Wirksworth Junior School. PSHCE and Relationship Education: Skills Ladder

Year A	Being Safe	Difference and Diversity	Bullying Matters	Money Matters	Drug Education	Relationships

Year B	Being Responsible	Being Me	Being Healthy	Exploring Emotions	Changes	Growing Up

Skill	By the end of Y3 / 4	By the end of Y5 / 6
Difference and Diversity	• Identifying how to listen and respond respectfully to a wide range of people. • Recognising the differences and similarities between people, but understand everyone is equal. • Recognising the nature and consequences of discrimination. Recognising and challenging stereotypes. (English, reading texts)	• Identifying how to listen and respond respectfully to a wide range of people. • Recognising the factors that make people the same or different. • Recognising the nature and consequences of discrimination. • Recognising and challenging stereotypes. • Understanding the correct use of the terms sex, gender identity and sexual orientation.
Bullying Matters	• Understanding that their actions affect themselves and others. • Identifying the importance of working towards shared goals. • Identifying that differences and similarities arise from a number of factors. • Understanding the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyberbullying, prejudice-based language, 'trolling'). • Knowing how to recognise bullying and abuse in all its forms. • Developing strategies for getting support for themselves or for others at risk.	• Understanding that their actions affect themselves and others. • Developing strategies for getting support for themselves or for others at risk. • Identifying that differences and similarities arise from a number of factors. • Understanding the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyberbullying, prejudice-based language, 'trolling'). • Knowing how to recognise bullying and abuse in all its forms.

Being Healthy	• Exploring what affects their physical, mental and emotional health. • Understanding the concept and benefits of a balanced healthy lifestyle. • Identifying how to make informed choices. • Understanding what is included in a balanced diet. Understanding what may influence our choices. • Setting goals. • (Science, PE)	• Exploring what affects their physical, mental and emotional health. • Understanding the concept and benefits of a balanced healthy lifestyle. • Exploring how we make choices about the food we eat. Identifying how to make informed choices. • Developing skills to make their own choices. • Recognising how images in the media do not always reflect reality. • Setting simple but challenging goals. • Exploring what is meant by the term habit and why habits can be hard to change.
Relationships	• Recognising what constitutes a healthy relationship and develop the skills to form positive and healthy relationships. Recognising ways in which a relationship can be unhealthy and whom to talk to if they need support. • Recognising different types of relationship. • Understanding that actions affect themselves and others. Understanding when it is right to 'break a confidence' or 'share a secret'. • Listening and responding respectfully. • Understanding personal boundaries. • Revise the correct terms for sexual body parts and other major organs in the body.	• Recognising what a healthy relationship is. • Recognising ways in which a relationship can be unhealthy and whom to talk to if they need support. • Recognising different types of relationship, including those between acquaintances, friends, relatives and families. Understanding the true meaning behind civil partnerships and marriage. • Resolving conflicts. • Recognising that forcing anyone to marry is a crime. • Understanding about confidentiality and about times when it is necessary to break a confidence.
Exploring Emotions	• Recognising a wide range of emotions in themselves and others. • Responding appropriately to a range of emotions in themselves and others. • Understanding their actions affect themselves and others. Developing strategies to resolve disputes. • Identifying strategies to manage emotions. • Deepening their understanding of good and not so good feelings. • Extending vocabulary to help explain the range and intensity of feelings. • Recognising conflicting emotions.	• Recognising a wider range of feelings in others and how to respond appropriately. • Recognising that their actions can affect themselves and others. • Developing strategies to resolve disputes. • Deepening their understanding of good and not so good feelings. • Extending emotional vocabulary. • Exploring the intensity and range of feelings. • Recognising when they experience conflicting emotions and how to manage these.

Being Responsible	• Research, discuss and debate topical issues. • Identify why rules are needed in different situations. Understanding that there are human rights to protect everyone. • Explore rights and responsibilities, rights and duties at home, school, community and the environment. • Develop skills to carry out responsibilities. • Explore how to resolve differences and respect others' points of view. • Explore what being part of a community means and how they belong.	• Research, discuss and debate topical issues. • Identify why rules are needed in different situations. • Understanding that there are human rights to protect everyone. • To understand there are some cultural practices against British law. • Explore rights and responsibilities at home, school, community and the environment. • Develop skills to carry out responsibilities. • Explore others' points of view. • Explore what being part of a community means and how they belong.
Being Me	• Exploring different kinds of responsibilities at school and in the community. • Identifying what being part of a community means. • Appreciate the range of identities in the UK. • Identifying that differences and similarities between people arise from a number of factors.	• Exploring different kinds of responsibilities at school and in the community. • Identifying what being part of a community means. • Identifying that differences and similarities between people arise from a number of factors.
Being Safe	• Understanding how to make informed choices. • Exploring how to recognise, predict and assess risks in different situations. • Understanding that increased independence brings increased responsibility to keep themselves safe. • Understanding how rules can keep them safe. • Identifying where and how to get help. • Developing strategies for keeping physically and emotionally safe in different situations. • Understanding the importance of protecting information particularly online. • Understanding how to become digitally responsible.	• Understanding how to make informed choices. • Exploring how to recognise, predict and assess risks in different situations. • Understanding that increased independence brings increased responsibility to keep themselves safe. • Explaining how rules can keep them safe. • Identifying where and how to get help. • Understanding the term 'habit.' • Developing strategies for keeping physically and emotionally safe in different situations. • Understanding the importance of protecting information particularly online. • Understanding how to become digitally responsible.
Growing Up	• That images in the media do not always reflect reality. Celebrate our strengths/qualities. • About the kind of changes that happen in life and the associated feelings. • That simple hygiene routine can prevent the spread of bacteria. • About the changes that happen as they grow up. • The right to protect our bodies • About differences and similarities between people, but understand everyone is equal. • About the difference between acceptable and unacceptable physical contact. • Knowing the names of the body parts. • Recognise and challenge stereotypes.	• Exploring how images in the media and online do not always reflect reality. • Identify the intensity of feelings. • Recognising conflicting feelings. • That simple hygiene routine can prevent the spread of bacteria. • Identify pressures and influences. • Understanding changes that happen at puberty. • Understanding what puberty and human reproduction is. • Identifying qualities of a healthy relationship • About committed loving relationships. • About differences and similarities between people, but understand everyone is equal. • Debate topical issues.

	• Begin to learn about the physical and emotional changes during puberty.	
Drug Education	• Recognising how to make informed choices. • Understanding that people have different attitudes to risk. • Recognising, predicting and assessing risks in different situations. • Where to get help and how to ask for help. • Distinguishing between safe and harmful and to know some substances can be harmful if misused. • Learning rules about staying safe.	• Knowing how to make informed choices. • Identifying a range of drugs/substances and assessing some of the risks/effects. • Identifying influences and when an influence becomes a pressure. • Developing skills of how to ask for help. • Identify basic emergency procedures. • Understanding the term 'habit' and why habits can be hard to change.
Money Matters	• Identify the role of voluntary and charity groups. • Understanding different values and customs. • Exploring how to manage money. • Explaining the importance of money in people's lives and how money is obtained. • Understanding the concepts of interest, loan, debt and tax. • Understanding enterprise and begin to develop enterprise skills.	• Understand how finance plays an important part in people's lives. • Understanding about being a critical consumer. • Developing an understanding of the concepts of interest, loan, debt and tax. • Identifying how resources are allocated and the effects on individuals, communities and the environment. • Developing enterprise skills. • Critiquing how social media presents information. • Recognising and managing dares.
Changes	• Understanding good and not so good feelings including their range and intensity. • Developing an understanding that change can cause conflicting emotions. • Acknowledging, exploring and identifying how to manage change positively. • Exploring changes. • Knowing where to go for help and how to ask for help.	• Explaining intensity of feelings. • Exploring and managing the difficult emotions. • Acknowledging and managing change positively. • Managing transition to secondary school. • Exploring and managing loss, separation, divorce and bereavement. • Practising asking for help and knowing where to go for help.