



PSHCE

(Personal, Social, Health, Citizenship and Economic Education)

PSHCE is a very **broad** subject which includes learning about relationships, emotions, economic well-being, anti-bullying, citizenship, and healthy and safe lifestyles.

The Government has now made **some** parts of PSHCE **compulsory** in all Primary Schools.

These are:

Relationships Education which includes learning about:

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

Health Education which includes learning about:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

At the Vine we have already been teaching the vast majority of this and will continue to follow the updated **Cambridgeshire Primary Personal Development Programme**. This is a broad programme which covers **ALL** aspects of PSHCE (not just the new statutory elements). We will continue to teach topics such as financial capability, road safety and managing change which we believe remain important for our pupils.

RSE –Relationships and Sex Education

One of the topics pupils learn about as part of this programme is called Relationships and Sex Education. This **combines** aspects of **Relationships** Education (families, healthy relationships, being safe), and **Health** Education (puberty and hygiene), along with **Sex Education**.

Sex Education is defined as learning about 'how a human baby is conceived and born.' This element has **not** been made statutory and parents retain the right to withdraw their children from these sessions.

The aims of our **RSE** teaching are to enable our children to:

- Develop interpersonal and communication skills
- Develop positive, personal values and a moral framework that will guide their decisions and behaviour
- Respect themselves and others, their views, backgrounds, cultures and experiences
- Develop respectful, caring relationships based on mutuality, reciprocity and trust
- Develop their ability to keep themselves and others safe, physically and emotionally, both on and off line
- Develop their understanding of a variety of families and how families are central to the wellbeing of children
- Recognise and avoid coercive and exploitative relationships
- Explore relationships in ways appropriate to their age and stage of development
- Value, care for and respect their bodies
- Build confidence in accessing additional advice and support for themselves and others.
- Name the private parts of the body confidently and communicate with trusted adults to keep themselves safe.
- Be prepared for puberty and the emotional and physical effects of body changes. Understand the reasons for delaying sexual activity
- Understand the process of human reproduction (Sex Education)

You will find our PSHCE curriculum which includes details of what is taught in each year group on our school website: <https://www.thevine.cambs.sch.uk/pshce/>