



Pupil safeguarding and the promotion of fundamental British Values are core to our spiral PSHE curriculum. Great importance is placed on opportunities in our curriculum for children to learn about safeguarding in all its forms. Our broad curriculum following the scheme 'You, Me PSHE', provides Whitkirk with a clear and progressive PSHE curriculum. 'MindMate', covered twice termly, ensures mental health and wellbeing are an emphasis in our teaching and daily life at Whitkirk. Outside agency support such as NSPCC Speak Out, Stay Safe and Red Cross Black Lives Matter, are linked throughout all PSHE strands, assemblies throughout the year and national focus weeks such as 'Anti Bullying Week', provide opportunities to experience life in all its diversity, to acquire knowledge, understanding and skills that significantly impact on personal development, behaviour and welfare and equip every child with the knowledge and skills required for personal safeguarding. Our PSHE curriculum covers all areas of safeguarding through the strands of; Physical health and wellbeing, Identify, society and equality, Mental Health and emotional wellbeing, keeping safe and managing risk, Drug, alcohol and tobacco education, Career, financial capability and economic wellbeing. We are sensitive in our teaching and inform families of our coverage through our Family Guide and Class Dojo.

Celebration events and special awareness days throughout the year

Special awareness days and celebrations are taught through explicit sessions and assemblies through the year. They are taught using organisations such as Red Cross, NSPCC and MindMate resources.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Black History Month Saturday, 1 st October ends Monday, 31 st October	Anti-Bullying Week Monday 14 th - Friday 18 th November	World Religion Day 15 th January	Women's History Month March	Mental Health Awareness Week 9 th - 15 th May	National School Sports Week 18 th - 24 th June
	Road safety Week 14 th – 20 th Nov	Safer internet Day 8th of February	British Science Week 11th - 20th March	World Day for Cultural Diversity 21 st May	PRIDE Throughout summer
		UK LGBTQ+ Month February			

Whitkirk's preventative PSHE curriculum - Whole School overview:

Term	Whole School core value	MindMate unit	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Forgiveness 'We are happy'	Friends and family	Physical health and Wellbeing: Fun times	Physical health and Wellbeing: What keeps me healthy?	Drugs alcohol and tobacco education: Tobacco is a drug	Identify, society and equality: Democracy	Physical health and Wellbeing: In the Media	Sex and relationship education:
Autumn 2	Safety 'We are safe'	Solving problems	Keeping safe and managing risk: Keeping safe	Mental health and emotional wellbeing: friendship	Keeping safe and managing risk: bullying – see it, say it, stop it	Drugs alcohol and tobacco education: making choices	Identify, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia)	healthy relationships / How a baby is made
Spring 1	Achievement 'We are ambitious'	Feeling good and being me	Identify, society and equality: me and others	Sex and relationship education: boys and girls, families	Mental health and emotional wellbeing: strengths and challenges	Physical health and Wellbeing: what is important to me?	Keeping safe and managing risk: when things go wrong	Drugs alcohol and tobacco education: weighing up risk
Spring 2	Friendship 'We celebrate diversity'	Being the same and being different	Drugs alcohol and tobacco education: what do we put into and onto bodies		Identify, society and equality: celebrating differences	Keeping safe and managing risk: Playing safe	Mental health and emotional wellbeing: dealing with feelings	Identify, society and equality: human rights
Summer 1	Respect 'We show respect'	Strong emotions	Mental health and emotional wellbeing: feelings	Keeping safe and managing risk: indoors and outdoors	Careers, financial capability and economic wellbeing: saving, spending and budgeting	Sex and relationship education: growing up and changing	Drugs alcohol and tobacco education: different influences	Mental health and emotional wellbeing: healthy minds
Summer 2	Trust 'We are ready for the future'	Life changes	Careers, financial capability and economic wellbeing: my money	Drugs alcohol and tobacco education: medicines and me	Physical health and Wellbeing: what helps me choose?		Careers, financial capability and economic wellbeing: borrowing and earning money	Keeping safe and managing risk: keeping safe out and about FGM

Whitkirk's preventative PSHE curriculum –

Whole School Long Term plan:



Table identifying: Core Values, MindMate, You, Me PSHE coverage and outside agency support throughout the year

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Core Value	Forgiveness 'We are happy'	Safety 'We are safe'	Achievement 'We are ambitious'	Friendship 'We celebrate diversity'	Respect 'We show respect'	Trust 'We are ready for the future'
MindMate	Friends and family	Solving problems	Feeling good and being me	Being the same and being different	Strong emotions	Life changes
Year 1	<p>Physical health and wellbeing: Fun times</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety 	<p>Keeping safe and managing risk: Feeling safe</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • safety in familiar situations • about personal safety • about people who help keep them safe outside the home 	<p>Identity, society and equality: Me and others</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with other 	<p>Drug, alcohol and tobacco education: What do we put into and on to bodies?</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what can go into bodies and how it can make people feel • about what can go on to bodies and how it can make people feel 	<p>Mental health and emotional wellbeing: Feelings</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel 	<p>Careers, financial capability and economic wellbeing: My money</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do
	Mr Shape Shifter - Self-protection skills, awareness, confidence and emotional resilience	Talk Pants - NSPCC - Keeping children safe from sexual abuse Digi Safe undressed – online safety	Red Cross: Black Lives Matter Campaign against violence towards Black people and institutional racism.		NSPCC- Speak out Stay Safe- online safeguarding program Body Autonomy - Consent discussion and video	

Year 2	<p>Physical health and wellbeing: What keeps me healthy? Pupils learn:</p> <ul style="list-style-type: none"> • about eating well • about the importance of physical activity, sleep and rest • about people who help us to stay healthy and well and about basic health and hygiene routines 	<p>Mental health and emotional wellbeing: Friendship Pupils learn:</p> <ul style="list-style-type: none"> • about the importance of special people in their lives • about making friends and who can help with friendships • about solving problems that might arise with friendships 	<p>Sex and relationship education: Boys and girls, families Pupils learn:</p> <ul style="list-style-type: none"> • to understand and respect the differences and similarities between people • about the biological differences between male and female animals and their role in the life cycle • the biological differences between male and female children • about growing from young to old and that they are growing and changing • that everybody needs to be cared for and ways in which they care for others • about different types of family and how their home-life is special 		<p>Keeping safe and managing risk: Indoors and outdoors Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe in the home, including fire safety • about keeping safe outside • about road safety 	<p>Drug, alcohol and tobacco education: Medicines and me Pupils learn:</p> <ul style="list-style-type: none"> • why medicines are taken • where medicines come from • about keeping themselves safe around medicines <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use
	Mr Shape Shifter - Self-protection skills, awareness, confidence and emotional resilience	NSPCC- Speak out Stay Safe- online safeguarding program	Red Cross: Black Lives Matter- Campaign against violence towards Black people and institutional racism. Body Autonomy - Consent discussion and video		Talk Pants - NSPCC - Keeping children safe from sexual abuse Digi Safe undressed – online safety	
Year 3	<p>Drug, alcohol and tobacco education: Tobacco is a drug Pupils learn:</p> <ul style="list-style-type: none"> • the definition of a drug and that drugs (including medicines) can be harmful to people • about the effects and risks of smoking tobacco and secondhand smoke • about the help available for people to remain smoke free or stop smoking <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use 	<p>Keeping safe and managing risk: Bullying – see it, say it, stop it Pupils learn:</p> <ul style="list-style-type: none"> • to recognise bullying and how it can make people feel • about different types of bullying and how to respond to incidents of bullying • about what to do if they witness bullying 	<p>Mental health and emotional wellbeing: Strengths and challenges Pupils learn:</p> <ul style="list-style-type: none"> • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with set-backs 	<p>Identity, society and equality: Celebrating difference Pupils learn:</p> <ul style="list-style-type: none"> • Pupils learn about valuing the similarities and differences between themselves and others • Pupils learn about what is meant by community • Pupils learn about belonging to groups 	<p>Careers, financial capability and economic wellbeing: Saving, spending and budgeting Pupils learn:</p> <ul style="list-style-type: none"> • about what influences peoples choices about spending and saving money • how people can keep track of their money • about the world of work 	<p>Physical health and wellbeing: What helps me choose? Pupils learn:</p> <ul style="list-style-type: none"> • about making healthy choices about food and drinks • about how branding can affect what foods people choose to buy • about keeping active and some of the challenges of this
	Mr Shape Shifter - Self-protection skills, awareness, confidence and emotional resilience	Talk Pants - NSPCC - Keeping children safe from sexual abuse Digi Safe undressed – online safety	NSPCC- Speak out Stay Safe- online safeguarding program Body Autonomy - Consent discussion and video	Red Cross: Black Lives Matter- Campaign against violence towards Black people and institutional racism.		

<p>Year 4</p>	<p>Identity, society and equality: Democracy Pupils learn:</p> <ul style="list-style-type: none"> • about Britain as a democratic society • about how laws are made • learn about the local council 	<p>Drug, alcohol and tobacco education: Making choices Pupils learn:</p> <ul style="list-style-type: none"> • that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them • about the effects and risks of drinking alcohol • about different patterns of behaviour that are related to drug use <p>Asthma lesson for Year 2, 3 or 4</p> <ul style="list-style-type: none"> • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use 	<p>Physical health and wellbeing: What is important to me? Pupils learn:</p> <ul style="list-style-type: none"> • why people may eat or avoid certain foods (religious, moral, cultural or health reasons) • about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) • about the importance of getting enough sleep 	<p>Keeping safe and managing risk: Playing safe Pupils learn:</p> <ul style="list-style-type: none"> • how to be safe in their computer gaming habits • about keeping safe near roads, rail, water, building sites and around fireworks • about what to do in an emergency and basic emergency first aid procedures 	<p>Sex and relationship education: Growing up and changing Pupils learn:</p> <ul style="list-style-type: none"> • about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about menstruation and wet dreams • about the impact of puberty in physical hygiene and strategies for managing this • how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty • strategies to deal with feelings in the context of relationships • to answer each other's questions about puberty with confidence, to seek support and advice when they need it 	
	<p>Mr Shape Shifter - Self-protection skills, awareness, confidence and emotional resilience</p> <p>Red Cross: Black Lives Matter- Campaign against violence towards Black people and institutional racism</p>		<p>Talk Pants - NSPCC - Keeping children safe from sexual abuse</p> <p>Digi Safe undressed – online safety</p>		<p>NSPCC- Speak out Stay Safe- online safeguarding program</p> <p>Body Autonomy - Consent discussion and video</p>	
<p>Year 5</p>	<p>Physical health and wellbeing: In the media Pupils learn:</p> <ul style="list-style-type: none"> • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality 	<p>Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia) Pupils learn:</p> <ul style="list-style-type: none"> • about stereotyping, including gender stereotyping • workshop from Diversity Role Models or Equaliteach • about prejudice and discrimination and how this can make people feel 	<p>Keeping safe and managing risk: When things go wrong Pupils learn:</p> <ul style="list-style-type: none"> • about keeping safe online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home 	<p>Mental health and emotional wellbeing: Dealing with feelings Pupils learn:</p> <ul style="list-style-type: none"> • about a wide range of emotions and feelings and how these are experienced in the body • about times of change and how this can make people feel • about the feelings associated with loss, grief and bereavement 	<p>Drug, alcohol and tobacco education: Different influences Pupils learn:</p> <ul style="list-style-type: none"> • about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis • about different influences on drug use – alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol 	<p>Careers, financial capability and economic wellbeing: Borrowing and earning money Pupils learn:</p> <ul style="list-style-type: none"> • that money can be borrowed but there are risks associated with this • about enterprise • what influences people's decisions about careers
	<p>Mr Shape Shifter - Self-protection skills, awareness, confidence and emotional resilience</p>	<p>Red Cross: Black Lives Matter- Campaign against violence towards Black people and institutional racism</p>	<p>'Alright Charlie'- a preventative resource pack that addresses child sexual exploitation (CSE) and grooming in a way that is age appropriate.</p> <p>Talk Pants - NSPCC - Keeping children safe from sexual abuse</p> <p>Leeds United Foundation – Network Rail safety</p>	<p>NSPCC- Speak out Stay Safe- online safeguarding program</p> <p>Body Autonomy - Consent discussion and video</p>		

<p>Year 6</p>	<p>Sex and relationship education: Healthy relationships / How a baby is made Pupils learn:</p> <ul style="list-style-type: none"> • about the changes that occur during puberty • to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact <ul style="list-style-type: none"> • what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships • about human reproduction in the context of the human lifecycle • how a baby is made and grows (conception and pregnancy) • about roles and responsibilities of carers and parents • to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it <p>Additional lessons: (schools will want to consider including these lessons, as part of SRE policy development)</p> <ul style="list-style-type: none"> • some myths and misconceptions about HIV, who it affects and how it is transmitted <ul style="list-style-type: none"> • about how the risk of HIV can be reduced • that contraception can be used to stop a baby from being conceived 	<p>Drug, alcohol and tobacco education: Weighing up risk Pupils learn:</p> <ul style="list-style-type: none"> • about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs • about assessing the level of risk in different situations involving drug use • about ways to manage risk in situations involving drug use 	<p>Identity, society and equality: Human rights Pupils learn:</p> <ul style="list-style-type: none"> • about people who have moved to Islington from other places, (including the experience of refugees) • about human rights and the UN Convention on the Rights of the Child • about homelessness 	<p>Mental health and emotional wellbeing: Healthy minds Pupils learn:</p> <ul style="list-style-type: none"> • what mental health is • about what can affect mental health and some ways of dealing with this • about some everyday ways to look after mental health • about the stigma and discrimination that can surround mental health 	<p>Keeping safe and managing risk: Keeping safe - out and about Pupils learn:</p> <ul style="list-style-type: none"> • about feelings of being out and about in the local area with increasing independence • about recognising and responding to peer pressure • about the consequences of anti-social behaviour (including gangs and gang related behaviour) FGM <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the importance for girls to be protected against FGM
	<p>Mr Shape Shifter - Self-protection skills, awareness, confidence and emotional resilience</p> <p>Body Autonomy - Consent discussion and video</p>	<p>'Alright Charlie'- <i>Revisited during online safety week</i>: a preventative resource pack that addresses child sexual exploitation (CSE) and grooming in a way that is age appropriate.</p>	<p>Red Cross: Black Lives Matter-Campaign against violence towards Black people and institutional racism</p>		<p>Talk Pants - NSPCC - Keeping children safe from sexual abuse</p>