***DELIVERING THE RSE PROGRAMME***

***The following includes extracts from the N.I. Primary Curriculum -***

***Personal Development and Mutual Understanding***

***Strand - Personal Understanding and Health***

***RSE Foundation Stage***

Delivered throughout year

***Self Awareness*** P1 and P2

* Recognise what they can do
* Identify their favourite things
* Recognise what makes them special

***Feelings and Emotions*** P1 and P2

* Begin to recognise how they feel
* Develop ways of expressing how they feel
* Know what to do if they feel sad,lonely or afraid and when it is important to tell others about their feelings
* Realise what makes their friends feel happy or sad.
* Recognise how other people feel when they are happy, lonely or sad

***The Importance of Keeping Healthy*** P1 and P2

* Be aware of how to care for their bodies to keep it healthy
* Recognise and practice basic hygiene skills
* Realise that growth and change are part of the process of life and are unique to each person

***Safety*** P1 and P2

* Explore appropriate personal safety strategies
* Identify situations that are safe and those where personal safety may be at risk
* Begin to recognise the importance of road safety
* Understand that many substances can be dangerous
* Know the safety rules that apply when taking medicines

***Their Relationships with Family and Friends***  P1 and P2

* Find out about their own family
* Talk about what families do together
* Begin to recognise how they relate to adults and other children
* Identify who their friends are
* Explore what they do best together
* Know how to treat others

***Similarities and Differences*** P1 and P2 Multi Faith Week and RE curriculum

* Begin to recognise the similarities and differences in families and the wider community
* Understand that everyone is of equal worth and that it is acceptable to be different
* Celebrate special occasions

***RSE Key Stage One***

***P3 and P4***

***Self Awareness*** P3 and P4

* Feel positive about themselves and develop a understanding of their self-esteem and confidence
* Become aware of their strengths, abilities qualities, achievements, personal preferences and goals

***Feelings and Emotions*** P3 and P4

* Begin to recognise name and manage their feelings and emotions and realise that they are a natural, important and healthy part of being human.
* Begin to recognise and manage the effects of strong feelings such as anger, sadness or loss.

***Health Growth and Change*** P4

* Recognise and value the options for a healthy life style including the benefits of exercise, rest, healthy eating and hygiene
* Have respect for their bodies and those of others
* Be aware of the stages of human growth and development
* Recognise how responsibilities and relationships change as people grow and develop
* Understand that medicines are given to make you feel better, but that some drugs are dangerous
* Understand that if not properly used all products can be harmful
* Be aware that some diseases are infectious and some can be controlled

***Safety*** P3

* Know what to or whom to seek help from when feeling unsafe
* Be aware of different types of bullying and develop personal strategies to resist unwanted behaviour
* Explore the rules for and ways of keeping safe on the roads, co-operating with adults involved in road safety
* Explore how to travel safely in cars and buses
* Know about the potential dangers and threats in the home and environment
* Develop simple safety rules and strategies to protect themselves from potentially dangerous situations
* Identify ways of protecting themselves against extremes of weather, for example being safe in the sun and in freezing conditions

***Their Relationships with Family and Friends*** P3 and P4

* Examine the variety of roles in families and the contribution made by each member
* Be aware of their contribution to home and school life and the responsibilities this can bring
* Know how to be a good friend
* Understand that they can take on some responsibility in their family and friendship groups

***Similarities and Differences*** P3 and P4 Multi Faith Week

* Appreciate ways we are similar and different, for example age, culture disability, gender, hobbies, race religion, sporting interests abilities and work P3
* Be aware of their own cultural heritage, its traditions and its celebrations P4
* Recognise and value the culture and traditions of another group in the community P4
* Discuss the causes of conflict in their community and how they feel about it P4
* Be aware of the diversity of people around the world P3

***RSE KS2***

***P5 P6 P7***

***Self Awareness –***  P5 P6 P7 PATHS

* Develop self awareness, self respect and self esteem
* Know how to confidently express their own views and opinions in unfamiliar circumstances
* Identify current strengths and weaknesses
* Face problems, trying to resolve and learn from them
* Recognise how responsibilities change as they become older and more independent
* Explore and examine what influences their views, feelings and behaviours
* Develop strategies to resist unwanted peer/sibling pressure and behaviour

***Feelings and Emotions***  P5

* Examine and explore their own and others feelings and emotions
* Know how to recognise, express and manage feelings in a positive and safe way
* Recognise that feelings may change at times of change and loss

***Health Growth and Change*** P5 P6 P7

* Understand the benefits of a healthy lifestyle, including physical activity, healthy eating, rest and hygiene P5
* Recognise what shapes positive mental health P6
* Know about the harmful effects of tobacco, alcohol, solvents and other illegal substances can have on themselves and others P7
* Understand that bacteria and viruses affect health and that risks can decrease when basic routines are followed P5
* Know how the body grows and develops P5
* Be aware of the physical changes that take place during puberty P6 P7
* Be aware of the skills for parenting and the importance of good parenting P5
* Recognise how responsibilities change as they become older and more independent P6
* We currently do not cover sexual relationships (Awaiting board training)

***Safety***  P5 P6 P7

* Develop strategies to resist unwanted peer/sibling pressure and behaviour
* Recognise, discuss and understand the nature of bullying and the harm that can result (Anti bullying week)
* Become aware of the potential danger of relationships with strangers or acquaintances including good and bad touches (NSPCC)
* Become aware of:

Appropriate road use

How to apply the green cross code

How conspicuity reduces road collisions

Passenger skills including boarding and disembarking from cars and home to school transport and

How bicycles are best maintained and ridden P7

* Develop a pro-active and responsible approach to safety
* Know where and when and how to seek help
* Be aware of basic emergency procedures and first aid.

***Their Relationships with Family and Friends*** P6

* Examine and explore the different types of families that exist
* Recognise the benefits of friends and families
* Find out about sources of help and support for individuals, families and groups
* Explore and examine what influences their views, feelings and behaviour
* Consider the challenges and issues that can arise

At home

At school

Between friends

And how they can be avoided, lessened or resolved

***Similarities and Differences***  P6 P7

* Examine and explore the different types of families that exist, the roles within them, and the different responsibilities P6
* Know about aspects of their cultural heritage, including diversity of cultures that contribute to Northern Ireland ( Multi-Faith Week-All classes)
* Recognise the similarities and differences between cultures in Northern Ireland, for example food, clothes, symbols and celebrations P7
* Acknowledge that people differ in what they believe is right and wrong P6
* Recognise that people have different beliefs that shape the way they live P6
* Develop an awareness of the experiences lives and cultures of people in the wider world (Multi-Faith Week – P5 P6 P7)
* Recognise how injustice and inequality affect people’s lives P7

***RSE Policy***

***Reviewed by PTA in January 2020:***

***Reviewed by Teaching Staff: 21/1/20***