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| **Subject: Personal Development; Relationships Year B Phase 3**  *NB The statutory and non-statutory objectives are continuously revisited in a spiral curriculum using Jigsaw toolkit. Within themed topic’s we teach objectives discreetly in MTP’s whilst revisiting in outline previously taught objectives. For the purpose of this MTP we are emphasising the following objectives that pupils should be taught:*  **RSHE Statutory Guidance**  Caring Friendships 2a-e  Respectful Relationships 3a-f  Online Safety 4a-e  Being Safe 5a-h  Mental Health 6a-e  Internet Safety 7a-eg,  Physical Health 8a-d  Healthy Eating 9a-c  **Non Statutory Guidance Citizenship KS2**  Developing confidence and responsibility and making the most of their abilities 1a-c,e  Preparing to play an active role as citizens 2a-b,d-f,h-i  Developing a healthy, safer lifestyle 3a,e-f  Developing good relationships and respecting the difference between people 4ab,f-g  Breadth of Opportunities 5a-i |
| **Prior Learning (what pupils already know and can do)**  Know how to cope when others fall out with you  Know what a boyfriend and girlfriend is  Know how to show appreciation of others and of animals  Know how to articulate how they feel when they miss someone  Know what negotiation and compromise mean  Know how their choices effect other people, friends, family and people they do not know  Know that changes can’t happen to their bodies without their permission  Know that you have same rules online as you do for face to face friendships  Know that some online information can be fake or misleading and can impact on your mental health |
| **End Points (what pupils MUST know and remember)**  Know how to identify mental health worries and sources of support  Know when people are trying to gain power and control and that can affect my mental health  Know how to express feelings of loss and uses strategies to manage these feelings  Know about my rights, responsibilities and staying safe online on line  Know how to resist peer pressure I may face when using technology  Know my body is my own and my permission is needed to change it |
| Key Vocabulary to teach each session; peer pressure, self-worth, loss, responsibility, technology, power, control, mental health sources, negotiation, FGM, cultural traditions, suicide |
| **Session 1: What is Mental health?**  I know that it is important to take care of my own mental health. I can help myself and others when I am worried about a mental health problem  **Taught Year B Relationships Units 2** |
| **Session 2**: **Love and Loss**  I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.  **Taught Year B Relationships Units 2** |
| **Session 3**: **Power and control**  I can recognise when people are trying to gain power or control. I recognise how to stand up for myself when people are trying to control me.  **Taught Year B Relationships Units 2** |
| **Session 4**: **Being Online. Real or Fake? Safe or Unsafe?**  I can judge whether something online is safe and helpful for me. I can use technology positively and safety to communicate with my friends and family.  **Taught Year B Relationships Units 2** |
| **Session 5: Healthy Relationships (FGM)**  Recap; What to do if you are worried about something, your rights as a child, personal space, body privacy and who can help. Look at cultural traditions; tattoos etc. and no changes to your body can be made without your permission. Expand traditions to cultural to learn FGM is something done to girls in certain communities between age birth to puberty. There are different ways it is done, it is painful and changes the way the body looks. It is harmful and can lead to long term problems. There are no medical benefits and it is illegal in the UK.  **Taught Year B Link Healthy Me**  **Optional Lesson FGM Age 10-11 My body Let’s Talk about FGM** |
| **Session 6: Online relationships ;**  Learn how to critically consider their online friendships and sources of information including search engines, ranking selective targeting and an awareness of the risks associated with people they have never met. Talk about the term influencers and how they work online, positive and negative. Learn that the internet can be a negative place with online abuse, bullying harassment and this can have a negative impact on mental health. Talk about low mood and how some young people consider suicide – narrative Story of the 3 Walking Dads, who lost their daughter’s- linked to social media influences. |