



## Where to get help

If you need help or someone to talk to about anything, these are the people that you can rely on:

Our Parents, Teachers, Support Staff a trusted adult or a member of our School Council Speak Up team

Children can go and see Mrs King or Mrs Cook if they need some help, especially about friendships. They can help if you are finding some things difficult to cope with on your own.

If you feel that you can't speak to an adult there is always our School Council Speak Up team to help you.

You should always speak to someone if you need help, don't keep it inside.

We want you to be and feel safe and you can call this number if you need help or advice.

Childline 0800 11 11  
[www.childline.org.uk](http://www.childline.org.uk)



## Rules to remember in our PSHE lessons

To be kind to and supportive of each other.

To laugh with but not at each other.

To listen by looking at each other and not interrupting.

To respect other people's views and feelings.

It's okay to say pass / not join in.

It isn't a secret, but what we discuss should stay in the classroom - don't discuss with younger children.

Summerfield Primary  
School

## PSHE & Safe Relationships Policy



Written by our School  
Council Healthy Schools'  
Team

February 2018

## Aims

### Why do we have PSHE lessons in school?

To best prepare us as we grow up and change.

You have changed so much since you were in Foundation Stage and you will keep developing. Our PSHE lessons help you learn different ways to understand and cope with things.

The adults that look after us may feel embarrassed to talk to us about some things like relationships and body changes. When you learn new things at school, then you can talk about it at home.

Our PSHE lessons give us the skills so that we learn how to cope with difficult situations. We learn about drugs, alcohol and tobacco, keeping healthy, how to look after our emotional and mental health, relationships and how our body changes as we get older. We also have lessons to learn about peer pressure and how to not to listen to something that is dangerous or unsafe.

We learn that boys and girls can be anything they want to be and that they can do anything that they want to do, such as football and dancing. We can all enjoy any sport. Boys and girls can have any sort of job they want like being a nurse or doctor.

### Boys, girls and families Key Stage 1

We learn about male and female animals and their lifecycles.

We talk about how boys and girls' bodies are different and how they change from being a baby to an adult.

We learn the correct words for different parts of the body.



### Growing up and changing Key Stage 2

In this part of PSHE we learn about boys and girls and the changes that will happen to our bodies as we grow and change. When we get older we become more mature in our mind and our bodies change too.

When we are older we will go through puberty and we talk about the changes in a male and female.

We talk about some of the changes that will happen, we will probably get sweaty and need to use deodorant and wash our hair more if it is greasy. Our body will also change inside and we learn about what happens inside our body. Our feelings may change too.

Boys and girls sometimes have different lessons in this topic. They talk about body changes in more detail and don't need to feel embarrassed.

We know not to talk about it with children that are too young as they might not understand. They are not ready to understand some things that children in Year 5 and 6 are learning about.