

What is PSHCE? (From PSHE Foundation [www.pshe-association.org.uk](http://www.pshe-association.org.uk))

PSHE education seeks to help the children to develop the knowledge, understanding, skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing.

The most critical aspect of PSHE education is providing opportunities for children and young people to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future.

PSHE education contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.

### **Aims**

The overarching aim for PSHE education is to provide pupils with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

One of the ways that we at BVS will support our learners to develop these important skills is so give the opportunity for them to think about and enquire about various questions that can be shared with adults at home. We hope that a conversation can start and get the children thinking about their place in our community and in the wider world.

These Core Knowledge questions may not necessarily have a right answer, most of them require that the children consider the questions and discuss their thoughts with an adult to begin a conversation. Some questions are followed by examples of answers that might be useful.

## **Core theme 1: Health and Wellbeing**

Name something that you do that makes you feel good.

How many portions of fruit and vegetables are you recommended to eat each day for a healthy diet?

5 different fruits and veg a day.

What do you think that a 'balanced lifestyle' is? Give an example from your own lifestyle that helps you get a balanced lifestyle.

Good nutrition, daily exercise and adequate sleep are the foundations for continuing good health. Managing stress in positive ways.

What do you think that a risk is?

A situation involving exposure to danger

Can you think of a situation that is risky that you have found yourself in? How did you handle it? What would you do differently next time?

Do you know what a hazard is?

The chance of risk.

Name a way to reduce the spread of bacteria and viruses.

Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.

Discard used tissues in the bin as soon as you can.

Always wash your hands after sneezing, blowing your nose, or coughing, or after touching used tissues or handkerchiefs.

Use warm water and soap to wash your hands. If you don't have soap and water, use alcohol-base hand gel or disposable wipes.

Try to stay home if you have a cough and fever.

See your doctor as soon as you can if you have a cough and fever, and follow their instructions. Take medicine as prescribed and get lots of rest.

If asked, use face masks provided in your doctor's office or clinic's waiting room. Follow office or clinic staff instructions to help stop the spread of germs.

Keep the germs away:

Wash your hands before eating, or touching your eyes, nose or mouth.

Wash your hands after touching anyone who is sneezing, coughing or blowing their nose.

Don't share things like towels, lipstick, toys, or anything else that might be contaminated with respiratory germs.

Don't share food, utensils or beverage containers with others

Can you say who might encourage you to do something unhealthy or unacceptable? What would you do if they asked you to do something that you know is risky?

### Name a way to help reduce stress.

#### 1) Tension/Relaxation

Imagine you are holding something precious and you don't want to let go. Clench your hands as tight as you can and then relax them. Repeat this exercise.

Benefits: self-awareness and encourages children to understand the difference between tension and relaxation

#### 2) Shoulder and Scalp Massage

Give your head and neck a massage. Rub, pat, stroke and tap your scalp with your fingers. Massage one shoulder with the opposite hand.

Benefits: improves circulation stimulates lymphatic system, helps relax muscles and calms the nerves

#### 3) Floating Tongue

Hold your tongue in your mouth for as long as you can without letting it touch any part of your mouth. Now, clench your jaw tight and relax it slowly. Let your tongue and jaw completely relax.

Benefits: decreases muscle tension and mental tension

#### 4) Long Breaths

Take in a deep breath, put your lips together to make a small O and let out a soft slow and steady breath. Repeat 3 times.

### Identify a positive way to face new changes.

e.g. visualise you doing the new thing successfully, find out as much as you can about the new change, talk about it with others to share ideas and thoughts.

### Explain how to cross the road safely.

## The Green Cross Code

### 1. First find the safest place to cross

If possible, cross the road at: subways, footbridges, islands, zebra, puffin, pelican or toucan crossings, or where there is a crossing point controlled by a police officer, a school crossing patrol or a traffic warden.

Otherwise, choose a place where you can see clearly in all directions, and where drivers can see you.

Try to avoid crossing between parked cars and on sharp bends or close to the top of a hill. Move to a space where drivers and riders can see you clearly.

There should be space to reach the pavement on the other side.

### 2. Stop just before you get to the kerb

Do not get too close to the traffic. If there is no pavement, keep back from the edge of the road but make sure you can still see approaching traffic.

Give yourself lots of time to have a good look all around.

### 3. Look all around for traffic and listen

Look all around for traffic and listen.

Look in every direction.

Listen carefully because you can sometimes hear traffic before you can see it.

### 4. If traffic is coming, let it pass

Look all around again and listen.

Do not cross until there is a safe gap in the traffic and you are certain that there is plenty of time.

Remember, even if traffic is a long way off, it may be approaching very quickly.

### 5. When it is safe, go straight across the road – do not run

Keep looking and listening for traffic while you cross, in case there is any traffic you did not see, or in case other traffic appears suddenly.

Look out for cyclists and motorcyclists traveling between lanes of traffic.

Do not cross diagonally.

Use pedestrian crossings even if it involves a small detour.

Talk about the importance of not using a mobile phone or texting while crossing the road.

Remind your child that they cannot hear traffic if listening to music through earphones or see it properly if wearing a large hood.

Crossing between parked cars

Try not to cross between parked vehicles, but if there is nowhere else to cross:

Choose a place where there is a space between two cars and make sure that it is easy to get to the pavement on the other side of the road.

Make sure neither car is about to move off - look for drivers in the cars, lights and listen for engines.

Don't cross near large vehicles. You could be standing in a blind spot, where the driver cannot see you.

Walk to the outside edge of the cars and stop. Here you can be seen by drivers and you can look all around for traffic.

Use the Green Cross Code. When the road is clear, cross, still looking and listening as you go.

Name three different ways to exercise.

Why is it good to have friends?

e.g. to share problems, to help you learn social skills

How is drinking alcohol harmful?

e.g. Alcohol changes the way that your brain works, which means that after drinking you may do silly things. Some of these things may be dangerous, as alcohol can stop you thinking about what might happen. This can make it very dangerous to do things like driving, which is why it is against the law to drink and drive

Can you think of anything that is harmful to your health?

e.g. eating too much sugar, not getting enough sleep, smoking, vaping

Who can help you if you want to make changes to your lifestyle?

E.g. doctor

What is the number that you should phone in an emergency?

999 or 112

Name four emergency services.

Ambulance service, Fire service, Coastguard, Police,

Who can you speak to if you need to share your feelings?

e.g. Trusted adult, friend, Childline

Which organisations are available for you if you feel worried and you need to talk to someone?

e.g. Childline, Samaritans, Anti Bullying Ambassadors

Whose phone number is 0800 1111?

Childline

## **Core Theme 2: Relationships**

Do you have any habits? What is the difference between a 'good' and 'bad' habit?#

Name different ways that people could be bullied?

e.g. cyber bullying, name calling, body shaming, homophobic bullying, racist name calling

Name different ways of responding to bullying?

e.g. tell a friend what is happening.

Try to ignore the bullying or say 'No' really firmly.

Try not to show that you are upset or angry.

It's not worth getting hurt to keep possessions or money.

Try to avoid being alone in the places where you know the bully is likely to pick on you.

Stick with a group, even if they are not your friends. Bullies tend to pick on people when they are on their own.

Keep a diary of what is happening.

Tell your parents or other adults. Don't suffer in silence.

Take a friend with you

Who are our anti bullying ambassadors?

Alfie, Reece, Gemma, Max, Lucy, Isabelle, Evie and Imogen

Who do you have relationships with? What kind of relationships do you have?

e.g. teacher, Cub leader, friend, relative

How can you maintain a good relationship with your friends?

e.g. listen, share, make time to be with them, be a friend

How could you respond to negative behaviour?

e.g. report it to a trusted adult, ignore it, tell the person to stop until they do

Name three good things about you.

### How would you teach an adult how to keep safe on the internet?

- 1) Don't post any personal information online – like your address, email address or mobile number.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- 3) Keep your privacy settings as high as possible
- 4) Never give out your passwords
- 5) Don't befriend people you don't know
- 6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
- 7) Remember that not everyone online is who they say they are
- 8) Think carefully about what you say before you post something online
- 9) Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
- 10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

### Who can help you stay safe and healthy?

e.g. a trusted adult, friends,

### What is social media?

e.g. Social media is the name given to the group of apps and websites dedicated to community-based input, interaction, content-sharing and collaboration.

### Name as many different social media as you can.

e.g. Facebook, Snapchat, What'sApp, Twitter, Club Penguin, YouTube, Instagram, Deviantart, Facebook Messenger, Kik, FML, Google+, Ask FM

### What age must you be to have a Facebook account? Instagram? Twitter? YouTube?

13 years old for most social media including Facebook, Twitter, Snap Chat, Pinterest, Instagram and Google+. LinkedIn is 14, Vine is 17, What'sApp is 16, YouTube, Kik and Flickr is 18 or 13 with parent's consent,

### What is a positive use of social media?

e.g.

stay connected with friends and family

- volunteer or get involved with a campaign, nonprofit, or charity
- enhance their creativity through the sharing of ideas, music, and art
- meet and interact with others who share similar interests

What is a harmful use of social media?

- e.g. name calling
- shaming
- Bullying
- Sharing personal information
- Pretending to be someone else
- Distracting

What do you think you can do if someone uses social media in a harmful way?

e.g. Block the user, report to the media platform, screen shot and collect evidence, tell a trusted adult

Name three ways that you will change as you get older?

E.g. get taller, voice changes, become more independent.

What changes are the same for girls and boys during puberty?

E.g. Body hair, sweat more, may get acne, growth spurts, mood swings

What changes are different?

E.g. Girls develop breasts, begin their periods and boys voices "break"

Where can you find out about puberty?

E.g. A trusted adult, friends, websites like Childline

### Core Theme 3: Living in the Wider World

Name two beliefs or religions other than your own.

e.g. Hinduism, Judaism, Islam, Sikhism, Christianity, Buddhism

What do you think that human rights are?

Human rights are the basic rights we all have simply because we are human; they are the fundamental things that human beings need in order to flourish and participate fully in society. Human rights belong to everyone, regardless of their circumstances.

Where could you go to find out?

e.g. Amnesty International

What job do you hope that you will have in the future? What will you need to do to get it?

What might you want to save your money up for?

e.g. toy, bicycle, phone, books

How could you save that money?

e.g. Bank account, money box, do some chores for payment, set a goal and keep a chart

Look up what a loan is.

A loan is an amount of money that someone else or a bank, for example will lend you until you pay it all back.

Find out what tax is.

A tax is a fee paid by individuals or businesses to the government to support its plans.

The most common tax is income tax, which is when an individual pays percentage of their money to the government when they earn more than a certain amount.

Who makes the laws in Great Britain?

A proposed new law is called a bill. Bills must be agreed by both Houses of Parliament and receive Royal Assent from the Queen before they can become Acts of Parliament which make our laws.

If you could introduce a law to help other people, what would it be?

What is the name of your Member of Parliament? (MP)

Right Honourable Keith Simpson (Conservative: Broadland)

Who is the current Prime Minister?

Teresa May

How often is there a General election?

At least once every five years.

Where is your nearest Polling Station?

Aylsham: Aylsham Town Hall

How old do you need to be to vote in England?

16 years old

What are the names of the main political parties in England?

The Conservative Party, The Labour Party, The Liberal Democratic Party, The United Kingdom Independence Party, The Green Party

How do you know if something you are told is true?

Name as many ways as you can that you find out about what is going on in your local community, the United Kingdom or the world.

e.g. social media, newspapers, radio

