

PSHE Parent Consultation Pack Including Relationships and Sex Education



**Burnham on Crouch
Primary School**
Connected to our world



Preparing for updated statutory guidance (effective September 2026)

WHY ARE WE CONSULTING NOW?

- In **July 2025**, the Department for Education published updated statutory guidance for:
 - ✓ Relationships Education
 - ✓ Relationships and Sex Education
 - ✓ Health Education
- This updated guidance becomes **statutory from September 2026**.
- At Burnham-on-Crouch Primary School, we are proactively reviewing our PSHE curriculum now to ensure:
 - ✓ full compliance with the updated guidance
 - ✓ high-quality, age-appropriate teaching
 - ✓ strong safeguarding provision
 - ✓ meaningful parent and community involvement

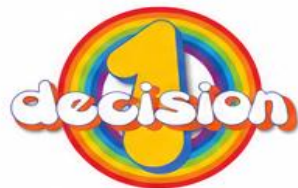
WHY HAVE WE CHOSEN 1DECISION?

- Burnham-on-Crouch Primary School has selected **1decision** to support the delivery of our PSHE curriculum.
- **1decision** is:
 - ✓ award-winning
 - ✓ quality assured
 - ✓ safeguarding focused
 - ✓ discussion based
 - ✓ age appropriate
 - ✓ fully aligned to statutory guidance





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PSHE PARENT OVERVIEW

Including Relationships and Sex Education (RSE)

Preparing for updated statutory guidance
(Effective September 2026)



In July 2025, the Department for Education published updated statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education.

These changes become statutory from September 2026.

We are consulting with our school community now to ensure our curriculum meets these requirements and continues to meet the needs of our children.

WHY WE TEACH PSHE



KEEPING CHILDREN SAFE

Teaching children how to keep themselves safe in the real world.



BUILDING POSITIVE RELATIONSHIPS

Helping children understand kindness, respect, friendship and empathy.



SUPPORTING WELLBEING

Helping children understand their emotions, manage challenges and build resilience.



PREPARING FOR LIFE

Equipping children with the knowledge and skills they need for a happy, healthy future.

OUR PSHE CURRICULUM

- ✓ Taught through our PSHE curriculum using the **1decision** scheme of work.
- ✓ Age-appropriate, inclusive and safeguarding focused.
- ✓ Delivered in a safe, supportive and open environment.
- ✓ Grounded in respect, kindness and British Values.
- ✓ Follows a spiral curriculum, so children revisit key learning as they grow.

PSHE IS MUCH MORE THAN RSE

RSE is just one part of our PSHE curriculum. Children learn about many important areas, including:



FRIENDSHIPS & RELATIONSHIPS



SAFETY & BOUNDARIES



MENTAL HEALTH & EMOTIONAL WELLBEING



ONLINE SAFETY & MEDIA LITERACY



DIVERSITY, RESPECT & VALUES



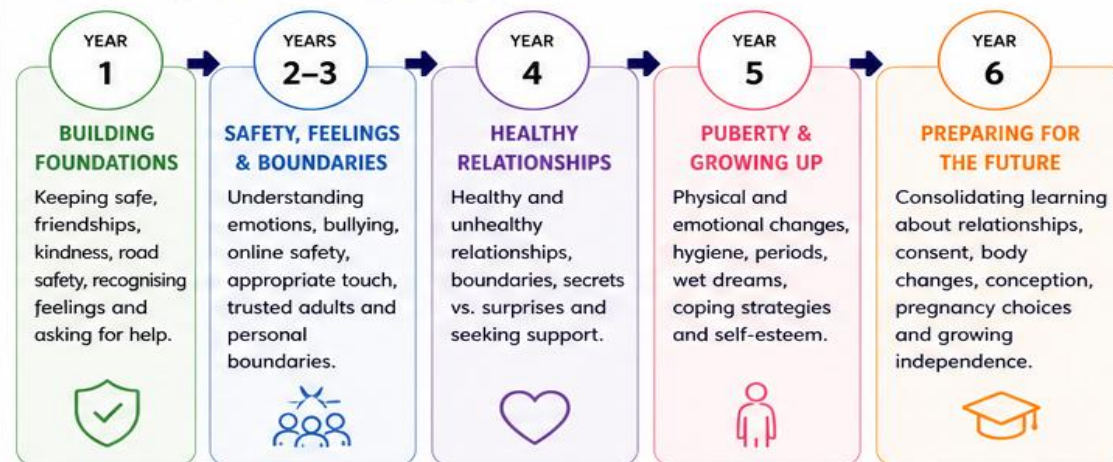
HEALTHY LIFESTYLES & THE HUMAN BODY



Working together to keep children safe, healthy, respectful and ready for the future.

THE PSHE JOURNEY AT BURNHAM-ON-CROUCH

Our curriculum is carefully sequenced so children build their knowledge, understanding and confidence year by year.



OUR APPROACH

Lessons are age-appropriate, fact-based and discussion-led. Children are encouraged to ask questions, share ideas and develop the confidence to stay safe and make positive choices.

PARENT PARTNERSHIP



We believe that parents and carers are children's first educators. That's why we:

- ✓ Share information openly and honestly
- ✓ Provide opportunities for you to view resources
- ✓ Encourage you to talk with your children
- ✓ Listen to your views and respond

We are stronger together. (Icon: Yellow heart)

FREQUENTLY ASKED QUESTIONS



Can I see the resources?

Yes. All resources are available for parents to view.

Can I withdraw my child?

You can request withdrawal from the non-statutory (sex education) elements – see page 2.

Who teaches the lessons?

Lessons are delivered by trained school staff.

How are children's questions handled?

All questions are answered honestly and age-appropriately in a safe environment.



HAVE YOUR SAY

We value your views. Please complete the consultation form (page 2) and join us at our consultation meeting to find out more.



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Thank you for working in partnership with us.

OUR PSHE CURRICULUM

- Every class follows the same carefully sequenced structure, revisiting key concepts with increasing depth.


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PSHE Curriculum Overview (1decision)

3 units per term | 4 weeks per unit
Progressive learning across the year groups

	AUTUMN TERM			SPRING TERM			SUMMER TERM		
	 Unit 1 Keeping/ Staying Safe (4 weeks)	 Unit 2 Being Responsible (4 weeks)	 Unit 3 Feelings and Emotions (4 weeks)	 Unit 4 Keeping/ Staying Healthy (4 weeks)	 Unit 5 Relationships / Growing and Changing (4 weeks)	 Unit 6 Computer / Online Safety (4 weeks)	 Unit 7 A World Without Judgement (4 weeks)	 Unit 8 Our World / The Working World (4 weeks)	 Unit 9 Fire Safety / First Aid (4 weeks)
Year Group									
Year 1	What I Know Now Road Safety	What I Know Now Water Spillage	What I Know Now Jealousy	What I Know Now Washing Hands	What I Know Now Friendship	What I Know Now Online Bullying	What I Know Now Democracy	What I Know Now Growing in Our World	What I Know Now Hoax Calling
Year 2	Tying Shoelaces Staying Safe	Practice Makes Perfect Helping Someone in Need	Worry Anger	Healthy Eating Brushing Teeth	Bullying Body Language	Image Sharing Computer Safety Documentary	Individual Liberty Rule of Law	Living in Our World Working in Our World	Petty Arson Enya & Deodeo Visit the Fire St.
Year 3	Leaning out of Windows What I've Learnt	Stealing What I've Learnt	Grief What I've Learnt	Medicine What I've Learnt	Touch What I've Learnt	Making Friends Online What I've Learnt	Tolerance What I've Learnt	Looking After Our World What I've Learnt	Texting Whilst Driving What I've Learnt
Year 4	What I Know Now Cycle Safety	What I Know Now Coming Home on Time	What I Know Now Jealousy	What I Know Now Healthy Living	Appropriate Touch (Relationships) What I Know Now	What I Know Now Online Bullying	Breaking Down Barriers What I Know Now	Chores at Home What I Know Now	First Aid Year 4 What I Know Now
Year 5	Peer Pressure Adults' & Children's Views	Looking Out for Others Adults' & Children's Views	Anger Adults' & Children's Views	Smoking Adults' & Children's Views	Puberty Adults' & Children's Views	Image Sharing Adults' & Children's Views	Inclusion & Acceptance Adults' & Children's Views	Enterprise Adults' & Children's Views	First Aid Year 5 Adults' & Children's Views
Year 6	Water Safety What I've Learnt	Stealing What I've Learnt	Worry What I've Learnt	Alcohol What I've Learnt	Conception What I've Learnt	Making Friends Online What I've Learnt	British Values What I've Learnt	In-App Purchases What I've Learnt	First Aid Year 6 What I've Learnt

 Keeping/
Staying Safe  Being
Responsible  Feelings and
Emotions  Keeping/
Staying Healthy  Relationships /
Growing and
Changing  Computer /
Online Safety  A World
Without
Judgement  Our World /
The Working
World  Fire Safety /
First Aid

All units delivered through 1decision PSHE | 3 units per term | 4 weeks per unit | One lesson per week



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Primary School**

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OUR PSHE PROGRESSION MAP

A whole-school journey that builds knowledge, skills and confidence

At Burnham on Crouch, our PSHE curriculum (including Relationships and Sex Education) follows a clear progression from Year 1 to Year 6. It is carefully sequenced so that children build their understanding and develop the skills they need to thrive now and in the future.



PSHE IS MUCH MORE THAN RSE

RSE is just one part of our PSHE curriculum. Our lessons cover seven essential areas that equip children with knowledge, skills and positive attitudes for life.



**RELATIONSHIPS
& FRIENDSHIPS**



**SAFETY &
BOUNDARIES**



**MENTAL HEALTH &
EMOTIONAL WELLBEING**



**ONLINE SAFETY &
MEDIA LITERACY**

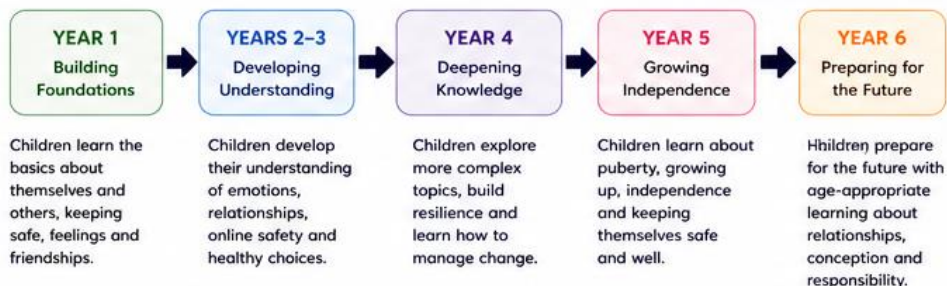


**DIVERSITY,
RESPECT & VALUES**



**HEALTHY LIFESTYLES
& THE HUMAN BODY**

HOW OUR CURRICULUM BUILDS YEAR BY YEAR



OUR APPROACH

- ✓ Lessons are age-appropriate, inclusive and fact-based
- ✓ Delivered in a safe, supportive and open environment
- ✓ Children are encouraged to ask questions, share ideas and develop confidence
- ✓ We follow the 1decision scheme of work



Working together to keep children safe, healthy, respectful and ready for the future.

OUR PSHE PROGRESSION MAP: HOW LEARNING BUILDS

Our curriculum follows a clear progression across all seven areas of PSHE. Each year builds on previous learning so that children deepen their knowledge, skills and understanding step by step.

	YEAR 1	YEARS 2-3	YEAR 4	YEAR 5	YEAR 6
 RELATIONSHIPS & FRIENDSHIPS	Making friends, kindness, caring for others and belonging.	Different types of relationships, working well with others, resolving conflict.	Respectful friendships, trust, privilege and bullying.	Healthy relationships, boundaries and managing change.	Commitment, respect, identity and relationships in the wider world.
 SAFETY & BOUNDARIES	Keeping safe, recognising helpful adults and safe places.	Personal safety, secrets, private parts and saying 'no'.	Managing risk, influence, drugs awareness and staying safe.	Keeping safe online and offline, assertiveness and boundaries.	Advanced online safety, exploitation and seeking support.
 MENTAL HEALTH & EMOTIONAL WELLBEING	Recognising feelings and ways to look after ourselves.	Managing emotions, resilience, dealing with worry and seeking support.	Self-esteem, confidence and building resilience.	Managing stress, body image and mental health strategies.	Managing change, transition, loss and future planning.
 ONLINE SAFETY & MEDIA LITERACY	Using devices safely, simple online rules and privacy.	Exploring online content, asking for help, and digital footprints.	Reliable information, online identity and media influence.	Social media, online pressure and digital citizenship.	Online reputation, news and bias, privacy and reporting.
 DIVERSITY, RESPECT & VALUES	Similarities and differences, respecting others.	Families, cultural diversity and challenging stereotypes.	Equality, inclusion and respecting others' beliefs and values.	Identity, prejudice, discrimination and celebrating difference.	Human rights, social justice and global citizenship.
 HEALTHY LIFESTYLES & THE HUMAN BODY	Healthy habits, food, exercise, sleep and hygiene.	Balanced lifestyles, oral health and understanding our body.	Body systems, puberty (baseline understanding) and life cycles.	Puberty in detail, emotions, relationships and personal hygiene.	Conception, pregnancy, choices and parenthood.
 RSE RSE - AGE APPROPRIATE	Naming body parts, privacy and staying safe.	Growing up, life cycles, families and caring relationships.	Body changes, respectful relationships and online awareness.	Puberty, periods, wet dreams and managing emotions.	Conception, pregnancy, birth and responsibilities.



WHY PROGRESSION MATTERS

Children revisit key ideas at the right time for their age, in the right depth for their stage of development. This helps them remember more, understand more and feel more confident as they grow.



HAVE YOUR SAY

We value your views. Please complete the consultation form (page 2) and join us at our consultation meeting to find out more.



FIND OUT MORE

All our PSHE resources are available to view. Please speak to a member of staff or visit our school website.



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WHAT A LESSON LOOKS LIKE



Our PSHE lessons follow a consistent structure across the school.

This helps children feel safe, know what to expect and get the most from their learning.
Lessons are age-appropriate, inclusive and responsive to the needs of our pupils.

*Supporting healthy
choices and brighter
futures for all.*

1

RETRIEVE



What do we
already know?

2

VOCABULARY



Teach and
explore key
words.

3

SCENARIO



Watch or read
the 1decision
scenario.

4

DISCUSS



Think, pair
and share
ideas.

5

DECIDE



Explore the
options and
possible
outcomes.

6

REFLECT



What would
I do? Why?
How might
others feel?

7

EXIT CHECK



What have I
learned
today?



We create a safe, respectful and inclusive environment where everyone feels heard and valued. Children know they can share, ask questions and learn with confidence. Every lesson helps children grow, build resilience and make positive choices.



Working together to keep
children safe, healthy, respectful
and ready for the future.



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Our PSHE curriculum is delivered
using the 1decision scheme of work.

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scheme of work.

Through engaging, age-appropriate lessons and real-life experiences, we help children build the knowledge,
skills and confidence they need to stay safe, be kind and make good choices.

IN YEAR 1, I START TO...

- Learn how to stay safe in familiar situations
- Build positive friendships and show kindness
- Recognise and name my feelings
- Make healthy choices in my daily life
- Take responsibility for my actions
- Understand simple rules at home, school and in the community
- Explore the world around me
- Know who can help me and how to ask



Small steps now,
strong foundations
for life.

Safe Place to Cross

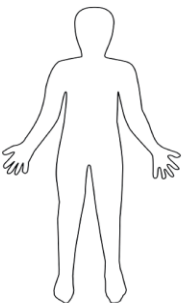
Where are the safest places to cross? Turn to page 81 and cut out the pictures of Deedee. Use glue to stick the pictures of Deedee in the safest places.



Do you know what crossing this is?
What should Deedee do if there is no crossing?

Design the Perfect Friend

Nobody is perfect, but if you could design the perfect friend, what would they look like? How would they act? Use the space below to draw and describe your perfect friend.



KEEPING SAFE

I learn how to cross roads safely, recognise trusted adults and know who can help me.

FEELINGS AND EMOTIONS

How are you feeling?
Match the faces to the feelings.

happy
excited
worried
sad

I learn to name my feelings and understand that all emotions matter.

BUILDING FRIENDSHIPS

Design the Perfect Friend
Draw or write about your perfect friend.

I learn how to be kind, share, listen and build positive friendships.

ONLINE SAFETY

Staying safe online
Tick the safe choices.

☐ Ask an adult if you're not sure.
☐ Be kind online.
☐ Tell a grown up if something upsets you.
☐ Share personal information.

I begin to learn how to stay safe when using technology.



Year 1 is where our children begin to understand that their voice matters, their feelings matter and their choices matter.
– Burnham PSHE Team



BY THE END
OF YEAR 1,
I CAN...

- Name and understand my feelings
- Ask for help when I need it
- Make safe choices in different situations
- Be a kind and respectful friend
- Follow simple rules and routines
- Understand healthy habits
- Know who keeps me safe



OUR 9 PSHE AREAS



Keeping /
Staying Safe



Keeping /
Staying Healthy



Relationships /
Growing & Changing



Being
Responsible



Feelings and
Emotions



Computer /
Online Safety



Our World /
The Working World



A World Without
Judgement



Fire Safety /
First Aid



Working together to keep children safe, healthy,
respectful and ready for the future.



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Through engaging, age-appropriate lessons and real-life experiences, we help children build the knowledge, skills and confidence they need to stay safe, be kind and make good choices.

Read the statements below and fill in the gaps to complete Deedee's golden rules.

1 Don't give out your _____, like your _____ or school name.

2 In the real world and online, we should be _____ and thoughtful, say nice things, and treat others how we _____.

3 Don't share images or videos of people without their _____. You also shouldn't share images or videos of yourself unless a _____ or _____ says it's okay.

4 Ask a parent or carer before you download an _____ in case they are for older children. In some games, we can spend our parent or carer's _____. We shouldn't do this unless they say it is okay.

5 Never arrange to meet _____ who you only know online. They might not be who they say they are.

6 You shouldn't spend more than an _____ a day on a computer. Also, you shouldn't be on one during the hour before bed time as this can affect your _____.

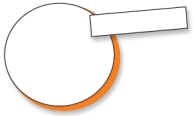
Different Faces

We can sometimes tell how people feel by the expression on their face. Design and label different facial expressions that you know.

Happy





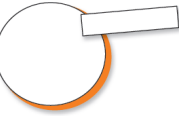












IN YEAR 2, I START TO...

-  Learn how to stay safe in different situations
-  Build and maintain friendships
-  Recognise and manage my feelings
-  Make healthy choices and understand why
-  Take responsibility for my actions
-  Understand rules and routines in different places
-  Explore the world around me and how we care for it
-  Know who can help me and how to ask

 Small steps now, strong foundations for life.

KEEPING SAFE

How risky is it?
Look at the pictures and sort them.

Risky	Safe
	
	
	

I learn to recognise risks, think about consequences and make safe choices.

BUILDING FRIENDSHIPS

Solve the Problem
What would you do?
Read the situations and draw what you could do to help.

My friend won't let me play.

I learn how to solve problems, include others and create positive friendships.

FEELINGS AND EMOTIONS

How big is your worry?
Colour the worry thermometer.

	Huge worry!
	Big worry
	Medium worry
	Little worry
	No worry

I learn to recognise, manage and express my feelings in healthy ways.

ONLINE SAFETY

Be smart online
Look at the pictures. Tick the smart choices.

I learn how to stay safe, kind and responsible when using technology.

BY THE END OF YEAR 2, I CAN...

- ✓ Understand how to stay safe in different places
- ✓ Build and keep positive friendships
- ✓ Recognise and manage a range of feelings
- ✓ Follow rules and routines at home, school and in the community
- ✓ Understand simple risks and how to stay safe online
- ✓ Care for the world around me
- ✓ Know who can help me and how to ask



“ Year 2 is where children grow in confidence, build stronger friendships and learn that positive choices help them and others to thrive. – Burnham PSHE Team



OUR 9 PSHE AREAS

-  Keeping / Staying Safe
-  Keeping / Staying Healthy
-  Relationships / Growing & Changing
-  Being Responsible
-  Feelings and Emotions
-  Computer / Online Safety
-  Our World / The Working World
-  A World Without Judgement
-  Fire Safety / First Aid

 Working together to keep children safe, healthy, respectful and ready for the future.

 **Burnham on Crouch Primary School**
Connected to our world

 Our PSHE curriculum is delivered using the 1decision scheme of work.

YEAR 3



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PSHE in Year 3

Learning about boundaries, respect
and looking after ourselves and others.

Our PSHE curriculum is
delivered using the 1decision
scheme of work.



Through engaging, age-appropriate lessons and real-life experiences, we help children build the knowledge, skills and confidence they need to stay safe, be kind and make good choices.

IN YEAR 3, I START TO...

- Understand and respect personal boundaries
- Build stronger friendships and solve problems
- Recognise and manage a wider range of feelings
- Understand the link between healthy choices and wellbeing
- Take greater responsibility for my actions
- Understand rules, rights and responsibilities
- Explore diversity and show respect for others
- Know how to stay safe and ask for help

**Small steps now,
strong foundations
for life.**

KEEPING SAFE

Safe or Unsafe?

Sort the situations.

Safe

Walking with a trusted adult
Telling a grown-up I don't feel worried
Keeping personal information private

Unsafe

Climbing on railings
Going with someone I don't know
Sharing passwords

I learn to recognise unsafe situations, assess risk and know how to get help.

RELATIONSHIPS & RESPECT

Respecting Others

Different does not mean less.



I learn about respect, kindness, including others and solving friendship problems.

HEALTHY LIFESTYLES

Healthy Choices

What helps my body and mind to thrive?



I understand how diet, exercise, sleep and feelings affect my wellbeing.

FEELINGS & WELLBEING

Managing Big Emotions

What can help me?



I learn to identify, express and manage my emotions in positive ways.

ONLINE SAFETY

Think • Check • Tell

Before I click or share online.



I learn how to use technology safely, keep information private and talk to a trusted adult.

OUR WORLD & COMMUNITY

Making a Difference

How can we look after our world?



I explore the wider world, care for others and celebrate differences.

BY THE END OF YEAR 3, I CAN...

- Recognise and respect personal boundaries
- Build and maintain positive friendships
- Manage a range of emotions
- Make healthy choices that support my body and mind
- Understand rights, responsibilities and fairness
- Use technology safely and responsibly
- Show respect for others and celebrate differences
- Ask for help when I need it

“Year 3 is where children learn that respect, responsibility and resilience help them build positive relationships and make a difference.”
– Burnham PSHE Team



OUR 9 PSHE AREAS



Keeping / Staying Safe



Keeping / Staying Healthy



Relationships / Growing & Changing



Being Responsible



Feelings and Emotions



Computer / Online Safety



Our World / The Working World



A World Without Judgement



Fire Safety / First Aid



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Appropriate Touching

Decide how you feel about each of the actions below and colour the traffic lights. Green = Nice. Amber = OK sometimes. Red = Not nice.

Colour in the traffic lights where you make your decision.



Should I Respond?

You're in an online chatroom and receive the messages below. Should you reply, report, or send a careful response? Can you explain why? Green = Reply. Amber = Careful response. Red = Report.

Colour in the traffic lights where you make your decision.



YEAR 4

PSHE in Year 4

Building healthy relationships,
understanding change and growing in confidence.

Our PSHE curriculum is delivered using the 1decision scheme of work.



Through engaging, age-appropriate lessons and real-life experiences, we help children build the knowledge, skills and confidence they need to stay safe, be kind and make good choices.

IN YEAR 4, I START TO...

- Recognise and respect personal boundaries
- Build and maintain positive friendships
- Manage complex feelings and resolve conflict
- Understand how my choices affect my health and wellbeing
- Take responsibility for my actions and choices
- Understand rights, responsibilities and fairness
- Explore diversity and challenge stereotypes
- Know how to stay safe online and offline
- Seek help and support when I need it



Small steps now, strong foundations for life.

KEEPING SAFE

Making Safe Choices



I learn to identify risks, make safer choices and know how to keep myself and others safe.



FEELINGS & EMOTIONS

Understanding Feelings



I learn to recognise a range of feelings, understand what might cause them and develop strategies to manage them.



RELATIONSHIPS & RESPECT

Working Together



I learn how to communicate respectfully, solve problems and build strong, positive relationships.



HEALTHY LIFESTYLES

My Wellbeing Toolkit



I explore healthy habits and strategies that support my physical and mental wellbeing.



OUR WORLD & COMMUNITY

Making a Difference



I learn about my local and global community and how I can make a positive impact.



BY THE END OF YEAR 4, I CAN...

- Recognise and respect boundaries
- Build and maintain healthy friendships
- Manage my feelings and solve conflicts
- Make healthy lifestyle choices
- Understand rights, responsibilities and fairness
- Stay safe online and offline
- Show respect for others and celebrate differences
- Ask for help and support when I need it



Are We the Same?

Pick four strengths and four goals you'd like to work towards. Compare with those of your partner.

My strengths	My partner's strengths
1	1
2	2
3	3
4	4
My goals	My partner's goals
1	1
2	2
3	3
4	4

“Year 4 is a time to build confidence, strengthen friendships and learn that our choices can make a positive difference to ourselves and others.”
– Burnham PSHE Team



OUR 9 PSHE AREAS



Keeping / Staying Safe



Keeping / Staying Healthy



Relationships / Growing & Changing



Being Responsible



Feelings and Emotions



Computer / Online Safety



Our World / The Working World



A World Without Judgement



Fire Safety / First Aid



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PSHE in Year 5

Understanding change, building resilience
and preparing for the future.

Our PSHE curriculum is
delivered using the 1decision
scheme of work.



Through engaging, age-appropriate lessons and real-life experiences, we help children build the knowledge, skills and confidence they need to stay safe, be kind and make good choices.

IN YEAR 5, I START TO...

- Understand how my body changes and how to manage this
- Develop positive relationships and deal with pressure
- Manage and express a wide range of emotions
- Make healthy lifestyle choices and understand the impact on my body and mind
- Take responsibility for my actions and consider consequences
- Understand rights, responsibilities and how to challenge unfairness
- Explore identity, diversity and equality
- Know how to stay safe online and offline
- Seek help and support when I need it

Small steps now,
strong foundations
for life.

KEEPING SAFE

Risk, Safety and Pressure



I learn to identify risks in different situations, including online, and know how to keep myself and others safe.



RELATIONSHIPS & RESPECT

Managing Relationships



I learn how to communicate effectively, resolve conflict and build respectful, healthy relationships.



HEALTHY LIFESTYLES

My Changing Body and Mind



I understand how my body changes as I grow and how to look after my physical and mental health and wellbeing.



FEELINGS & EMOTIONS

Building Resilience



I learn how to recognise, manage and express my emotions and develop strategies to build resilience and a positive mindset.



ONLINE SAFETY

Think, Check, Share



Is it true?
Is it helpful?
Is it kind?

Check with a
trusted adult
or reliable
source.

Share
responsibly
respectfully.

I learn how to use technology safely, keep information private and report concerns.



OUR WORLD & COMMUNITY

Making a Difference



Care for our environment

Stand up for what is right

Celebrate diversity and inclusion

I explore local and global issues and how I can take action to make a positive difference.



BY THE END OF YEAR 5, I CAN...

- Understand and manage changes in my body and emotions
- Build and maintain healthy, respectful relationships
- Make informed choices about my health and lifestyle
- Manage pressure and challenge negative influences
- Understand rights, responsibilities and social justice
- Use technology safely and responsibly
- Show respect for others and celebrate diversity
- Ask for help and support when I need it



Do You Agree?

Read the statements below. Do you agree with what the children have said?
Tick the boxes to make your decision.

It is important to share all of your photos online, so your friends can see what you've been up to. - Ava	I can't get in to trouble for sharing a racist picture that was posted in our group chat. Somebody else posted it first. - Lisa	It is nice to share certain pictures online, especially as some of my family live in Australia. - Emily
Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐
It doesn't matter if I regret posting a photo. I can always delete it later and no one can see it once I've deleted it. - Fabian	My friend posted such an embarrassing picture. I had to post a comment to let her know how bad it was. - Anil	I took a photo of my friend, and it was really funny. She didn't know I posted it online but that's okay. - Alina
Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐

Choose one of the statements and explain the reasons why you agree or disagree.

“Year 5 is a year of growth, discovery and resilience. We learn that we can overcome challenges, support others and help create a kinder, fairer world.”
– Burnham PSHE Team



OUR 9 PSHE AREAS



Keeping /
Staying Safe



Keeping /
Staying Healthy



Relationships /
Growing & Changing



Being
Responsible



Feelings and
Emotions



Computer /
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Our World /
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A World Without
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Connected to our world



Our PSHE curriculum is delivered using
the 1decision scheme of work.

Relationships

TOPICS: Puberty and Adults' & Children's Views - *Suggested for Year 5*

We have chosen to deliver this topic in year(s):

Year Intent

In Year 5, children further develop their understanding of relationships by exploring the changes that occur during puberty and how these can affect their bodies, emotions and interactions with others.

They learn about the importance of respect, privacy and personal boundaries as they grow. Pupils also revisit a range of relationship topics, reflecting on the views of adults and children beyond the school setting through discussion and activities about respectful and healthy relationships.

Curriculum Links

Statutory RSHE Links

Developing bodies; Families and people who care for me; Caring friendships; Respectful, kind relationships; General wellbeing;

Ask me a question!

What does the brain release in order for puberty to begin?

How long do periods normally last?

What changes do females and males go through during puberty?

What coping strategies can help us through puberty?

Knowledge & Skills Progression

Puberty - Pupils should...

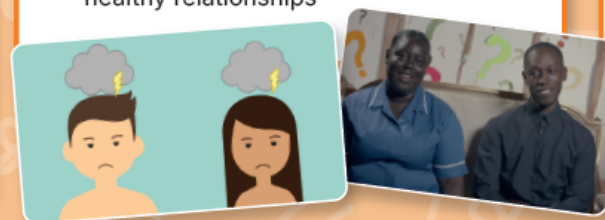
- explain what puberty means
- describe the changes that boys and girls may go through during puberty
- identify why our bodies go through puberty
- develop coping strategies to help with the different stages of puberty
- identify who and what can help us during puberty

Adults' & Children's Views - Pupils can...

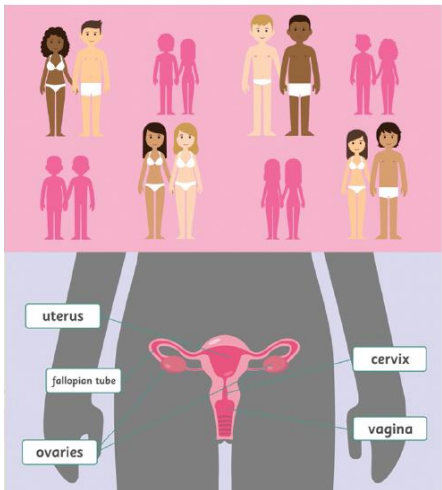
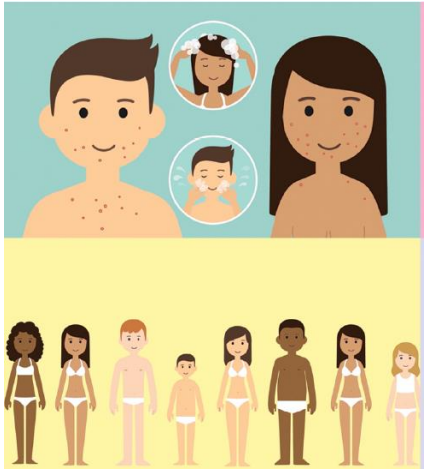
- listen to and observe a range of views from adults and children about positive relationships and how to seek support when needed
- identify key ideas and strategies shared by others that help people build and maintain healthy relationships
- reflect on and build their own understanding of relationships using information gathered from discussions and observations
- share their ideas and learning with peers, contributing thoughtfully to discussions about respectful and healthy relationships

I will learn the following new words/phrases:

Puberty	When a child matures physically and the reproductive system becomes active.
Hormone	A chemical substance made in the body, which controls the activity of other cells and organs.
Anonymous question	When someone asks a question without revealing their name or identity.
Vagina	A canal that leads from the female uterus to the outside of the body.
Vulva	External female genitalia that surround the opening to the vagina.
Ovaries	A reproductive organ where eggs are produced.
Fallopian tube	The tube where the female egg travels to the womb (uterus).
Penis	A male organ that urine and sperm pass through.
Testicles	Two male sex glands where sperm is produced.
Bladder	An organ inside the body where urine is stored.
Scrotum	A soft sac which holds and protects the testicles.



YEAR 6



Relationships

TOPICS: Conception and Summative Assessment - *Suggested for Year 6*

We have chosen to deliver this topic in year(s):

Year Intent

In Year 6, children consolidate and extend their understanding of respectful and healthy relationships as they prepare for greater independence. They explore how relationships may change as people grow and recognise behaviours that support positive interactions.

Pupils evaluate situations that may affect relationships and develop strategies to respond responsibly and seek support when needed. Where schools choose to deliver sex education, pupils will also learn about human reproduction and how conception occurs.

Curriculum Links

Statutory RSHE Links

Developing bodies; Non-statutory Sex Education; Caring friendships; Respectful, kind relationships

Ask me a question!

Can you name at least three parts of the male reproductive system?

Can you name at least three parts of the female reproductive system?

What is the legal age of consent to have sex?

Can you talk about the different stages of pregnancy?

Knowledge & Skills Progression

Conception - Pupils should...

- explain the terms 'conception' and 'reproduction'
- describe the function of the female and male reproductive systems
- identify the various ways adults can have a child
- explore various different stages of pregnancy
- understand the laws around consent

What I've Learnt - Pupils can...

- confidently demonstrate and justify behaviours that support positive, respectful and healthy relationships
- evaluate situations and respond responsibly when relationships or interactions may cause upset, discomfort or harm
- clearly explain and justify the difference between healthy and unhealthy relationship behaviours
- take increasing responsibility for maintaining respectful relationships and supporting the wellbeing of themselves and others

I will learn the following new words/phrases:

I now know...

Conception	The process of conceiving a baby.
Reproduction	The process by which living things create young or offspring.
Consent	To express willingness or approval.
Conceived	The fertilising of an egg by a sperm; beginning of pregnancy.
Caesarean	The surgical delivery of a baby that involves making incisions in the mother's abdominal wall and uterus.
Foreskin	A retractable fold of skin that covers the glans of the penis.
Cervix	The lower part of the uterus that opens into the vagina.
Womb (uterus)	Where a foetus, or baby, grows.
Urethra	The tube that carries urine from the bladder out of the body.
Fertilised	When a male's sperm enters a female's egg.
IVF	Fertilising an egg outside the body, in a laboratory dish, and then implanting it in a woman's uterus.



STATUTORY VS NON-STATUTORY

- **Children must learn:**

- ✓ Relationships Education
- ✓ Health Education
- ✓ Puberty
- ✓ Science

- **Schools may choose to teach:**

- ✓ Primary sex education

WITHDRAWAL RIGHTS

- Parents may request withdrawal from:
 - ✓ non-statutory sex education
- Parents may not withdraw from:
 - ✓ relationships education
 - ✓ health education
 - ✓ science

We know you may have questions about PSHE and how it is taught in school. Below are some of the most common questions and answers.



1. What is PSHE education?

PSHE (Personal, Social, Health and Economic education) helps children develop the knowledge, skills and attributes they need to keep themselves healthy, safe and prepared for life and work.



5. How is PSHE taught?

PSHE is taught through regular lessons using the 1decision scheme of work. Lessons are interactive and age-appropriate, using a variety of activities, discussions and real-life scenarios.



2. Why is PSHE important?

PSHE supports children's personal development and wellbeing. It helps them build confidence, form positive relationships, make responsible choices and understand the world around them.



6. What if my child shares something personal?

We create a safe and supportive environment where children feel comfortable to talk. If a child shares something that concerns us, we follow our safeguarding procedures and may speak to you.



3. What topics are covered in PSHE?

Topics include health and wellbeing, relationships, emotions, online safety, keeping safe, growing and changing, rights and responsibilities, money and the world around us.



7. How is PSHE inclusive?

Our PSHE curriculum is inclusive and respectful of all children, families and communities. We celebrate diversity and ensure every child feels seen, heard and valued.



4. Is PSHE appropriate for every age?

Yes! Our PSHE curriculum is carefully planned to be age-appropriate and builds year on year. Content is delivered in a way that is sensitive, supportive and right for each age group.



8. How can I support PSHE at home?

Talk to your child, listen to their views and show interest in what they are learning. We share helpful tips and resources through our newsletters and the school website.

Where can I find out more?



Visit our school website for curriculum information and useful resources.



Speak to your child's class teacher or a member of the PSHE team if you have any questions.



Contact the school office to request more information about our PSHE curriculum.



OUR 9 PSHE AREAS



Keeping /
Staying Safe



Keeping /
Staying Healthy



Relationships /
Growing & Changing



Being
Responsible



Feelings and
Emotions



Computer /
Online Safety



Our World /
The Working World



A World Without
Judgement



Fire Safety /
First Aid



Working together to keep children safe, healthy, respectful and ready for the future.



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PSHE FAQ

Sex Education: Specific Questions

Our PSHE curriculum is delivered using the 1decision scheme of work.



We understand that you may have specific questions about how sex education is taught in our school. Here are answers to some of the most common ones.

1 Will explicit images be shown?  ✓ No. We do not use or show explicit images. Our resources are age-appropriate, carefully selected and designed to be respectful and sensitive.	2 Can I view all resources?  ✓ Yes. All PSHE resources and materials are available to view. Please contact the school office to make an appointment.	3 Who teaches the lessons?  ✓ Trained school staff. Lessons are taught by trained teachers and support staff who know the children well and are experienced in delivering PSHE.	4 How is SEND supported?  ✓ Through careful adaptation. We adapt resources and teaching to meet the needs of all children, ensuring lessons are accessible, inclusive and supportive.	5 Can children ask anonymous questions?  ✓ Yes. Children can ask questions anonymously using our question box. This helps us address their questions in a safe and comfortable way for everyone.
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Our aim is to provide a safe, respectful and supportive environment where children can learn, ask questions and feel valued.
Thank you for your trust and support.



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HAVE YOUR SAY

- Thank you for supporting Burnham-on-Crouch Primary School's approach to PSHE including RSE.
- Copies of the consultation form can be found during the drop-in session or at the office.

PSHE PARENT CONSULTATION FORM

Burnham on Crouch Primary School

Thank you for taking the time to share your views. Your feedback will help inform the school's approach to **PSHE including RSE**.



Burnham on Crouch
Primary School
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1. Viewing of Materials

Have you had the opportunity to view the PSHE materials today?

- ☐ Yes
☐ No

If yes, do you have any comments?

2. Sex Education (Year 5/6)

The school is considering including **age-appropriate sex education in upper Key Stage 2 (Year 5/6)**, in line with national guidance.

Please indicate your view:

- ☐ I support the inclusion of sex education
☐ I do not support the inclusion of sex education

Comments (optional):

Important Information

- The final decision regarding PSHE content will be made by school leaders and governors.
- Parents have the right to request that their child is withdrawn from sex education lessons.
- Parents do not have the right to withdraw children from relationships or health education.

Thank you for your feedback and for supporting the school's approach to **PSHE including RSE**.