PSHE lead) by undertaking learning walks, staff and pupil consultations, planning and work scrutinies and questionnaires.

Pupils' development in RSE is monitored by class teachers as part of our internal informal assessment systems.

This policy will be agreed annually by the governors and reviewed every three years.

Resources

The PSHE Association www.pshe-association.org.uk

Early Years Foundation Stage

Journey In Love 2020

The Underwear PANTS Rule www.nspcc.org.uk

No Outsiders in Our School

Key Stage One

Journey In Love 2020

The Underwear PANTS Rule www.nspcc.org.uk

No Outsiders in Our School

Key Stage Two

Journey In Love 2020

The Underwear PANTS Rule www.nspcc.org.uk

No Outsiders in Our School

CEOP – National Crime Agency Command

www.thinkuknow.co.uk

Appendix 1

Primary Relationships Education Statutory Learning Opportunities

Families and people who care for me

That families are important for children growing up because they can give love, security and stability	All year groups
The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	All year groups
That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care	All year groups
That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up	All year groups
That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong	Year 2 Year 5
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	All year groups

Caring friendships

How important friendships are in making us feel happy and secure, and how people choose and make friends	All year groups
The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	All year groups
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	All year groups

That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	All year groups
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	All year groups

Respectful relationships

The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	All year groups
Practical steps they can take in a range of different contexts to improve or support respectful relationships	All year groups
The conventions of courtesy and manners	All year groups
The importance of self-respect and how this links to their own happiness	All year groups
That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	All year groups
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	All year groups
What a stereotype is, and how stereotypes can be unfair, negative or destructive	
The importance of permission-seeking and giving in relationships with friends, peers and adults	All year groups

Online relationships

That people sometimes behave differently online, including by pretending to be someone they are not	Year 3 Year 4 Year 5 Year 6
That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous	Year 3 Year 4 Year 5 Year 6
The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	Year 2 Year 3 Year 4 Year 5 Year 6
How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	Year 3 Year 4 Year 5 Year 6
How information and data is shared and used online	Year 5 Year 6

Being safe

What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	Year 3 Year 4 Year 5 Year 6
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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	All year groups
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact	All year groups
How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	All year groups
How to recognise and report feelings of being unsafe or feeling bad about any adult	All year groups
How to ask for advice or help for themselves or others, and to keep trying until they are heard	All year groups
How to report concerns or abuse, and the vocabulary and confidence needed to do so	All year groups
Where to get advice from e.g. family, school and/or other sources	All year groups

Mental wellbeing

That mental wellbeing is a normal part of daily life, in the same way as physical health	All year groups
That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	All year groups
How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings	All year groups
How to judge whether what they are feeling and how they are behaving is appropriate and proportionate	All year groups
The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness	All year groups
Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	All year groups
Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	All year groups
That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing	All year groups
Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)	All year groups
It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough	All year groups

Internet safety and harms

That for most people the internet is an integral part of life and has many benefits	All year groups
About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing	Year 3 Year 4 Year 5 Year 6

How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private	Year 3 Year 4 Year 5 Year 6
Why social media, some computer games and online gaming, for example, are age restricted	All year groups
That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Year 3 Year 4 Year 5 Year 6
How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted	Year 4 Year 5 Year 6
Where and how to report concerns and get support with issues online	All year groups

Physical health and fitness

The characteristics and mental and physical benefits of an active lifestyle	All year groups
The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise	All year groups
The risks associated with an inactive lifestyle (including obesity)	All year groups
How and when to seek support including which adults to speak to in school if they are worried about their health	All year groups

Healthy eating

What constitutes a healthy diet (including understanding calories and other nutritional content)	All year groups
The principles of planning and preparing a range of healthy meals	All year groups
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)	All year groups

Drugs, alcohol and tobacco

The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking	Year 4 Year 5 Year 6
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Health and prevention

How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body	Year 3 Year 4 Year 5 Year 6
About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer	Year 3 Year 4 Year 5 Year 6
The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	Year 3 Year 4 Year 5 Year 6
About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	All year groups

About personal hygiene and germs including bacteria, viruses, how They are spread and treated, and the importance of handwashing	All year groups
The facts and science relating to allergies, immunisation and vaccination	All year groups

Basic first aid

How to make a clear and efficient call to emergency services if necessary	Year groups
Concepts of basic first-aid, for example dealing with common injuries, including head injuries	Year 3 Year 4 Year 5 Year 6

Changing adolescent body

Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes	Year 5 Year 6
About menstrual wellbeing including the key facts about the menstrual cycle	Year 5 Year 6

Appendix 2

Come and See, RED and Relationship and Sex Education



Introduction

The following is intended as a guide for linking Relationship and Sex Education with Come and See and RED. Some of these aspects might be covered in the EXPLORE section where the topic is being introduced, starting with the pupil's own experience, and extending into the REVEAL and RESPOND sections. Some ideas may be used in the REVEAL process where the teaching is explicitly concerned with Scripture and the teaching of the Church. Some topics offer more explicit teaching to develop ideas about Relationship and Sex Education, some less so.

Another way of using this section is when teaching Religious Education which occurs in other aspects of the curriculum e.g. Science, P.E, PSHE etc.

EARLY YEARS	
Branch 1 - Creation and Covenant	
<ul style="list-style-type: none">• God made the earth and everything in it.• God made me.• The words and actions of the sign of the cross.• God love me.• God loves everyone.• God made the wonderful world.• Celebrate God's wonderful world.• Look after God's world.	
Branch 2 – Prophecy and promise	
<ul style="list-style-type: none">• Mary was going to have a baby.• His name will be Jesus.• Jesus was born in Bethlehem.• The Annunciation.• The Nativity.• Marty was chosen by God.• The tradition of the crib.• Various cultures celebration of Christmas.	
Branch 3 – Galilee to Jerusalem	
<ul style="list-style-type: none">• The wise men visit Jesus.• Jesus welcomes little children.• Jesus blesses little children.• Feeding of the 5000.• The Glory Be is a special prayer.• Show love to everyone like Jesus.• We welcome and show love to everyone.	

Branch 4 – Desert to Garden
<ul style="list-style-type: none"> • Lent is a time to care for others. • Jesus died on the cross. • Jesus was given new life by God. • God loves everyone. • Caring for others during Lent. • Easter is a celebration that Jesus is with us still. • Simple signs of Lent • How various cultures celebrate Lent and Easter.
Branch 5 – To the ends of the Earth
<ul style="list-style-type: none"> • Jesus went back to his father • He sent a special friend, the Holy Spirit to look after us. • Story of Pentecost. • The early Christian community. • The Holy spirit is our friend. • Coming of the Holy Spirit at Pentecost. • The Good News is lived in the community. • The parish church is a special place to meet the community. • Jesus wants us to be happy.
Branch 6 – Dialogue and encounter
<ul style="list-style-type: none"> • Friends of Jesus. • Talking about Faith.

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Branch 1 - Creation and Covenant
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YEAR 2
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OURSELVES	Created in the image and likeness of God	<ul style="list-style-type: none"> • Talents and qualities you admire in others • Your own talents and qualities and how you use them • Identify qualities in anyone else • How talents and qualities are developed. • We are made in the likeness of God • What being unique means • God's love for us • How Christians are called to live in peace. • How people are made in God's image and likeness might live
LIFE CHOICES	Marriage, commitment and service	<ul style="list-style-type: none"> • The ingredients of a good friendship • What fidelity means and how it applies to friendship • Responsibilities friends have for one another • Difficulties and joys of friendships • What is important for friendship to thrive • What it feels like to have faithful friend • Jesus' advice about relationship? • The importance of fidelity, loyalty and commitment in maintaining a friendship • The importance of commitment and responsibility in relationships. • What it means to be committed • The work of Christian service • The Sacrament of Marriage • The symbols of the promises and the blessing of rings • All are called to live in love and service
HOPE	Advent; waiting in joyful hope for Jesus; the promised one	<ul style="list-style-type: none"> • Your experience of waiting • How people wait in different ways, for different things. • Why waiting is a mystery • How you can best use the time you spend waiting and what might help you • What you think about when you are waiting for something exciting • How you behave when you are waiting • The difference between <i>hope</i> and <i>expect</i> • Why people wait with hope • The coming of Jesus at the end of time • Advent is a time of waiting hopefully
MISSION	Continuing Jesus' mission in diocese. [ecumenism]	<ul style="list-style-type: none"> • The demands and joys being dedicated in your mission • Discovering your mission? • What inspires people in their mission • The joys and demands of engaging in a mission

		<ul style="list-style-type: none"> • The reasons why people want to help others. • How people carry out Jesus' mission today • Jesus' prayer for unity
MEMORIAL SACRIFICE	The Eucharist; the living memorial of Jesus	<ul style="list-style-type: none"> • Why memories are important • How it is possible to keep important memories alive • About sacrifice in daily life
SACRIFICE	Lent a time of giving in order to celebrate the sacrifice of Jesus	<ul style="list-style-type: none"> • How you feel when you give • How you feel when you refuse to give. • The cost of giving. • How people decide whether or not to give • How those decisions are informed by beliefs and values • The costs or rewards of giving can be • That Lent is a season of giving to prepare for the Easter
TRANSFORMATION	Celebration of the Spirit's transforming power	<ul style="list-style-type: none"> • How people can use the energy of their minds for the good of others. • How people can use time and physical energy for the well being of others and why they should. • How energy can transform • How we can use our energy to transform ourselves • How we can use the energy from the earth's resources in a fair and sustainable way. • How the power of the Holy Spirit helps Christians today
FREEDOM & RESPONSIBILITY	Commandments enable Christians to be free & responsible	<ul style="list-style-type: none"> • What freedom parents have a right to • What freedom children have a right to. • What is responsible and irresponsible behaviour. • How rules can bring freedom • How people know the boundaries that their personal freedom gives them. • How freedom and responsibility are linked. • How people's perception of what their freedom allows may conflict with the expectation of others. • How importance of the Ten Commandments for Christians today. • How the Beatitudes show us a positive way of life. • Jesus teaching on the greatest commandments, love of God and others.
STEWARDSHIP	The Church is called to stewardship of Creation	<ul style="list-style-type: none"> • What I really care about • Showing concern for what I care for

		<ul style="list-style-type: none"> • The meaning of stewardship • Understanding the wonders of God's creation • People are made in the image and likeness of God • Christians can be good stewards. • The Christian's responsibility to take care of, to be a steward of the earth • The importance of ecology
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YEAR 6		
LOVING	God who never stops loving	<ul style="list-style-type: none"> • What unconditional love means • How love is shown • How you are loved and cared for • What members of your family do for each other • How you show love to others • How people have inspired and influenced you to show unconditional love to others • What it means to be truly loving • How people show unconditional love to others • The beliefs and values which have inspired and influenced you to be loving? • The scripture text that demonstrate God's unconditional love for everyone even when times are hard. • The challenge these passages present to Christians. • The Beatitudes and their meaning for today. • God's unconditional love and what this means. • By living in God's way, as Jesus showed us, we can grow in love.
VOCATION AND COMMITMENT	The vocation of priesthood and religious life	<ul style="list-style-type: none"> • What it means to be committed? • Why people are committed? • The implications of lack of commitment • Whom shows commitment • How commitment affects the level of job satisfaction • Responding to the call of Jesus • Our mission in living out our baptismal vows
EXPECTATIONS	Jesus born to show God to the world	<ul style="list-style-type: none"> • The expectations you have of yourself • Having high expectations of others • Trusting and believing in one another • What happens if you let people down or others let you down? • Patience is important in expectations

		<ul style="list-style-type: none"> • The difference between wishing and expecting. • The meaning of Advent
SOURCES	The Bible, the special book for the Church	<ul style="list-style-type: none"> • The kind of books which are the most helpful • Our lives are enriched by books. • The wonder of books and how they take a person beyond themselves • The presence of God in the words of Scripture • The care and reverence with which the Word of God is treated
UNITY	Eucharist enables people to live in communion.	<ul style="list-style-type: none"> • Why friendships are important • The most important value in friendship • What helps a friendship to flourish • The kinds of behaviour that break a friendship • Those affected when a friendship is broken • Mending broken friendships • Becoming one with Christ and one another in Holy Communion • The unity which Holy Communion brings
DEATH & NEW LIFE	Celebrating Jesus' death and resurrection	<ul style="list-style-type: none"> • The affect of loss in everyday life • The change it brought • What remained the same • What is the best way to cope with loss • How people cope with loss and death • How death brings new life • Lent, a time to remember the suffering and death of Jesus
WITNESSES	The Holy Spirit enables people to become witnesses	<ul style="list-style-type: none"> • When to be a witness • How to be a witness • Why it sometimes needs courage to be a witness • Examples of modern witnesses • The witness of a local charity,
HEALING	Sacrament of the Sick	<p>Showing compassion and care for those who are ill</p> <p>Our attitude towards those people are ill in their minds</p> <p>Helping, caring and understanding those with a learning disability.</p> <ul style="list-style-type: none"> • What gives a person comfort when they are very ill • Why people give time and commitment to caring for others • Why we care for the sick • The Sacrament of Anointing brings comfort to those who are sick • The Christian responsibility for caring for these in need
COMMON GOOD	Work of Christians for the good of all	<p>How we build a fair and just world</p> <p>The difference between fairness and justice, unfairness and injustice</p>

		<p>Helping to promote the dignity and common good of one another</p> <p>Beatitudes; a guide from Jesus about how to live life.</p> <ul style="list-style-type: none"> • The ways we can act justly, love tenderly and walk humbly with God • How Christians can work for the common good • Something about Catholic Social Teaching
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Appendix 3

Statutory Science Curriculum

Early Years Foundation Stage children learn about life cycles. Through on-going personal, social and emotional development they develop the skills to form relationships and think about relationships with others.

In Key Stage 1 children learn:

- That animals, including humans, move, feed, grow and use their senses and reproduce
- To recognise and compare the main external parts of the bodies of humans
- That humans and animals can reproduce offspring and these grow into adults
- To recognise similarities and differences between themselves and others
- To treat others with sensitivity

In Key Stage 2 children learn:

- That the life processes common to humans and other animals including nutrition, growth and reproduction
- About the main stages of the human life cycle



Appendix 4
Pupil Voice RSHE St Matthew's

Do you enjoy RSHE lessons?

What topics have you enjoyed this term? Why?

Can you link these topics to work you did in previous years?

What makes RSHE lessons different from other subjects?

How do you share your ideas in RSHE lessons?

Do you ever use knowledge from other subjects to help in RSHE?

Do your RSHE lessons link to the School Mission statement?

How would you improve RSHE lessons?

Appendix 5

Dear Parent/Carer,

Pope Francis said in his recent apostolic exhortation about the need for, “A positive and prudent sex education in our schools. It can only be seen within the broader framework of an education of love, for mutual self-giving.”

Over the year, Years 4, 5 and 6 will be learning in PSHE about Sexual and Relationship Education, which is authentic to the Catholic Church’s teaching. Years Reception to Year 3 will undertake the programme during Science, and PSHE lessons. Pupils will learn God’s love for them and how each of them is called to uphold their dignity and that of each other. All year groups follow the Come and See Religious Education programme which further supports the recommendations of Pope Francis.

St. Matthew’s is using ‘A Journey in Love’, an excellent resource for primary schools, recommended by the Catholic Archdiocese of Liverpool. This programme will focus on personal, social and spiritual education and is used in Catholic schools across the Liverpool Archdiocese. The programme aims to help and support parents in their duty as the first educators of their child.

Our Enclosed RSHE statement highlights the key objectives for each year group:

For each session, our staff will create a secure atmosphere in which the children can learn about themselves, listen to each other and examine what the future may hold. The DVDs and support material are rooted in a Catholic understanding of the human person, and that each human-being is made in the image and likeness of God. Year 4, 5 and 6 pupils will learn more of the wonder of God’s calling for them as they continue their journey towards full human maturity.

RSHE Statement:

The Governors at St. Matthew’s Catholic Primary School have adopted the ‘Journey in Love’ programme to support the non-statutory relationships and sex education in Years 5 and 6. The programme of study is authentic to the teaching of the Catholic Church. Below is a brief outline of the content of the programme.

For our Reception children:

- Children will learn that God has made them unique and that although we are all different, we are all special to him.

For our Year 1 children:

- Children will learn that they are growing and developing as members of their own and God’s family.

For our Year 2 children:

- Children will learn how they are growing and developing in a God-given community.

For our Year 3 children:

- Children will learn about the virtues that are essential for friendship.
- They will experience the importance of forgiveness.

For Our Year 4 children:

Children will learn how we are all different, how these differences should be celebrated and that God’s love accepts us as we are and as we change.

- They will recognise how all pupils grow and develop at a different rate.
- They will identify different male and female body parts and be introduced to their various functions.
- They will learn how a baby develops in the womb.

For our Year 5 children:

- Children will learn about the physical and emotional changes that accompany puberty.
- They will learn about the internal and external changes that happen to boys and girls during puberty.

- They will learn how sexual development is a natural part of human growth and that this affects potential to become a mother or a father.
- They will learn how the menstrual cycle of a woman prepares her body for reproduction.

For our Year 6 children:

- Children will develop, in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.
- They will learn how human life is conceived.
- They will identify the organs of the human body including the male and female reproductive organs.
- They will learn how relationships develop and need time to mature and develop into love and without love how relationships fail.

As part of our commitment to you, we will hold an annual meeting for years 4, 5 and 6 to discuss the programme. You have the right to withdraw your child from this aspect of the curriculum. However, this is not to be confused with the Science curriculum, which is statutory.

If you wish, there will be an opportunity to look at resources from the 'A Journey in Love' programme on

Over the years you have always been incredibly supportive with this programme. However, if you **do not** want your child to be involved in this programme, please sign the slip below and return to school no later than

Thank you for your continued support.

Yours sincerely,
Mrs. C. Sime

Headteacher

I **do not** wish for my child.....[child's name] to take part in these 'A Journey in Love' sessions.

Signed[parent/carer]

Appendix 6



Have your say on Relationship, Sex and Health Education at St Matthew's Catholic Primary School

Dear Parents and Carers,

In line with the Department for Education Guidelines 2020 we are required to consult with you when developing and renewing our policy for the new statutory Relationship, Sex and Health Education (RSHE). Your comments are important to us so to help us to decide how and when to cover the content of the statutory guidance – see attached questionnaire.

Please note the new RSHE curriculum is supplementary to, not instead of, how we currently teach Relationship and Sex Education in our school as agreed by the Bishops of England and Wales in 2017. We will continue to use the recommended resource 'Journey In Love' (which has been recently been updated to reflect the changes in the new DfE statutory guidance) to support this aspect of the curriculum.

As a Catholic school we must endeavour to follow the guidance from the Catholic Education Service on behalf of the Bishops' of England and Wales and we are required to ensure that our teaching reflects our Catholic identity and mission and to be both age and stage appropriate for our pupils. Some schools will have started to teach these new subjects from September 2020 when the Government brought in the new curriculum however, all schools have until the Spring Term 2020 to begin teaching the new curriculum. Please see the attached parent's information sheet from the DfE which outlines the proposed changes to the curriculum.

Once approved and ratified by the governing body the policy will be published on our school website and be available free of charge. If you would like a copy of the RSHE Policy please contact the school office.

Which year group(s) is your child/ren in? Please circle

Nur Rec Y1 Y2 Y3 Y4 Y5 Y6

Are you aware of the school's current policy on Relationship and Sex Education?

Yes No Comment:

.....

Are you able to speak to your child about mental health matters?

Yes No Comment:

.....

Are you able to speak to your child about the different kinds of family relationships?

Yes No Comment:

.....

Are you able to speak to your child about general health and wellbeing

Yes No Comment

.....

Which of the following topics would you like to see covered more/less in school? Please circle

Growing and Changing

Similarities and differences

Feelings

Keeping safe (including internet and social networking)

Keeping yourself clean

Someone to talk to

Friendships

Families of all different kinds

How to seek help if needed
Harmful substances (Key Stage 1)
Drugs, alcohol and tobacco (Key Stage 2)
Choices and consequences
Mental Health
General Wellbeing
Gender stereotypes (Key Stage 1)
Gender and sexuality (Key Stage 2)
First Aid
Male and female body parts
Puberty (Key Stage 2)
Reproduction and birth (Key Stage 2)
Other? (Please specify)

.....

.....

Would you like the school to host a parents evening to discuss the new Relationship, Sex and Health Education programme and to show you the resources that will be used?

Yes No Comment:

.....

Please add any additional comments:

.....

.....

.....

.....

Appendix 7



PSHE/ Catholic Teaching at St Matthew's (KS1)

Objective	What we know	What we do	What else could we do	Scripture
Health and wellbeing				
Healthy lifestyles				
About what keeping healthy means; different ways to keep healthy	Life expectancy in Clubmoor is 76 years old below the average for Liverpool (78) and the national average (81)	Jigsaw Topic Healthy Me Class cooking sessions	Healthy schools workshop	3 John 1:2 Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
About food that support good health and the risks of eating too much sugar	Obesity in 4-5 year olds in Clubmoor is 13.6%. Above Liverpool average (12.2%) and national average (9.3%)	Jigsaw Topic Healthy Me Nurse visit Family cooking sessions Science Topic Fruit snacks		1 Corinthians 6:19-20 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.
About how physical activity helps us to stay healthy, and ways to be physically active every day	52% of the population of Liverpool are not active enough.	Jigsaw Topic Healthy Me PE Lessons Dance Lessons After school clubs	Daily mile Games on playground	
About why sleep is important and different ways to rest and relax	Poor or inadequate sleep can lead to mood swings, behavioural problems such	Jigsaw Topic Healthy Me Councillor	Meditation sessions	

	as ADHD and cognitive problems that impact on their ability to learn in school.			
Simple hygiene routines that can stop germs from spreading		Jigsaw Topic Healthy Me Nurse Visit Hand sanitise on corridors	Posters up around school	
That medicines can help people stay healthy	Life expectancy in Clubmoor is 76 years old below the average for Liverpool (78) and the national average (81)	Jigsaw Topic Healthy Me Flu jab	Visit from doctor/nurse Hygiene workshops	Proverbs 17:22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.
About dental care and visiting the dentist	52% of the population see a dentist regularly	Jigsaw Topic Healthy Me	Visit from dentist	
How to keep safe and protect skin from sun damage	Liverpool has higher than national skin cancer rates.	Jigsaw Topic Healthy Me School hats available	Sun cream samples	
About different ways to learn and play; recognising the importance of taking a break from computers	Obesity in 4-5 year olds in Clubmoor is 13.6%. Above Liverpool average (12.2%) and national average (9.3%)	Jigsaw Topic Healthy Me Internet safety week		Psalms 32:8 I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.
About the people who help us to stay physically healthy		Jigsaw Topic Healthy Me Industry week	Visits from: doctors, nurses, police, dentists	Matthew 10:8 Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.

Objective	What we know	What we do	What else could we do	Scripture
Health and wellbeing				
Mental Health				
About different feelings that humans can experience.	10% of children and young people (5-16 year olds) have clinically diagnosable mental health problems.	Eddie Schumann – School Counsellor Jigsaw Topic – Being Me	Assemblies from EFC	Proverbs 28:26 Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered
How to recognise and name different feelings	Children need to learn to recognise their feelings and learn the words to label them. They will need help from you to do this and will need you to show them different ways to manage their feelings.	Eddie Schumann – School Counsellor Jigsaw Topic – Being Me		Proverbs 16:32 Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.
How feelings can affect people's bodies and how they behave.	2% of all children, aged 5-16, had self-harmed.	Eddie Schumann – School Counsellor Jigsaw Topic – Being Me	Life Skills	James 1-19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.
How to recognise how others might be feeling.	Some children need to be taught to look at faces to get social information. Find as many opportunities as possible for your child to practise recognising, labelling and responding to	Eddie Schumann – School Counsellor Jigsaw Topic – Being Me		Matthew 6:1 Beware of practicing your righteousness before men to be noticed by them; otherwise you have no reward with your Father who is in heaven.

	her own emotions, as well as other people's emotions.			
To recognise that not everyone feels the same at the same time, or feels the same about the same things.	Throughout childhood and adolescence, most children continue building empathy, self-regulation and skills in recognising and responding to other people's feelings.	Eddie Schumann – School Counsellor Jigsaw Topic – Being Me No Outsiders		1 Corinthians 16:18 For they have refreshed my spirit and yours. Therefore acknowledge such men.
About ways of sharing feelings; a range of words to describe feelings.	Building a good understanding of emotions when you're young helps you relate to others and manage your own mental health later on. Talking openly with children about how they feel and why, enables them to start recognising and understanding different emotions.	Eddie Schumann – School Counsellor Jigsaw Topic – Being Me No Outsiders	P4C	Proverbs 15:18 A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.
About things that help people feel good. (e.g playing outside, doing things they enjoy, spending time with family, getting enough sleep)	Findings show that positive emotions share the ability to broaden an individual's action repertoires and increase his or her physical, intellectual, social, and psychological resources	Eddie Schumann – School Counsellor Jigsaw Topic – Being Me	Fun days? Walking club?	Psalms 37:4 Take delight in the LORD, and he will give you the desires of your heart.
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.	Some emotions (such as sadness, anger) can block learning, while others (such as a sense of wellbeing, feeling safe and	Eddie Schumann – School Counsellor Jigsaw Topic – Being Me Fiddle toys		Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

	feeling valued) promote learning. So learning to manage the emotions can assist learning.			Against such things there is no law.
To recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it.	Children express themselves through play as well as words. You can learn a lot about how they're feeling by simply spending time with them and watching them play.	Eddie Schumann – School Counsellor Jigsaw Topic – Being Me	Colour codes on desks	Psalm 46:1-3 God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.
About how change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better.	27.5% of children who received free school meals said they were “often” lonely, compared with 5.5% of those who did not.	Eddie Schumann – School Counsellor Jigsaw Topic – Being Me Rainbows		John 16:22 So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.

Objective	What we know	What we do	What else could we do	Scripture
Health and Wellbeing				
Ourselves, growing and changing				
To recognise what makes them special.	Self-esteem can start as early as babyhood. It develops slowly over time. It	Jigsaw Topic – Celebrating Difference		Peter 2:9 However, you are chosen people, a royal priesthood, a

	can start just because a child feels safe, loved, and accepted. It can start when a baby gets positive attention and loving care.			holy nation, people who belong to God. You were chosen to tell about the excellent qualities of God, who called you out of darkness into his marvellous light.
To recognise the ways in which we are all unique.	Development is a continuous, complex interaction of environmental and genetic factors in which the body, brain and behaviour become more complex	Jigsaw Topic – Celebrating Difference Rewards Assembly		Isaiah 64:8 Yet you, LORD, are our Father. We are the clay, you are the potter; we are all the work of your hand.
To identify what they are good at, what they like and dislike.	'gifted' learners are those with abilities in one or more academic subjects, such as maths or English 'talented' learners are those who have practical skills in areas such as sport, music, design or creative and performing arts	Jigsaw Topic – Celebrating Difference Rewards assembly		James 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.
How to manage when finding things difficult.	Children's constructive coping strategies are believed to buffer the effects of stressful experiences.	Jigsaw Topic – Celebrating Difference Eddie Schumann – School Counsellor		Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
To name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)	Reception: God loves each of us in our uniqueness Y1: We meet God's love in our family	Journey in Love		1 Corinthians 12 The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body.

	Y2: We meet God's love in the community			
About growing and changing from young to old and how people's needs change.	Reception: God loves each of us in our uniqueness Y1: We meet God's love in our family Y2: We meet God's love in the community	Journey in Love Science – Animals including humans		Corinthians 4:16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.
About preparing to move to a new class/year group.	Change is a normal part of life and can provide opportunities for children to develop their resilience.	Jigsaw Topic – Celebrating Difference Transition booklets for SEN		Job 8:7 Your beginnings will seem humble, so prosperous will your future be.

Objective	What we know	What we do	What else could we do	Scripture
Health and Wellbeing				
Keeping Safe				
About rules and age restrictions that keep us safe.	Despite the fact most social networks do not allow children under 13 to register, the poll revealed	Safer internet week PANTS	Police visit	Proverbs 29:25 Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.

	that 18 per cent of eight to 11-year-olds had a profile of their own.			
To recognise risk in simple everyday situations and what action to take to minimise harm.	One in ten children who use the internet has received no guidance or advice from their teachers.	Safer internet week PANTS	Life Skills	Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.
About how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)	Each year in the European Union there are approximately 10 million home injuries for all ages requiring medical attention.	Safer internet week PANTS		Psalms 46:1 God is our refuge and strength, an ever-present help in trouble.
That household products (including medicines) can be harmful if not used correctly.	In 2017, nearly 52,000 children under the age of six were seen in the emergency room for medicine poisoning. That's one child every ten minutes.	Safer internet week PANTS	Doctor visit	
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.	There were approximately 1.2 thousand child abduction offences recorded by the police in England and Wales in 2018/19.	Safer internet week PANTS Road Safety week	Visits	Nahum 1:7 The Lord is good, a refuge in times of trouble. He cares for those who trust in him.
About the people whose job it is to help keep us safe.		Safer internet week PANTS	Police visit Fireman visit Doctor visit	Ephesians 4:1 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called
Basic rules to keep safe online, including what is meant by personal	Many parents feel in the dark when it comes to their children's internet safety	Safer internet week PANTS		Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am

information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them.	and trust schools to help them get up to speed.			your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.
How to help in an emergency (how to dial 999 and what to say).	Two five-year-old children have saved their mum's lives by calling 999, staying calm on the phone to our emergency call handlers, and unlocking their front doors for the ambulance crews.	Safer internet week PANTS RSPCA Talks ICE CATS		

Objective	What we know	What we do	What else could we do	Scripture
Health and Wellbeing				
Drugs, alcohol and tobacco				
About things that people can put into their body or on their skin; how these can affect how people feel.	Most children under 7 years old are unaware of the negative effects of drinking and smoking.	Jigsaw Topic – Healthy Me	Drugs and alcohol talk?	3 John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.



PSHE/ Catholic Teaching at St Matthew's KS2

Objective	What we know	What we do	What else could we do	Scripture
Health and wellbeing				
Healthy lifestyles				
How to make informed decisions about health.	Life expectancy in Clubmoor is 76 years old below the average for Liverpool (78) and the national average (81)	Healthy Me	Healthy School Workshop	3 John 1:2 Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
About the elements of a balanced healthy lifestyle.	Obesity in 7-11 year olds in Clubmoor is 13.6%. Above Liverpool average (12.2%) and national average (9.3%)	Healthy Me Nurse visit Family cooking sessions Science Topic Fruit snacks		1 Corinthians 6:19-20 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.
About choices that support a healthy lifestyle, and recognise what influence these.	There is wealth of strong, peer-reviewed evidence proving that the food adverts children see, influence the foods they choose and how much of it they eat.	Healthy Me Nurse visit Family cooking sessions Science Topic Fruit snacks		3 John 1:2 Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
How to recognise that habits that habits can have both positive and negative effects on a healthy lifestyle.	Obesity in 7-11 year olds in Clubmoor is 13.6%. Above Liverpool average (12.2%) and national average (9.3%)	Healthy Me Internet safety week		Psalms 32:8 I will instruct you and teach you in the way you should go;

				I will counsel you with my loving eye on you.
About what good physical health means; how to recognise early signs of physical illness.	Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions.	Healthy Me Nurse visit Science Topic Fruit snacks		Ephesians 5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,
About what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating healthy diet including obesity and tooth decay.	A healthy diet or balanced diet is a diet (what you eat) that contains the right amounts of all the food groups. It includes fruit, vegetables, grains, dairy products, and protein. It does not include too much or too little of any kind of food.	Healthy Me Nurse visit Family cooking sessions Science Topic Fruit snacks		Acts 27:34 Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head.”
How regular exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with inactive lifestyle.	Children and young people in this age bracket should take part in moderate to vigorous physical activities for at least 60 minutes (one hour) every day, and this can be up to several hours.	Healthy Me Nurse visit PE Lessons Science Topic Fruit snacks	Daily Mile	Romans 12:1 Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.
How sleep contributes to a healthy lifestyle; routines that help good quality sleep; the effects of lack of sleep	Children 3 to 5 years - 10-13 hours of sleep, including naps.	Jigsaw Topic Healthy Me Nurse visit		Proverbs 3:24 When you lie down, you will not be afraid; when you lie

on the body, feelings, behaviour and ability to learn.	Children 6 to 12 years - 9-12 hours of sleep.	Science Topic		down, your sleep will be sweet.
The bacteria and viruses can effect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.	Life expectancy in Clubmoor is 76 years old below the average for Liverpool (78) and the national average (81)	Healthy Me Flu jab	Visit from doctor/nurse Hygiene workshops	Proverbs 17:22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.
How medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.	They have kept children healthy and have saved millions of lives for more than 50 years. Most childhood vaccines are 90% to 99% effective in preventing disease. And if a vaccinated child does get the disease, the symptoms are usually less serious than in a child who hasn't been vaccinated.	Healthy Me Flu jab		Matthew 9:12 But when he heard it, he said, "Those who are well have no need of a physician, but those who are sick.
How to maintain good oral hygiene (including correct brushing and flossing); why regular visits are essential; the impact of lifestyle choices on dental care.	While 77% of 5 year old children in England are now free of obvious tooth decay, significant regional inequalities remain - with children from the most deprived areas having more than twice the level of decay, than those from the least deprived.	Healthy Me Nurse visit Science Topic	Dentist visit	1 Corinthians 6:20 For you were bought with a price. So glorify God in your body.
About the benefits of sun exposure and risks of over	Liverpool has higher than national skin cancer rates.	Jigsaw Topic Healthy Me	Sun cream samples	Proverbs 3 7:8

exposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.		School hats available		Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.
About the benefits of the internet; the importance of balancing time online with other activities; strategies of managing time online.	Children in the UK (aged 5 to 15)[1] now spend around 20 minutes more online, in a typical day, than they do in front of a TV set – just over two hours online, and a little under two hours watching TV – according to Ofcom's annual study of their media use	Jigsaw Topic Healthy Me Safer Internet week		Psalm 46:1 God is our refuge and strength, an ever-present help in trouble.
How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.		Healthy Me	Doctor/Nurse/Dentist visit	Psalm 121:2 My help comes from the Lord, who made heaven and earth.

Objective	What we know	What we do	What else could we do	Scripture
Health and wellbeing				
Mental Health				
That mental health, just like physical health, is part of daily life; the importance of taking care of mental health.	10% of children and young people (5-16 year olds) have clinically diagnosable mental health problems.	School Counsellor Jigsaw Topic – Being Me	Assemblies from EFC	Proverbs 28:26 Whoever trusts in his own mind is a fool, but he who

				walks in wisdom will be delivered
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 and friends can support mental health and wellbeing.	Poor or inadequate sleep can lead to mood swings, behavioural problems such as ADHD and cognitive problems that impact on their ability to learn in school.	Healthy Me Councillor	Meditation sessions	Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast, because they trust in you.
To recognise that feelings can change over time range in intensity.	2% of all children, aged 5-16, had self-harmed.	School Counsellor Jigsaw Topic – Being Me	Life Skills	James 1-19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.
About everyday things that affect feelings and the importance of expressing feelings.	Building a good understanding of emotions when you're young helps you relate to others and manage your own mental health later on. Talking openly with children about how they feel and why, enables them to start recognising and	School Counsellor Being Me No Outsiders	P4C	Proverbs 15:18 A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

	understanding different emotions.			
A varied vocabulary to use when talking about feelings; about how to express feelings in different ways.	Throughout childhood and adolescence, most children continue building empathy, self-regulation and skills in recognising and responding to other people's feelings.	School Counsellor Being Me No Outsiders		1 Corinthians 16:18 For they have refreshed my spirit and yours. Therefore acknowledge such men.
Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feeling appropriately and proportionately in different situations.	Some emotions (such as sadness, anger) can block learning, while others (such as a sense of wellbeing, feeling safe and feeling valued) promote learning. So learning to manage the emotions can assist learning.	School Counsellor Being Me Fiddle toys		Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
To recognise warning signs about mental health and wellbeing and how to seek support for themselves and other.	9.4% of children aged 2-17 years (approximately 6.1 million) have received an ADHD diagnosis. 7.4% of children aged 3-17 years (approximately 4.5 million) have a diagnosed behaviour problem. 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety. 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.			Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

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.	Children express themselves through play as well as words. You can learn a lot about how they're feeling by simply spending time with them and watching them play.	School Counsellor Being Me	Colour codes on desks	Psalms 46:1-3 God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.
About change and loss, including death, and how these can effect feelings; ways of expressing and managing grief and bereavement.	27.5% of children who received free school meals said they were “often” lonely, compared with 5.5% of those who did not.	School Counsellor Being Me Rainbows		John 16:22 So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.
Problem-solving strategies for dealing with emotions, challenges and change including the transition to new schools.	Some emotions (such as sadness, anger) can block learning, while others (such as a sense of wellbeing, feeling safe and feeling valued) promote learning. So learning to manage the emotions can assist learning.	School Counsellor Being Me Fiddle toys		Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Objective	What we know	What we do	What else could we do	Scripture
Health and Wellbeing				
Ourselves, growing and changing				
About personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies,	Self-esteem can start as early as babyhood. It develops slowly over time. It can start just because a child feels safe, loved, and accepted. It can start when a baby gets positive attention and loving care.	Celebrating Difference		Peter 2:9 However, you are chosen people, a royal priesthood, a holy nation, people who belong to God. You were chosen to tell about the excellent qualities of God, who called you out of darkness into his marvellous light.
That for some people gender identity does not correspond with biological sex.	Gender dysphoria is when a person feels distressed because their gender identity differs from the sex they were given at birth.	Celebrating Difference		
To recognise their individuality and personal qualities.	Development is a continuous, complex interaction of environmental and genetic factors in which the body, brain and behaviour become more complex	Celebrating Difference Rewards Assembly		Isaiah 64:8 Yet you, LORD, are our Father. We are the clay, you are the potter; we are all the work of your hand.
To identify personal strengths, skills and achievements and interests and how these contribute to a sense of self-worth.	'gifted' learners are those with abilities in one or more academic subjects, such as maths or English 'talented' learners are those who have practical skills in areas such as sport, music,	Celebrating Difference Rewards assembly		James 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

	design or creative and performing arts			
About how to manage setbacks/perceived failures, including how to reframe healthy thinking.	Children's constructive coping strategies are believed to buffer the effects of stressful experiences.	Celebrating Difference Eddie Schumann – School Counsellor		Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
To identify external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love		1 Corinthians 12 The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body.
About the physical and emotional changes that happen when approaching and during puberty (including mensuration, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dream)	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love		2 Corinthians 5:17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!
About how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love		3 John 1-2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.
About the process of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone	Journey in Love		Genesis 9:7 As for you, be fruitful and multiply;

ways to prevent a baby being made): how babies need to be cared for.	Y6: The wonder of God's love in creating new life			Populate the earth abundantly and multiply in it.
About where to get more information, help and advice about growing and changing, especially about puberty.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love		Ecclesiastes 11:9-10 You who are young, be happy while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things.
About new opportunities and responsibilities that that increasing independence may bring.	Children can only start full-time work once they've reached the minimum school leaving age - they can then work up to a maximum of 40 hours a week. Once someone reaches 16, you may need to pay them through PAYE . Once someone reaches 18, adult employment rights and rules then apply.	Celebrating Difference Industry Week		1 Peter 2:16 Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God.
Strategies to manage transitions between classes and key stages.	Change is a normal part of life and can provide opportunities for children to develop their resilience.	Celebrating Difference Transition booklets for SEN		Job 8:7 Your beginnings will seem humble, so prosperous will your future be.

Objective	What we know	What we do	What else could we do	Scripture
Health and Wellbeing				
Keeping Safe				
Reasons for following and complying with regulations and restriction (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television and programmes, films, games and online games.	Despite the fact most social networks do not allow children under 13 to register, the poll revealed that 18 per cent of eight to 11-year-olds had a profile of their own.	Safer internet week PANTS	Police visit	Proverbs 29:25 Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.
How to predict, assess and manage risk in different situations.	One in ten children who use the internet has received no guidance or advice from their teachers.	Safer internet week PANTS	Life Skills	Proverbs 3:5 Trust in the Lord with all your heart, and do not lean on your own understanding.
About hazards (including fire risks) that may cause harm, injury or risk at home and	Each year in the European Union there	Safer internet week PANTS		Psalms 46:1

what they can do to reduce risks and keep safe.	are approximately 10 million home injuries for all ages requiring medical attention.			God is our refuge and strength, an ever-present help in trouble.
About the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully)	In 2017, nearly 52,000 children under the age of six were seen in the emergency room for medicine poisoning. That's one child every ten minutes.	Safer internet week PANTS	Doctor visit	
Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and framework safety; safe use of digital devices when out and about.	There were approximately 1.2 thousand child abduction offences recorded by the police in England and Wales in 2018/19.	Safer internet week PANTS Road Safety week	Visits	Nahum 1:7 The Lord is good, a refuge in times of trouble. He cares for those who trust in him.
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.	Bullying UK has had experience of young people using the internet who have been persuaded into dangerous situations by adults. This is an offence called 'grooming'.	Safer internet week PANTS		1 Thessalonians 4:11 and to aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you,
About what is meant by first aid; basic techniques for dealing with common injuries.	Many parents feel in the dark when it comes to their children's internet safety	Safer internet week PANTS		Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen

	and trust schools to help them get up to speed.			you, yes, I will help you, I will uphold you with My righteous right hand.
How to respond and react in an emergency situation; how to identify situations that might require the emergency services; know how to contact them and what to say.	Two five-year-old children have saved their mum's lives by calling 999, staying calm on the phone to our emergency call handlers, and unlocking their front doors for the ambulance crews.	Safer internet week PANTS RSPCA Talks ICE CATS		Psalm 46:1-2 God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.
That female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone might be at risk.	FGM is also found in the UK amongst members of migrant communities. It is estimated that approximately 60,000 girls aged 0-14 were born in England and Wales to mothers who had undergone FGM1.	Online Training		

Objective	What we know	What we do	What else could we do	Scripture
Health and Wellbeing				
Drugs, alcohol and tobacco				
About the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can become difficult to break	Most children under 7 years old are unaware of the negative effects of drinking and smoking.	Healthy Me	Drugs and alcohol talk?	3 John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

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.	This act is intended to prevent the non-medical use of certain drugs. For this reason it controls not just medicinal drugs (which will also be in the Medicines Act) but also drugs with no current medical use.	Healthy Me	Drugs Talk	1 John 3:4 Everyone who makes a practice of sinning also practices lawlessness; sin is lawlessness.
About why some people choose to use or not use drugs (including nicotine, alcohol and medicines)	Here are some of the reasons young people have given for taking drugs: To fit in To escape or relax To relieve boredom To seem grown up To rebel To experiment	Healthy Me		Ephesians 5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,
About mixed messages in the media about drugs, including alcohol and smoking/vaping	A national study published in January 2006 concluded that greater exposure to alcohol advertising contributes to an increase in drinking among underage youth. Specifically, for each additional ad a young person	Healthy Me		
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.	Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. Call 0300 123 1110	Healthy Me		Psalms 54:4 Behold, God is my helper; The Lord is the sustainer of my soul.

Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Families and close private relationships				
To recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)	Through relationships, children learn how to think, understand, communicate, behave, show emotions and develop social skills.	Journey in Love		1 John 1-7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.
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.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love		Ephesians 5:33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
About marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love No Outsiders		1 Corinthians 13:4-8 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.
That forcing anyone to marry against their will is a crime; that help and support is available to people who	he pressure put on people to marry against their will can be:	Journey in Love No Outsiders	Police Talk	

are worried about this for themselves and others.	Physical including threats, actual physical violence and sexual violence Emotional and psychological for example, when someone is made to feel like they're bringing shame on their family Financial abuse including taking away their wages or not giving them any money			
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.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love No Outsiders		1 Corinthians 13:4-8 And now these three remain: faith, hope and love
That a feature of positive family life is caring relationships; about the different ways in which people care for one another.	We have stepfamilies; single-parent families; families headed by two unmarried partners, either of the opposite sex or the same sex; households that include one or more family members from a generation; adoptive families; foster families; and families where children are raised by their grandparents or other relatives.	Journey in Love Mother's Day Cards Father's Day Cards Christmas gifts		Ephesians 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
To recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there	See above			Colossians 3:13 Bear with one another and, if one has a complaint against another, forgive each other; as the Lord has

for each other in times of difficulty.				forgiven you, so you also must forgive.
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice.	Every child and adult should feel that he or she is special and be encouraged to pursue his or her own dreams; a place where everyone's individuality is permitted to flourish.	Journey in Love No Outsiders	Social stories	Ephesians 5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her.

Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Friendships				
About the importance of friendships; strategies for building positive friendships; how positive friendship support wellbeing.	Social skills don't come naturally to all kids. Impulsive and hyperactive children often act in ways that stymie their strong desire for friendship.	Journey in Love No Outsiders		Luke 6:31 Do to others as you would have them do to you.
What constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty,	Knowing how and when to ask for help is a critical life skill that many children struggle to master.	Journey in Love		Exodus 14:14 The Lord will fight for you, and all you have to do is keep still.

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.				
To recognise what it means to 'know someone online and how it differs from knowing someone face to face; risks of communicating online with others not known face-to-face.	It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.	Journey in Love NSPCC visits		Proverbs 19:1 Better is a poor person who walks in his integrity than one who is crooked in speech and is a fool.
The importance of seeking support if feeling lonely or excluded.	Thousands of young people are reaching out to Childline for help with feelings of loneliness and isolation as they struggle with the pressures of growing up in today's society.	Journey in Love NSPCC visits	Childline talks.	Deuteronomy 31:6 Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."
That healthy friendships make people feel included; Recognise when others may feel lonely or excluded; strategies for how to include them.	11.3% of children said that they were "often" lonely; this was more common among younger children aged 10 to 12 years (14.0%) than among those aged 13 to 15 years (8.6%).	Journey in Love NSPCC visits		Proverbs 17:17 A friend loves at all times, and a brother is born for a time of adversity.
Strategies for recognising and managing their peer influence and a desire for	10 percent of teenagers surveyed said that they had	Journey in Love NSPCC visits		Proverbs 1:10 My son, if sinners entice you, do not consent.

peer approval in friendships; to recognise the effect of online actions on others.	not been influenced by peer pressure.			
How friendships can change over time, about making new friends and the benefits of having different types of friends.	Making new friends and building relationships can be very daunting for children. With the various dynamics and personalities to navigate, there may be a lot for them to learn.	Journey in Love NSPCC visits		Proverbs 24:16 for though a righteous man falls seven times, he will rise again, but the wicked stumble into calamity.
That friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely.	Often, children who argue are so caught up in being right, they forget to think about how the other person may be feeling.	Journey in Love		Matthew 18:15 If your brother sins against you, go to him and show him his fault. But do it privately, just between yourselves. If he listens to you, you have won your brother back.
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.	Instead of making your child feel good – like he belongs and is accepted – toxic friendships can lead to your child having negative feelings about himself or others. That’s because toxic friends often put people down, manipulate them, leave them out or behave in other mean ways.	Journey in Love		2 Thessalonians 2:1 Now concerning the coming of our Lord Jesus Christ and our being gathered together to him, we ask you, brothers,

Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Managing hurtful behaviour and bullying				
About the impact of bullying, including online and offline, and the consequences of hurtful behaviour.	Self-regulation is being able to manage feelings so they don't intrude heavily on relationships or day-to-day life.	Journey in Love Safer internet week		Proverbs 12:18 There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.
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.	New figures show self-harm is soaring in England among the very young.	Journey in Love Safer internet week Online behaviour play Drama workshops		Proverbs 21:23 Whoever keeps his mouth and his tongue keeps himself out of trouble.
About discrimination; what it means and how to challenge it.		No Outsiders		

Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Safe relationships				
About privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online).	PANTS has helped make 950,000 children safer from sexual abuse.	Journey in Love PANTS Safer Internet week		Matthew 6:6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.
About why someone may behave differently online, including pretending to be someone they are not; strategies for overcoming risks, harmful content and contact; how to report concerns.	80% of children have reported that they have noticed someone behaving differently online.	Journey in Love Safer Internet Week		Proverbs 12:17 He who speaks truth tells what is right, But a false witness, deceit.
How to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know.	There are various ways to report if children don't feel comfortable with something online.	Journey in Love		Psalms 37:3 Trust in the LORD and do good; dwell in the land and enjoy safe pasture.
Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact.	Child abuse is when a child is intentionally harmed by an adult or another child – it can be over a period of time but can also be a one-off action.	Journey in Love PANTS		Psalms 91:11 For He will give His angels charge concerning you, To guard you in all your ways.
About seeking and giving permission (consent) in different situations.	Up to 46% of primary aged children use social media.	Journey in Love		Matthew 7:7 Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

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.	More than half of children between 4-8 have reported being pressured by friends to do something they don't want to.	Journey in Love		Luke 12:2 Nothing is covered up that will not be revealed, or hidden that will not be known.
How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.	There are ways to help in resisting the pressure from friends.	Journey in Love Life Skills – Banardo's		Acts 5:29 But Peter and the apostles answered, "We must obey God rather than men.
Where to get advice and report concerns if worried about their own or someone else's personal safety (including online)	See above			

Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Respecting self and others				

That personal behaviour can effect other people; to recognise and model respectful behaviour online.	Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone.	Journey in Love Anti bullying week	Anti bullying workshops	Ephesians 4:32 Be kind to one another, tender hearted, forgiving one another, as God in Christ forgave you.
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.	Clubmoor is 96% White British, 0.9% Mixed, 0.6% Asian and 0.5% Black. This is below national average.	Journey in Love		Romans 12:10 Be devoted to one another in love. Honour one another above yourselves.
About respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background.	See above	Journey in Love		Revelations 7:9 After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands,
To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs	Cooperation requires a combination of character attributes, such as being	Relationships		Proverbs 27:17 Iron sharpens iron, and one man sharpens another.

and lifestyle are different to their own.	respectful, honest, helpful and thoughtful.			
How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with.	See above.	Journey in Love No Outsiders		Proverbs 31:9 Open your mouth, judge righteously, defend the rights of the poor and needy.

Objective	What we know	What we do	What else could we do	Scripture
Living in the wider world				
Shared responsibilities				
To recognise reasons for rules and laws; consequences of not adhering to rules and laws.	Rules prepare children for the real world as your limits & boundaries provide a framework so your child can understand what's expected of them and what will happen if they don't comply.	Dreams and goals Being Me Relationships	Police Talks	Romans 13:1 Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God.
To recognise there are human rights, that are there to protect everyone.	The Human Rights Act 1998 sets out the fundamental rights and freedoms that everyone in the UK is entitled to.	Dreams and goals Being Me Relationships No Outsiders		Galatians 3:28 There is neither Jew nor Greek, there is neither slave[a] nor free, there is no male and female, for you are all one in Christ Jesus.
About the relationship between rights and responsibilities.	UK citizens have many legal rights and responsibilities. There are different types of	Dreams and goals Being Me		1 Corinthians 3:8 He who plants and he who waters are one, and each

	laws protecting the rights of individuals - from civil laws to criminal laws.	Relationships No Outsiders		will receive his wages according to his labor.
The importance of having compassion towards others; shared responsibilities we have for caring for other people and living things; how to show care and concerns for others.	See above			
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)	Human-caused climate change has already been proven to increase the risk of floods and extreme rainfall, heatwaves and wildfires with implications for humans, animals and the environment.	- Dreams and goals Being Me Relationships Assemblies	CAFOD club	Proverbs 12:10 Whoever is righteous has regard for the life of his beast, but the mercy of the wicked is cruel.

Objective	What we know	What we do	What else could we do	Scripture
Living in the wider world				
Communities				
About the different groups that make up their community; what living in a community means.	Schools and communities are responsible for building a safe and child-friendly environment outside the child's home.	Jigsaw topic - Dreams and goals Being Me Relationships	Create more community links	Galatians 3:28 There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.

		SYNOD		
To value the different contributions that people and groups make to the community.	Children from an early age need to know about their options for the future.	Dreams and goals Being Me Relationships Visits to old people homes.		Matthew 12:37 For by your words you will be justified, and by your words you will be condemned.
About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.	In a multicultural society, there is not an official (decided by the people in charge) culture that every person must be a part of. Instead, all cultures are respected as much as each other.	- Dreams and goals Being Me Relationships		Romans 12:16 Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight.
About stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.	Every culture has their own stereotypes and of course it's unfair to judge and categorise everyone from Britain into certain categories, but it's also quite nice to prepare yourself for how a typical British person behaves so that you know not only what you're in for, but also how to respectfully behave when you're surrounded by the British culture.	Dreams and goals Being Me Relationships No Outsiders		John 7:24 Do not judge by appearances, but judge with right judgment.
About prejudice; how to recognise behaviours/actions which discriminate against others;	See above	No Outsiders		Ephesians 4:32 Be kind to one another, tender hearted, forgiving

way of responding to it if witnessed or experienced.				one another, as God in Christ forgave you.
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Objective	What we know	What we do	What else could we do	Scripture
Living in the wider world				
Media literacy and digital reliance				
Recognise ways in which the internet and social media can be used both positively and negatively.	It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.	Relationships Internet Safety Week		Matthew 25:40 And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'
How to assess the reliability of sources of information online; and how to make safe, reliable and choices from search results.	According to a new survey, 52.8% of Internet users believe that most or all of the information online is "reliable and accurate."	Relationships Internet Safety Week		Luke 16:10 One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.
About some of the different ways information and data is shared and used online including for commercial purposes.	11% of online users have been the victim of data theft.	Relationships Internet Safety Week		
About how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.	Google and Facebook still hold the largest share of total digital ad spend, with 38.6% and 19.9%, respectively.	Relationships Internet Safety Week		Proverbs 16:3 Commit to the Lord whatever you do, and he will establish your plans.

Recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images.	Some children, parents or carers may not be comfortable with images of themselves or their children being shared.	Relationships Internet Safety Week NSPCC Talks		Hebrews 13:16 And do not forget to do good and to share with others, for with such sacrifices God is pleased.
About how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.	The potential for misuse of images can be reduced if organisations are aware of the potential dangers and put appropriate measures in place.	Relationships Internet Safety Week NSPCC Talks		Matthew 24:24 For false christs and false prophets will rise and show great signs and wonders to deceive, if possible, even the elect.

Objective	What we know	What we do	What else could we do	Scripture
Living in the wider world				
Economic wellbeing: Money				
About different ways to pay for things and the choices people have about this.	Money is what people use to buy things and services. Money is what many people take for selling their own things or services. There are many kinds of money in the world.	Jigsaw topic - Dreams and goals Jigsaw topic – Being Me Jigsaw topic - Relationships	Bank workshops	Proverbs 13:11 Wealth gained hastily will dwindle, but whoever gathers little by little will increase it.
To recognise that people have different attitudes towards saving and spending money; what influences people's	You have to wait to buy something you want.	Jigsaw topic - Dreams and goals Jigsaw topic – Being Me	Bank workshops	Ecclesiastes 5:10 He who loves money will not be satisfied with money, nor he who loves wealth

decisions; what makes something good value for money.		Relationships		with his income; this also is vanity.
That people spending decisions can affect others and the environment (e.g. Fair trade, buying single use plastics, or giving to charity)	See above	Dreams and goals Being Me Relationships	Bank workshops	Matthew 5:6 Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
To recognise that people make spending decisions based on priorities, needs and wants.	Even at this early age, children have begun to build attitudes and habits around money. By age 7, research shows that children's attitudes about money are well developed. This makes it important to start building good money habits as early as possible.	Dreams and goals Being Me Relationships	Bank workshops	Proverbs 13:22 A good man leaves an inheritance to his children's children, but the sinner's wealth is laid up for the righteous.
Different ways to keep track of money.	That money needs to be looked after; different ways of doing this.	Dreams and goals Being Me Relationships	Bank workshops	Proverbs 13:11 Wealth gained hastily[a] will dwindle, but whoever gathers little by little will increase it.
About risks associated with money (e.g money can be won, lost or stolen) and ways of keeping money safe.	Children as young as 11 have problems with gambling, while almost half a million kids have admitted to betting regularly say the Gambling Commission.	Dreams and goals Being Me Relationships	Bank workshops	
About the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact	See above			1 Timothy 6:10 For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced

on health, wellbeing and future aspirations.				themselves with many pangs.
To identify the ways that money can impact on people's feelings and emotions.	The most important emotions in relation to money are fear, guilt, shame and envy. It's worth spending some effort to become aware of the emotions that are especially tied to money for you because, without awareness, they will tend to override rational thinking and drive your actions	Dreams and goals Being Me Relationships	Bank workshops	Proverbs 21:20 Precious treasure and oil are in a wise man's dwelling, but a foolish man devours it.

Objective	What we know	What we do	What else could we do	Scripture
Living in the wider world				
Economic Wellbeing: Aspirations, work and career				
To recognise positive things about themselves and their achievement; set goals to help achieve personal outcomes.	That we all need to be good at different things for our community to work.	Dreams and goals Being Me Relationships		Exodus 15:2 The Lord is my strength and my song, and he has become my salvation; this is my God, and I will praise

		Careers weeks		him, my father's God, and I will exalt him.
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.	A job also teaches them time management, hones their work ethic and boosts soft skills such as cooperation, task follow-through, independent thinking, self-reliance and getting along with others.	Dreams and goals Being Me Relationships Careers weeks		Colossians 3:17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.
About stereotypes in the workplace and that a person's career aspirations should not be limited by them.	The Equality Act 2010 protects children, young people and adults against discrimination, harassment and victimisation in relation to housing, education, clubs, the provision of services and work.	No Outsiders		Matthew 7 1:2 Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you.
About what might influence people's decisions about a job or a 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).		Industry Week Dreams and goals Being Me		Psalms 90:17 May the favor of the Lord our God rest on us; establish the work of our hands for us— yes, establish the work of our hands.
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	Household Income in Clubmoor is £21,685. Which is below national average.	Dreams and goals Being Me Relationships		Galatians 6:2 Bear one another's burdens, and so fulfil the law of Christ.

voluntary work, which is unpaid.		Careers weeks		
About some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation.	Unemployment in Clubmoor is above national and Liverpool averages.	Dreams and goals Being Me Relationships Careers weeks		Ecclesiastes 9:11 Whatever your hand finds to do, do it with your might, for there is no work or thought or knowledge or wisdom in Sheol, to which you are going.
To identify the kind of job that they might do when they are older.	That there are many routes into work.	Dreams and goals Being Me Industry Week		Matthew 7:7 Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.
To recognise a variety of routes into careers (e.g. college, apprenticeship, university)	See above.	Dreams and goals Being Me Industry Week		Colossians 3:23 Whatever you do, work at it with all your heart, as working for the Lord, not for human masters...

Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Families and close private relationships				
About the roles of different people (e.g acquaintances, friends and relatives) play in our lives.	Through relationships, children learn how to think, understand, communicate, behave, show emotions and develop social skills.	Journey in Love		1 John 1-7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.
To identify the people who love and care for them and what they do to help them feel cared for.	We have stepfamilies; single-parent families; families headed by two unmarried partners, either of the opposite sex or the same sex; households that include one or more family members from a generation; adoptive families; foster families; and families where children are raised by their grandparents or other relatives.	Journey in Love Mother's Day Cards Father's Day Cards Christmas gifts		Ephesians 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
About different types of families including those that may be different to their own.	See above	Journey in Love No Outsiders		
To identify common features of family life.	Every child and adult should feel that he or she is special and be encouraged to pursue his or her own dreams; a place where everyone's individuality is permitted to flourish.	Journey in Love No Outsiders	Social stories	Ephesians 5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her.
That it is important to tell someone (such as their	Outside of the family the teacher is often the only	Journey in Love		1 Peter 3:14

teacher) if something about their family makes them unhappy or worried.	trusted adult a child might come into contact with on a regular basis.	No Outsiders		But even if you should suffer for what is right, you are blessed. “Do not fear their threats; do not be frightened.”
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Objective	What we know	What we do	What else could we do	Scripture
Relationships				

Friendships				
About how people make friends and what makes a good friendship.	Social skills don't come naturally to all kids. Impulsive and hyperactive children often act in ways that stymie their strong desire for friendship.	Journey in Love No Outsiders		Luke 6:31 Do to others as you would have them do to you.
About how to recognise when they or someone else feels lonely and what to do.	Thousands of young people are reaching out to Childline for help with feelings of loneliness and isolation as they struggle with the pressures of growing up in today's society.	Journey in Love NSPCC visits	Childline talks.	Deuteronomy 31:6 Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."
Simple strategies to resolve arguments between friends positively.	Often, children who argue are so caught up in being right, they forget to think about how the other person may be feeling.	Journey in Love		Matthew 18:15 If your brother sins against you, go to him and show him his fault. But do it privately, just between yourselves. If he listens to you, you have won your brother back.
How to ask for help if a friendship is making them feel unhappy.	Knowing how and when to ask for help is a critical life skill that many children struggle to master.	Journey in Love		Exodus 14:14 The Lord will fight for you, and all you have to do is keep still.

Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Managing hurtful behaviour and bullying				
That bodies and feelings can be hurt by words and	Self-regulation is being able to manage feelings so they don't intrude heavily on	Journey in Love Safer internet week		Proverbs 12:18 There is one whose rash words are like sword

actions; that people can say hurtful things online.	relationships or day-to-day life.			thrusts, but the tongue of the wise brings healing.
About how people may feel if they experience hurtful behaviour or bullying.	New figures show self-harm is soaring in England among the very young.	Journey in Love Safer internet week Online behaviour play Drama workshops		Proverbs 21:23 Whoever keeps his mouth and his tongue keeps himself out of trouble.
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.	See above	Journey in Love Safer internet week No Outsiders		1 Corinthians 13:4 Love is patient and kind; love does not envy or boast; it is not arrogant

Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Safe relationships				
To recognise that some things are private and the importance of respecting	PANTS has helped make 950,000 children safer from sexual abuse.	Journey in Love PANTS		Matthew 6:6 But when you pray, go into your room and shut the

privacy; that part of their body covered by underwear are private.		Safer Internet week		door and pray to your Father who is in secret. And your Father who sees in secret will reward you.
That sometimes people may behave differently online, including by pretending to be someone they are not.	80% of children have reported that they have noticed someone behaving differently online.	Journey in Love Safer Internet Week		Proverbs 12:17 He who speaks truth tells what is right, But a false witness, deceit.
How to respond safely to adults they don't know.	There are various ways to report if children don't feel comfortable with something online.	Journey in Love		Psalms 37:3 Trust in the LORD and do good; dwell in the land and enjoy safe pasture.
About how to respond if physical contact makes them feel uncomfortable or unsafe.	Child abuse is when a child is intentionally harmed by an adult or another child – it can be over a period of time but can also be a one-off action.	Journey in Love PANTS		Psalms 91:11 For He will give His angels charge concerning you, To guard you in all your ways.
About knowing there are situations when they should ask permission and also when their permission should be sought.	Up to 46% of primary aged children use social media.	Journey in Love		Matthew 7:7 Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.
About the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually).	More than half of children between 4-8 have reported being pressured by friends to do something they don't want to.	Journey in Love		Luke 12:2 Nothing is covered up that will not be revealed, or hidden that will not be known.
Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe.	There are ways to help in resisting the pressure from friends.	Journey in Love Life Skills – Banardo's		Acts 5:29 But Peter and the apostles answered, "We must obey God rather than men.
What to do if they feel unsafe or worries for	See above	Relationships		Galatians 6:9

themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard.				And let us not grow weary of doing good, for in due season we will reap, if we do not give up.
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Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Respecting self and others				
About what is kind and unkind behaviour, and how this can affect others.	Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone.	Journey in Love Anti bullying week	Anti bullying workshops	Ephesians 4:32 Be kind to one another, tender hearted, forgiving one another, as God in Christ forgave you.
About how to treat themselves and others with respect; how to be polite and courteous.	Clubmoor is 96% White British, 0.9% Mixed, 0.6% Asian and 0.5% Black. This is below national average.	Journey in Love		Romans 12:10 Be devoted to one another in love. Honour one another above yourselves.

To recognise the ways in which they are the same and different to others.	See above	Journey in Love		Revelations 7:9 After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands,
How to listen to other people and play and work cooperatively.	Cooperation requires a combination of character attributes, such as being respectful, honest, helpful and thoughtful.	Journey in Love		Proverbs 27:17 Iron sharpens iron, and one man sharpens another.
How to talk about and share their opinions on things that matter to them.	See above.	Journey in Love No Outsiders		Proverbs 31:9 Open your mouth, judge righteously, defend the rights of the poor and needy.

Appendix 9

RSHE Key Vocab at St Matthew's Catholic Primary School

Reception
God, wonder, love, hands, fingers, nails, faces, noses, lips, ears, hair, features, colour, shape, size, unique, belonging, different, special, womb, describe, friends, generous, worried, Baptism
Year 1
unique, friend, respect, secure, God, love, care commitment, stable, important, different, special, signs, healthy, safe, boundaries, kindness, teasing, bullying, positive, negative, wrong, unacceptable, truth, lies, head, eyes, nose, mouth, teeth, tongue, throat, neck, shoulders, arms, breasts, nipple, waist, elbows, penis, vagina, vulva, bottom, anus, legs, knees, ankles, feet, toes
Year 2
community, local, global, impact, responsibility, harm, improve, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, recognise, emotions, friendships, relationships, secrets, stereotypes, respect, equal
Year 3
community, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, emotions, friends, loyalty, kindness, trust, selfless, generous, reasons, difficulties, positive, respectful
Year 4
God, gifts, talents, difference, development, puberty, change, stereotype, acceptance, cultural, biological, respect, courtesy, manners, sensitivity, religious, belief, bullying, polite, uniqueness, innate, beauty, dignity
Year 5

God, sensitive, puberty, presence celebrate, external, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fallopian tube, vagina, vulva, cervix, womb, period

Year 6

God, Christian, appropriate, dignity, sexuality, intercourse, fallopian, conceive, relationship, uterus, cervix, fiancé, fiancée