Personal Development - Whole School Overview

Relationship, Sex, Health Education (RSHE) and On-Line Safety Curricula



Our Personal Development lessons build upon learning from KS1 by continuing to follow the Sheffield RSHE Curriculum.

Sheffield RSHE Curriculum covers 6 key strands: Family, Friends, Community, Mental Wellbeing, Physical Health and Growing Up in which Key questions are explored and develop in complexity as the children move through school.

To meet the Online Safety objectives, we follow the **Educated for a Connected World 2020** curriculum, which has 8 key strands: **Self-image and Identity, Online Relationships, Online Reputations, Online Bullying, Managing Online Information, Health, Wellbeing and Lifestyle, Privacy and Security, Copyright and Ownership in which content is taught within PD and Computing lessons, as appropriate.**

Although key objectives remain unchanged to ensure we meet National Curricula requirements, we work hard to personalise the delivery of Personal Development to best meet the needs of our cohort. To do this, staff use Trauma Informed knowledge to support pupils when delivering lessons, they make explicit links to our School Values and the British Values. Time is taken to clarify 'Red Flag Moments' and the school systems in place to get help if needed, such as, I Wish My Teacher Knew, Worry Monsters, or the Turn it Around corner. As a school, we also welcome pupil / parent voice around PD to tailor or repeat coverage (if needed). Staff work hard to include opportunities to make appropriate links, such as maximising learning through cross – curricula connections (particularly within PE, RE, DT and WCR). We aim to foster a love of lifelong learning by providing: specific book or online resource recommendations, extensive lunchtime play provision, school visitors, educational trips, and residential visits.

By the end of year 6, we aim for all pupils to have developed the knowledge and confidence to maintain positive relationships with themselves, their friends, families and the wider community. Pupils will be taught how to keep their minds and bodies safe and healthy – with time taken to explore how this may look / feel similar or different online. As they reach upper KS2, they will be provided with an understanding of puberty, which includes physical and emotional changes. In the summer of Year 6, pupils can extend their knowledge to include an understanding of human sexual reproduction. Throughout their time at Dobcroft Junior School; pupils will have the opportunity to address concerns and correct misunderstandings about the world around them. Topics which cover the concept of consent, prejudice, tolerance and privilege and how these are underpinned by the law will be explored. These ideas will be revisited regularly within the context of our community at Dobcroft, our local community and the world around us (including online). Students will develop the skills needed to recognise situations which may impact them negatively (referred to as 'Red Flag Moments') and will have the confidence to protect themselves against unwanted experiences.

Trauma Informed principles are weaved into school life and staff use professional curiosity, relational experience and Thrive profiling to provide tailored provision for pupils. This aims to build a culture of inclusion, strong attachments, self-advocacy and reflection. Children are helped to develop a positive sense of self, to see themselves as an important part of the world around them and a vehicle for positive change for others. We believe that these are the essential ingredients needed for a child to fully meet the Personal Development learning objectives and to go on to 'live life well'.

On leaving Dobcroft Junior School, pupils are able to say how they keep themselves safe, regulated and able to make healthy life decisions. They can recognise how their choices can impact themselves or those around them, how to get help if things go wrong and the importance of learning from their mistakes. They are invested in our School Values and committed to living the principles behind them.

	Family (Fa)	Friends (Fr)	Community ©	Mental Wellbeing (M)	Physical Health (P)	Growing Up (G)
Value	We embrace difference	We are Kind	We embrace difference	We are safe	We are safe	We are kind
Link	We are safe	We embrace difference	We try our best	We are problem solvers	We are problem	We embrace
	We are problem solvers	We are problem solvers	We are Kind	We are Kind	solvers	difference
			We are problem solvers			We are safe
			We are safe			
Key	People, roles, change,	Friend, family, stranger,	Rules, right, wrong,	angry, happy, nervous,	exercise, diet, sleep,	Change, age, baby,
Vocab	loss, moving, forever,	acquaintance, member of	penis, vagina, boy, girl,	scared, sad, calm,	brushing, teeth, diet,	child, teenager, adult,
From	feelings, trusted adult,	my community, Kind,	save, earn, spend	surprised, feelings,	healthy, unhealthy,	elderly,
KS1	secret, surprise, worried,	sorry, apologise,		online, offline, activities,	fruit, vegetable,	
		difference, different,		hobbies, sleep, physical	energy, Halal, Kosher,	
		feelings, thoughts,		exercise, indoors,	teeth, dentist, clean,	
		opinions, perfect, team,		outdoors, worried,	wash, disease, germs,	
		include, exclude, leave		anxious, scared,	chemical, medicine,	
		out, respect, listening,		nervous, pride, unique,	needles, railway,	
		polite, bullying, physical,			emergency, police, fire	
		emotional, group,			brigade, ambulance	
		disability, minority				

			Year 3			
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationship, Health Education	I wish my Teacher knew Transition to DJS Together we are kind Together we are safe Together we are problem solvers Together we embrace difference Together we make a difference values, team, environment, agreement responsibility Thrive Target Class Charter Team Building Inclusion Difference Relationship Reciprocal Negotiate Strengths Celebrate Curiosity Resilience	Fr1 - What makes a good friend? Happy, safe, trust, respect, honesty, kindness, generosity, interests, experiences,	I wish my Teacher knew Fa1 - Do families always stay the same? Foster care, adoption, divorce, break-up, death, grief, illness, disability Fa2 - Are all families like mine? Religion, skin colour, Islam, Muslim, mosque, prayers, represent, discrimination, same sex Thrive Class Screening and target setting for whole class target What do we want to achieve and how will we know when we have done it?	P1 - How do I keep my body healthy? Active, healthy, exercise, food, nutrition, diet, sugar, fat, protein, vitamins, balance P2 - How do I get a healthy diet? Balance, risk, obesity, lifestyle, decay	I wish my Teacher knew P3 - How do I stop getting ill? Germs, bacteria, virus, hygiene, infection, sun First Aid How to deal with bites and stings Thrive Class Screening and target setting for whole class target What do we want to achieve and how will we know when we have done it?	M1 - How do I manage my feelings? Responsibility, anger, happiness, nervousness, fear, surprise, sadness, grief, blame, guilt, ashamed, regret, apologise, stress
Online Safety	Privacy and Security How do I keep my	Self-Image and Identity		Health, Wellbeing and Lifestyle		Copyright and Ownership
	on- line information safe?	How can self- Image and identity		I can explain why spending too much time using technology		I can explain why copying someone else's work from the

	be different On -	can sometimes have a	internet without
	Line?	negative impact on	permission isn't fair
Can I safely share		anyone, e.g. mood,	and can explain what
my information on-	I can explain what is	sleep, body,	problems this might
line?	meant by the term	relationships; I can	cause.
ille:	'identity'.	give some examples of	
		both positive and	When searching on the
	I can explain how	negative activities	internet for content to
	people can represent	where it is easy to	use, I can explain why I
	themselves in different	spend a lot of time	need to consider who
	ways online.	engaged (e.g. doing	owns it and whether I
		homework, games,	have the right to reuse
	I can explain ways in	films, videos).	it.
	which someone might		
	change their identity	I can explain why some	I can give some simple
	depending on what	online activities have	examples of content
	they are doing online	age restrictions, why it	which I must not use
	(e.g. gaming; using an	is important to follow	without permission
	avatar; social media)	them and know who I	from the owner, e.g.
	and why.	can talk to if others	videos, music, images.
		pressure me to watch	
	I can explain how my	or do something online	
	online identity can be	that makes me feel	
	different to my offline	uncomfortable (e.g.	
	identity	age restricted gaming	
	lacitity	or web sites).	
	Lagra dagariba magitiva		
	I can describe positive	I can explain how using	
	ways for someone to	technology can be a	
	interact with others	distraction from other	
	online and understand	things, in both a	
	how this will positively	positive and negative	
	impact on how others	way.	
	perceive them		
		I can identify times or	
	I can explain that	situations when	
	others online can	someone may need to	
	pretend to be	limit the amount of	

	someone else,	time they use	
	including my friends,	technology e.g. I can	
	and can suggest	suggest strategies to	
	reasons why they	help with limiting this	
	might do this.	time.	

			Year 4			
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationship, Health Education	Autumn 1 I wish my Teacher knew Thrive Target Class Charter Team Building Inclusion Difference Relationship Reciprocal Negotiate Strengths Celebrate Curiosity Resilience Fr2 - Are all friends the same? Ramadan, Islam, Muslim, bullying, discrimination, gender Fr3 - Are friendships always fun? Disagreement, positive and negative emotions, perfect, compromise	Autumn 2 M2 - Are we happy all the time? feelings, emotions, sadness, depression, anger, happiness, love, self-esteem	I wish my Teacher knew Anti-discrimination introduction lesson. DJS context addition C1 - How can we make the world fair? Rules, laws, government, vote, rights, police, fair, equal, equality Thrive Class Screening and target setting for whole class target What do we want to achieve and how will we know when we have done it?	C2 - Where do you feel like you belong? Community, citizen, support, belong, adoption, same-sex, C3 - How can we help the people around us? Community, responsibility, acts of kindness	I wish my Teacher knew Fa3 -Are boys and girls the same? Gender, stereotype, sexism bullying, disability, diversity, religion Thrive Class Screening and target setting for whole class target What do we want to achieve and how will we know when we have done it?	First Aid What is Asthma and how to when to get help with an asthma attack.
Online Safety	Online Bullying	Online Reputation		Managing Information	Online Relationships	

I can describe appropriate ways to behave towards other people online and why this is important.

I can give examples of how bullying behaviour could appear online and how someone can get support

I can recognise when someone is upset, hurt or angry online.

I can describe ways people can be bullied through a range of media (e.g. image, video, text, chat)

I can explain why people need to think carefully about how content they post might affect others, their feelings and how it may affect how others feel about them (their reputation). I can explain how to search for information about others online.

I can give examples of what anyone may or may not be willing to share about themselves online.

I can explain the need to be careful before sharing anything personal.

I can explain who someone can ask if they are unsure about putting something online

I can describe how to find out information about others by searching online.

I can explain ways that some of the information about anyone online could have been created, copied or shared by others.

Online

I can explain what autocomplete is and how to choose the best suggestion. I can explain how the internet can be used to sell and buy things.

I can explain the difference between a 'belief', an 'opinion' and a 'fact. and can give examples of how and where they might be shared online, e.g. in videos, memes, posts, news stories etc.

I can explain that not all opinions shared may be accepted as true or fair by others (e.g. monsters under the bed).

I can describe and demonstrate how we can get help from a trusted adult if we see content that makes us feel sad, uncomfortable worried or frightened.

I can analyse information to make a

I can describe ways people who have similar likes and interests can get together online.

I can explain what it means to 'know someone' online and why this might be different from knowing someone offline.

I can explain what is meant by 'trusting someone online', why this is different from 'liking someone online', and why it is important to be careful about who to trust online including what information and content they are trusted with.

I can explain why someone may change their mind about trusting anyone with something if they feel nervous, uncomfortable or worried.

I can explain how someone's feelings can

judgement about be hurt by what is said probable accuracy and or written online. I understand why it is important to make my I can explain the own decisions importance of giving regarding content and and gaining permission that my decisions are before sharing things respected by others. online; how the principles of sharing online is the same as I can describe how to sharing offline e.g. search for information within a wide group of sharing images and technologies and make videos a judgement about the probable accuracy (e.g. I can describe social media, image strategies for safe and sites, video sites). fun experiences in a range of online social I can describe some of environments (e.g. the methods used to livestreaming, gaming encourage people to platforms) buy things online (e.g. advertising offers; in-I can give examples of app purchases, pophow to be respectful ups) and can recognise to others online and some of these when describe how to they appear online. recognise healthy and unhealthy online I can explain why lots behaviours. of people sharing the same opinions or I can explain how beliefs online do not content shared online make those opinions may feel unimportant or beliefs true. to one person but may be important to other I can explain that people's thoughts technology can be feelings and beliefs. designed to act like or

	impersonate living things (e.g. bots) and describe what the benefits and the risks might be.	
	I can explain what is meant by fake news e.g. why some people will create stories or alter photographs and put them online to pretend something is true when it isn't.	

			N	IEW Year 5		
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationship,	I wish my Teacher	M1 - Does	I wish my Teacher	P1 - Is there	I wish my Teacher knew	
Health	knew	everybody	knew	such a thing as		Sx1 -How do plants and animals
Education	Thrive 1 Target	have the same	G1 - How will my	the perfect	Fr1 - What makes a	reproduce? (taught through
	Class Charter	Feelings?	body change as I	body?	close friend?	science – compulsory)
	Team Building	Angry, anxious,	get older?	Body image, self-	Kindness, friendship,	
	<u>Inclusion</u>	worried,	Puberty, testicles,	esteem,	inclusion, transition	
	<u>Difference</u>	frustrated,	penis, Adam's apple,	unrealistic,		
	<u>Relationship</u>	confused,	erection,	expectations,	Fr2 - Should I try and fit	
	Reciprocal	emotional	ejaculation, vagina,	insecurity	in with my	
	<mark>Negotiate</mark>	reaction	vulva, clitoris,	P2 - How can I	friends?	
	Strengths		discharge,	stay fit and	jealousy, betrayal,	
	Celebrate	M2 - Should	menstruation,	healthy?	different, excluding,	
	Curiosity	we be happy	period, wet dream	exercise, balanced	including,	
	Resilience	all the time?	G2 -How will my	diet, protein,	Fr3 - Should friends tell	
	resilience	Loss, separation,	feelings change as	carbohydrate,	us what to do?	
		divorce,	I get older?			

New Online	Fa1 - Why do some people get married? Marriage, wedding, ceremony, gay Fa2 - Are families ever perfect? consent, secrets, surprises, unwanted Fa3 - Is there such a thing as a normal family? Difference, conventional	bereavement, managing impulsivity, restraint, self- control M3 - Why do we argue? listen, respond, impulsivity conflict, resolve, resolution, triggers, restraint, self- control M4 - Who am I? Identity, emotions	Hormones, moods, anxiety, insecurity, self-conscious, risk G3 -How will I stay clean during puberty? Hygiene, sweat glands, smegma, genitals, bacteria, essential, luxury, poverty G4 - What is Menstruation? Menstruation, menstruator, periods, vagina, vulva, ovaries, ovum, hormones, uterus Thrive Class Screening and target setting for whole class target What do we want to achieve and how will we know when we have done it? Self-Image and	sugar, fat, vitamins, minerals P3 -Can I avoid getting ill? Oral hygiene, flossing, tooth decay, plaque First Aid How to manage bleeding and when to get help. Thrive Class Screening and target setting for whole class target What do we want to achieve and how will we know when we have done it?	Friendship, boundaries, manipulation tactics, relationship, controlling, consent, dares, peerpressure Fr4 - Why are some people unkind? Bullying, cyberculling, discrimination, insecurities, fear, anger	Online Poletienshine
Safeguarding		Online Reputation -I can search for information about an	Identity -I can explain how identity online can		Online Bullying I can recognise online bullying can be different to bullying in the physical world and can describe some of those differences.	Online Relationships I can give examples of technologyspecific forms of communication (e.g. emojis, memes

	individual and suthe information found.
	ways t inform about online used b to mal judgm about individudly why the
	-l can of the way which can de positive reputa
	I can e strateg anyon to pro 'digita persor online reputa includ degree

individual online and summarise the information found.

-I can describe ways that information about anyone online can be used by others to make judgments about an individual and why these may be incorrect

-I can explain the ways in which anyone can develop a positive online reputation.

I can explain strategies anyone can use to protect their 'digital personality' and online reputation, including degrees of anonymity. be copied, modified or altered

-I can demonstrate how to make responsible choices about having an online identity, depending on context

I can identify and critically evaluate online content relating to gender, race, religion, disability, culture and other groups, and explain why it is important to challenge and reject inappropriate representations online.

I can describe issues online that could make anyone feel sad, worried, uncomfortable or frightened. I know and can give examples of how to get help, both on and offline.

I can explain the importance of

I can describe how what one person perceives as playful joking and teasing (including 'banter') might be experienced by others as bullying.

I can explain how anyone can get help if they are being bullied online and identify when to tell a trusted adult.

I can identify a range of ways to report concerns and access support both in school and at home about online bullying.

I can explain how to block abusive users.

I can describe the helpline services which can help people experiencing bullying, and how to access them (e.g. Childline or The Mix).

I can describe how to capture bullying content as evidence (e.g screen-grab, URL, profile) to share with others who can help me.

I can explain how someone would report online

and GIFs).

I can explain that there are some people I communicate with online who may want to do me or my friends harm.

I can recognise that this is not my / our fault. I can describe some of the ways people may be involved in online communities and describe how they might collaborate constructively with others and make positive contributions. (e.g. gaming communities or social media groups).

I can explain how someone can get help if they are having problems and identify when to tell a trusted adult.

I can demonstrate how to support others (including those who are having difficulties) online.

I can explain how sharing something online may have an impact either positively or negatively.

I can describe how to be kind and show respect for others online including the importance of respecting boundaries regarding what is shared about them online and how to support them if others do not.

I can describe how things shared privately online can have unintended consequences for others. e.g. screen-

	asking until I get the help needed.	bullying in different contexts.	grabs. I can explain that taking or sharing inappropriate images of someone (e.g. embarrassing images), even if they say it is okay, may have an impact for the sharer and others; and who can help if someone is worried about this.

Online Safeguarding
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Copyright and Ownership

I can assess and justify when it is acceptable to use the work of others.

I can give examples of content that is permitted to be reused and know how this content can be found online.

I can demonstrate the use of search tools to find and access online content which can be reused by others.

I can demonstrate how to make references to and acknowledge sources I have used from the internet.

Privacy and security

I can explain what a strong password is and demonstrate how to create one. (Spring 2 Lesson 5)

I can explain how many free apps or services may read and share private information (e.g. friends, contacts, likes, images, videos, voice, messages, geolocation) with others. (Summer 1 Lesson 5)

I can explain what app permissions are and can give some examples.

I can describe effective ways people can manage passwords (e.g. storing them securely or saving them in the browser).

I can explain what to do if a password is shared, lost or stolen.

I can describe how

Health, Wellbeing and Lifestyle

I can describe ways technology can affect health and well-being both positively (e.g. mindfulness apps) and negatively. I can describe some strategies, tips or advice to promote health and well-being with regards to technology.

I recognise the benefits and risks of accessing information about health and wellbeing online and how we should balance this with talking to trusted adults and professionals.

I can explain how and why some apps and games may request or take payment for additional content (e.g. in-app purchases, lootboxes) and explain the importance of seeking permission from a trusted adult before purchasing.

Managing Online Information

I can explain what is meant by 'being sceptical'; I can give examples of when and why it is important to be 'sceptical'. (Spring lesson 7)

I can evaluate digital content and can explain how to make choices about what is trustworthy e.g. differentiating between adverts and search results.

I can explain key concepts including: information, reviews, fact, opinion, belief, validity, reliability and evidence. See Y5 Planning/Y6 Train drivers

I can identify ways the internet can draw us to information for different agendas, e.g. website notifications, pop-ups, targeted ads.

and why people I can describe ways of I can describe should keep their identifying when common systems that software and apps up online content has regulate age-related to date, e.g. auto content (e.g. PEGI, been commercially BBFC, parental sponsored or updates. warnings) and boosted, (e.g. by I can describe simple describe their commercial ways to increase purpose. I recognise companies or by privacy on apps and and can discuss the vloggers, content services that provide pressures that creators, influencers). technology can place privacy settings. on someone and how I can explain what is I can describe ways in / when they could meant by the term which some online manage this. (see Y5 'stereotype', how content targets planning) 'stereotypes' are people to gain money amplified and or information I can recognise reinforced online, and illegally; I can describe features of persuasive why accepting strategies to help me design and how they 'stereotypes' may identify such content influence how people are used to keep users (e.g. scams, phishing). engaged (current and think about others. (Sarah the sporty lady) future use). Disney lesson/MALE nurses female I know that online I can assess and action RACING services have terms different strategies to and conditions that limit the impact of I can describe how fake news may affect govern their use. technology on health (e.g. night-shift mode, someone's emotions regular breaks, correct and behaviour, and posture, sleep, diet explain why this may and exercise) be harmful. I can explain what is meant by a 'hoax'. I can explain why someone would need to think carefully before they share.

		T
		I can describe how
		some online
		information can be
		opinion and can offer
		examples. I can
		explain how and why
		some people may
		present 'opinions' as
		'facts'; why the
		popularity of an
		opinion or the
		personalities of those
		promoting it does not
		necessarily make it
		true, fair or perhaps
		even legal. (Echo
		Chambers)
		I can define the terms
		'influence',
		'manipulation' and
		'persuasion' and
		explain how someone
		might encounter
		these online (e.g.
		advertising and 'ad
		targeting' and
		targeting for fake
		news).
		Lundanstandth a
		I understand the
		concept of persuasive
		design and how it can
		be used to influences
		peoples' choices – pet
		adverts

	I can demonstrate	
	how to analyse and	
	evaluate the validity	
	of 'facts' and	
	information and I can	
	explain why using	
	these strategies are	
	important.	
	Provide the second seco	
	I can explain how	
	companies and news	
	providers target	
	people with online	
	news stories they are	
	more likely to engage	
	with and how to	
	recognise this.	
	recognise this.	
	I can describe the	
	difference between	
	online misinformation	
	and dis-information.	
	I can explain why	
	information that is on	
	a large number of	
	sites may still be	
	inaccurate or untrue.	
	I can assess how this	
	might happen (e.g.	
	the sharing of	
	misinformation or	
	disinformation).	
	als	
	I can identify, flag and	
	report inappropriate	
	content	
I	content	