

Sheffield RSHE, PSHE and Citizenship Learning Journey

- A broad outline of the topics that are covered in each strand of the curriculum.
- Progression of skills
- Can be used to map-out RSHE, PSHE and Citizenship over time

Family		Friends		Community	
KS1	<ul style="list-style-type: none"> - Know that we should feel safe and receive kindness when with our families (although not everyone does) - Understand acceptable behaviour at home and at school - Understand that families change - Practice saying no (consent) - Know how to report concerns - Understand that families are diverse and may include same-sex parents 	KS1	<ul style="list-style-type: none"> - Learn how to be a kind friend - Identify the features of good friends - Identify 'bossy' friendships - Identify bullying - Understand that friends are diverse and everyone is different (as well as having many similarities) 	KS1	<ul style="list-style-type: none"> - Contribute to a happy school - Consider their wider community - Understand the equality of expectations for boys and girls - Learn about gender (boys, girls and gender expectations) - Begin to understand what racism is and how to stop it - Know that the online world is not always a safe space
LKS2	<ul style="list-style-type: none"> - Understand the way that families can change (including bereavement) - Appreciate that there are cultural differences between families in their communities - Know that boys and girls should be treated equally 	LKS2	<ul style="list-style-type: none"> - Choose healthy friendships - Learn how to resolve conflict - Including people who are in minority groups - Understanding what 'non-binary' means (people who prefer 'they' pronouns or do not identify as a boy or a girl) 	LKS2	<ul style="list-style-type: none"> - Consider their place within a happy and fair world - Explore feelings of belonging - Learn how to contribute to society - Learn how to be an anti-racist - Learn how to stay safe online
UKS2	<ul style="list-style-type: none"> - Discuss the reason why people get married, and the fact that anyone can get married to anyone else, as long as they both wish to do so - Learn how to disagree and listen to opposing views with respect - Understand that families are highly varied and that the differences between people should be accepted and celebrated 	UKS2	<ul style="list-style-type: none"> - Appreciate the ongoing complexity of close friendships - Celebrate difference - Identify manipulation tactics online and off - Identify and challenge bullying and stereotypes - Understand the structural reasons for gender inequality and learn to challenge it effectively among their peers - Accept and celebrate difference - Begin to understand gender identity and sexual orientation - Learn how to accurately use terms such as transgender, non-binary, gay and bisexual 	UKS2	<ul style="list-style-type: none"> - Understand the history of prejudice and discrimination - Learn how to stand up to prejudice - Learn about impairments and the way to treat disabled people with respect - Understand the importance of money and how to use it wisely - Explore the inequalities created by unequal distribution of wealth - Explore what does it mean to be British - Learn how to be a better anti-racist - Understand what the equality act is what the protected characteristics are - Know how to use social media safely

Mental Wellbeing		Physical health		Growing up	
KS1	<ul style="list-style-type: none"> - Talk about feelings - Consider the range of moods that we experience - Resolve arguments - Begin to gain a sense of self 	KS1	<ul style="list-style-type: none"> - Learn how to exercise - Identify healthy foods - Learn how to keep clean - Identify and avoid dangers 	KS1	<ul style="list-style-type: none"> - Learn how our bodies change over time (Linked to science)
LKS2	<ul style="list-style-type: none"> - Manage feelings - Understand the causes and barriers to our own happiness 	LKS2	<ul style="list-style-type: none"> - Appreciate the importance of exercise - Appreciate the importance of a healthy diet - Understand issues relating to hygiene and illness 	LKS2	<ul style="list-style-type: none"> - Be able to access to information about periods should they need to
UKS2	<ul style="list-style-type: none"> - Develop empathy for other people in the world - Understand mental wellbeing - Resolve conflicts - Understand the causes of our emotions - Explore self-identity 	UKS2	<ul style="list-style-type: none"> - Critique beauty standards and expectations and the effect these have on mental health - Understand that we need to balance long term happiness with short term enjoyment - Have a thorough understanding of diet and exercise - Appreciate the significance to health of hygiene and illness - Learn about the dangers of drugs, alcohol and tobacco - Learn how to verify health information - Identify and manage hazards and risk - Learn key life-saving skills 	UKS2	<p>Puberty</p> <ul style="list-style-type: none"> - Understand physical changes including identifying body parts - Understand emotional changes - Understand the importance of hygiene during puberty - Understand the process of menstruation
				UKS2	<p>Optional</p> <ul style="list-style-type: none"> - Learn how sexual reproduction can lead to childbirth