

RSE at Kings Avenue

The intent of our Relationship and Sex Education curriculum is to deliver a broad and varied curriculum and maximise the outcomes for every child so that they know more, remember more and understand more. To provide social, moral, spiritual and cultural learning opportunities that ensures pupils learn about the emotional, social and physical aspects of growing up, and relationships. Children will be given the opportunities to explore and challenge a range of values, attitudes, beliefs, rights and responsibilities that will prepare them for contributing to school life and living in a diverse society.



How to stay safe online?

In our fast developing world it is vital children stay safe online. Here are the rules we need to follow:

1. Don't post any personal information online - like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
3. Never give out your passwords
4. Don't befriend people you don't know
5. Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
6. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
7. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately



Does my voice count?

Our school councillors meet on a regular basis and suggest how we could improve our school. They have a chance to discuss their ideas in class and vote for the ones they think will be the most beneficial for everyone at school.

No matter how small you are, your voice counts!

How to build resilience?

In Kings Avenue children participate in many workshops which help them understand themselves and those around them. The Resilience workshop taught them to:

- take one step at the time
- never give up
- help one another
- use the support from teachers and other adults

In order to build resilience we should:

- focus on our strengths
- know what we are good at
- know what makes us laugh
- think positive thoughts
- be grateful for what we have
- recognise our progress



What are our upcoming topics?

Class	Spring 1	Spring 2
<u>1J</u>	Secrets and keeping safe; Recognising feelings in self and others	Keeping safe around the household products; What helps keep bodies healthy
<u>2S</u>	Respecting similarities and differences; appropriate and inappropriate touch	Keeping safe in different situations; Healthy choices; different feelings;
<u>3A</u>	Healthy relationships, actions affect ourselves and others, recognising feelings in others	Basic emergency aid school rules on health and safety; What makes a balanced diet;
<u>4B & 3/4H</u>	Acceptable and unacceptable physical contact; keeping something confidential or secret	How to keep safe online, drugs common to everyday life
<u>5B & 5W</u>	Actions have consequences; responding to feelings in others	Online safety; what positively and negatively affects health and wellbeing;
<u>6M & 6C</u>	Different relationships; acceptable and unacceptable physical touch; when to break a confidence	keeping safe; risks and effects of drugs