

Ballard School PSHE Overview for Parents

All pupils at Ballard take part in a weekly 50 minute PSHE lesson, led either by the Head of PSHE, class teacher or other appropriately trained staff. All PSHE lessons are approached in a sensitive, inclusive and age appropriate manner with the aim of equipping pupils with the knowledge and skill set required to navigate 21st century life.

More detailed lesson planning and full resources are all available from the Head of PSHE.

n.b Topics marked with an asterisk () contain aspects of Sex Education -Year 7 and above.*

YEAR 1:

Celebrating Me: Pupils will learn to identify what makes them special and unique, exploring their own likes, dislikes and strengths. They will also learn that everyone is different, practise expressing their feelings respectfully, and develop strategies to help themselves feel calm, including mindful breathing.

Families and Other Adults: Pupils will learn about different types of families and the ways families show love, care and support. They will also discuss trusted adults, the difference between surprises and secrets, and who they can talk to if they are worried or upset.

Playing Together: Pupils will learn about building positive friendships and understanding that our differences make us unique. They will practise sharing, taking turns, listening carefully, being respectful, and working together to agree rules and solve disagreements fairly.

Looking After My Body: Pupils will learn how to keep their bodies healthy by caring for their teeth, practising good hygiene, staying safe in the sun and getting enough sleep. They will also identify trusted adults who can help when they are hurt or unwell and explore healthy routines that support wellbeing.

Keeping Safe: Pupils will learn why rules help keep us safe and explore ways to stay safe in different situations, including near water, on roads and around potentially dangerous household products. They will also learn about the emergency services and how to get help in an emergency.

Community: Pupils will explore what a community is and identify the different communities they belong to, including our school community. They will learn about the people who help make Ballard special, how to show respect for others and their environment, and who they can talk to for support within school.

Year 1 Reflection: Pupils will have opportunities to reflect on their PSHE learning and celebrate the knowledge, skills and confidence they have developed throughout Year 1.

YEAR 2:

Emotions and Behaviours: Pupils will learn to recognise and name a wide range of emotions and understand how feelings can influence behaviour. They will develop strategies for managing strong emotions, learn how to respond when others are struggling with their feelings, and identify trusted people who can offer support.

Staying Safe: Pupils will learn practical ways to keep themselves safe in a variety of situations, both in and outside of school. They will explore safety around railways and water, identify safe and unsafe areas within the school environment, and learn how to seek help in an emergency, including calling 999.

Healthy Friendships: Pupils will learn what makes a positive and healthy friendship and how to recognise both kind and unkind behaviour. They will develop strategies for managing peer pressure and conflict, understand what bullying is, and know how and where to seek help if they need it.

Me and My Body: Pupils will learn about how their bodies and brains grow and change, and they will use the correct names for key body parts. They will explore the difference between public and private, learn about personal boundaries and consent, and understand how healthy eating and exercise support their growing bodies.

Money and Work: Pupils will learn about money, including what it means to save, spend and pay for things. They will explore the difference between wants and needs, understand why adults work, discover a range of jobs and careers, and reflect on their own strengths and interests.

Screens and Online: Pupils will learn about the different ways technology can be used and how to use devices safely and responsibly. They will explore the importance of balancing screen time, understand that not everything online is true, consider age-appropriate media choices, and learn what to do if they see or hear something online or on the television that worries them.

YEAR 3:

Mental Health and Emotions: Children will learn about ways to manage emotions, coping with worries, and seeking support. They will also explore the importance of sleep, self-regulation, and strategies for managing change, loss and grief.

Conflict and Differences: Pupils will develop skills to build and maintain positive friendships, resolve conflict respectfully, understand different perspectives, and recognise the difference between friendship difficulties and bullying.

Healthy Habits: Children will explore healthy lifestyle choices, including diet, exercise, hygiene, and healthy screen-time habits, helping them understand how everyday choices support wellbeing.

Community and Belonging: This topic encourages children to reflect on their personal identity, celebrate diversity, respect differences, and understand the importance of belonging to communities.

Summer Safety: Pupils will learn how to stay safe during the summer, including sun and water safety, managing allergies and asthma, basic first aid, looking after their mental wellbeing, and knowing who to turn to for help.

Learning Differently: Children will learn that people have different strengths and ways of learning. They will explore neurodiversity, recognise their own talents, and learn about a range of careers and the skills needed for different jobs.

YEAR 4:

Mental Health and Wellbeing: Children will explore the 5 Ways to Wellbeing and learn practical strategies to support their mental health. They will develop self-regulation skills, understand that frustration and disappointment are normal emotions, and identify trusted adults who can offer support.

Families: Pupils will learn about the diversity of families and relationships, the importance of respect, love and care within families, and how family changes can affect us. They will also learn how to seek help if a relationship feels unsafe or unhealthy.

Risk Management: Children will develop skills to identify and manage risks safely in everyday life. Topics include road, water and fire safety, medicines, online safety, and knowing where to seek help when concerned about their own or others' safety.

Boundaries: This topic helps children understand personal boundaries, consent, and respectful relationships. Pupils will learn how to communicate their boundaries, recognise those of others, and develop confidence in responding to peer pressure.

Rights, Rules and Laws: Children will explore the importance of rules, laws and democracy in keeping people safe and ensuring fairness. They will learn about children's rights and responsibilities, the role of the police, and how rights and rules apply online.

Stereotypes: Pupils will learn what stereotypes are, how they can be harmful, and how they influence attitudes and behaviour. They will explore ways to challenge stereotypes and promote respect and equality.

Year 5:

Happy Friendships: Pupils learn how to recognise healthy and unhealthy friendships, manage peer pressure, communicate respectfully online, and seek help for bullying.

Mental Health and Wellbeing: Pupils explore managing emotions, understanding what they can and cannot control, the impact of media and gaming on wellbeing, and strategies for positive thinking.

Puberty: Pupils learn about the physical and emotional changes of puberty, menstrual wellbeing, self-care, and where to access support if and when they are worried about their body.

Prejudice and Discrimination: Pupils learn about prejudice, discrimination and extremism, their impact on others, how to respond safely and appropriately, and where to get help.

What's It Worth? Pupils develop financial awareness, including understanding spending and saving, online spending risks, gambling, scams, fundraising, and the environmental impact of consumer choices.

Who Can Help and Life Online: Pupils identify trusted sources of support, learn about online safety and digital citizenship, and understand how to seek help when needed.

YEAR 6:

Changing Friendships: Pupils learn how friendships change over time, how to communicate positively, manage challenges within friendships, and build healthy relationships both online and offline.

Life Online (and AI): Pupils explore AI, social media, online safety, digital responsibility, and how to critically assess information they see online.

Mental Health and Wellbeing: Pupils develop emotional awareness, learn about adolescent brain development, self-care, resilience, and how to support themselves and others.

Making Positive Choices: Pupils learn how to manage peer pressure and make informed, healthy choices about substances (including alcohol, tobacco and vaping), lifestyle and wellbeing.

Careers and Looking Ahead: Pupils explore their strengths, challenge career stereotypes, and learn about different pathways into future education and employment.

Introduction to British Politics and Democracy: Pupils learn about democracy, voting, laws, rights and responsibilities, and how they can contribute positively to their community.

YEAR 7

Mental Health and Wellbeing: Pupils will learn how to recognise and manage their emotions, build resilience, develop positive self-esteem, and understand the benefits of a growth mindset. They will also explore the 5 Ways to Wellbeing and the importance of sleep for both physical and mental health.

Families: Pupils will explore what makes healthy, supportive families, including different family structures and relationships. They will learn about family responsibilities, how families can change over time, coping with loss and bereavement, staying safe within home environments, and understanding that FGM is illegal and harmful.

My Body: Pupils will revisit the physical and emotional changes of puberty, including menstrual wellbeing and personal hygiene. They will also learn about oral health, sun and water safety, basic first aid, safe use of medicines, and how healthcare professionals can support their wellbeing.

Money Management: Pupils will consider their attitudes towards money, understand how emotions can influence spending, and learn about responsible financial decision-making. They will also explore ethical consumer choices, managing financial risks, and how to recognise and avoid scams and fraud.

Discrimination, Prejudice, British Values and Politics: Pupils will develop an understanding of British Values, equality, and active citizenship. They will learn about prejudice and discrimination, the protections provided by the Equality Act, and how inclusion and respect can be promoted within communities and in areas such as sport.

Being Responsible Online: Pupils will learn how to be safe, responsible, and respectful online. They will explore digital citizenship, recognising misinformation, online scams and risks, safe online gaming, reporting concerns, and understanding the reasons behind social media age restrictions.

YEAR 8:

Mental Health and Wellbeing: Pupils will develop strategies to manage their emotions, cope with stress, and build resilience when facing challenges. They will explore body image, self-esteem, the impact of social media on wellbeing, and how positive health choices can support both physical and mental health.

Peer Pressure: Pupils will learn how to recognise and respond confidently to peer pressure in a range of situations. This includes understanding the risks associated with alcohol, vaping, online influences, gangs, knife crime, and exploitation, and knowing where to seek support.

A Forward Direction: Pupils will explore future careers and pathways, identify their personal strengths and interests, and develop effective study and employability skills. They will also learn how to set realistic goals, challenge stereotypes, and make informed choices about their future.

AI and Online: Pupils will develop an understanding of AI and how it can be used safely, responsibly, and effectively. They will explore online risks such as deepfakes, misinformation, data sharing, and excessive screen time, while learning how to maintain positive digital wellbeing.

Healthy Relationships and Sex Education*: Pupils will learn about the characteristics of healthy relationships, including respect, trust, communication, and consent. They will explore personal boundaries, contraception*, online relationships, and the law relating to consent and image sharing, while developing the knowledge and confidence to recognise and respond to bullying, sexual harassment, grooming, and exploitation.

YEAR 9:

Mental Health and Wellbeing: Pupils will explore the emotional and social changes that take place during adolescence, including developing independence, identity, and healthy relationships. They will learn strategies to manage their mental wellbeing, challenge negative thinking, recognise signs of poor mental health, and understand how to support themselves and others through difficult times.

Equality, Diversity and Inclusion (EDI): Pupils will learn about extremism, radicalisation, hate speech, misogyny, and discrimination, and the impact these can have on individuals and communities. They will explore how to challenge prejudice, promote inclusion, and access support or report concerns when necessary.

Risk Taking: Pupils will develop an understanding of why young people may be more likely to take risks and how to make safe, informed decisions. They will learn about the risks associated with drugs, gambling, online activity, and peer influence, alongside strategies for managing pressure and seeking help when needed.

Health*: Pupils will build their understanding of physical and sexual health*, including STIs*, reproductive health*, vaccinations, and access to health services. They will also explore health-related decision-making, cancer awareness, body health, and how to identify and manage health concerns responsibly.

Healthy Relationships: Pupils will learn how to build, maintain, and end relationships respectfully and safely. Topics include managing emotions, resolving conflict, recognising unhealthy or abusive behaviours, understanding consent and the law, and knowing how to access support for relationship concerns.

The Path Ahead: Pupils will explore GCSE options, future education and career pathways, and the changing world of work. They will develop study, organisation, and employability skills, while reflecting on their strengths, interests, and aspirations to help them make informed decisions about their future.

YEAR 10

Online Life: Pupils will develop the knowledge and skills to use technology safely, responsibly, and positively. They will explore digital wellbeing, social media, AI, misinformation, online relationships, image sharing, and how to recognise, report, and seek support for harmful online content.

Careers: Pupils will prepare for their next steps by exploring post-16 pathways, researching careers, and developing employability skills. They will learn how to create effective CVs, prepare for work experience, and confidently communicate their strengths through applications and interviews.

Economics, Online Scams and Financial Abuse: Pupils will build essential financial literacy skills, including budgeting, understanding payslips and taxation, and managing money responsibly. They will also learn how to recognise financial scams, understand consumer rights, and identify signs of economic abuse and financial control.

Abuse, Discrimination and Social Responsibility: Pupils will learn to recognise abusive, controlling, and discriminatory behaviours and understand the laws and protections that exist to keep people safe. They will explore equality, inclusion,

respectful behaviour, and how to respond safely to bullying, harassment, and abuse while knowing where to access support.

Relationship Choices*: Pupils will explore healthy intimate relationships, consent, communication, and mutual respect. They will learn more about sexual health, contraception*, STIs*, sexual readiness, and the factors that can influence relationship and sexual decision-making*, helping them make informed and responsible choices.

Citizenship and Inclusion: Pupils will develop an understanding of their rights and responsibilities as citizens, the role of public institutions, and how democracy works in the UK. They will explore issues of prejudice and discrimination, the importance of inclusion, and ways to positively contribute to their communities through active citizenship and social action.

YEAR 11

Mental Health and Wellbeing: Pupils will develop a deeper understanding of mental health, including building self-worth, challenging stigma, and recognising when mental health difficulties may require support. They will explore healthy coping strategies, the impact of relationships on wellbeing, managing exam stress, and understanding issues such as burnout, self-harm, and suicide prevention.

Drugs, Alcohol and Personal Safety: Pupils will learn about the risks associated with drugs and alcohol, including their impact on health, relationships, and future opportunities. They will develop practical strategies for staying safe in risky situations, responding to emergencies, and managing personal safety in a range of settings, including festivals, holidays, and around water.

Health and Lifestyle Choices*: Pupils will explore how their lifestyle choices can affect their long-term health and wellbeing. Topics include nutrition, physical activity, reproductive and sexual health*, accessing healthcare services, cancer awareness, menstrual and gynaecological health, and making informed, responsible decisions about their health.

Relationship Choices, Fertility and Pregnancy*: Pupils will learn about different types of relationships and family structures, including marriage, civil partnerships, and parenthood. They will explore fertility*, pregnancy*, reproductive choices*, and the responsibilities associated with long-term relationships and raising children.

Preparing for Independent Living: Pupils will develop the knowledge and confidence needed for adult life. They will learn about managing money, housing, employment, healthcare, voting, and other practical responsibilities, helping them prepare for greater independence and make informed decisions about their future.