

# PSHE/ Catholic Teaching at St Anne's KS2



Objective	What we know	What we do	What else could we do	Scripture
Health and wellbeing				
Healthy lifestyles				
How to make informed decisions about health.	Life expectancy in Edge Hill is 76 years old below the average for Liverpool (78) and the national average (81)	Jigsaw Topic Healthy Me	Healthy School Workshop	<b>3 John 1:2</b> Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
About the elements of a balanced healthy lifestyle.	Obesity in 7-11 year olds in Edge Hill is 13.6%. Above Liverpool average (12.2%) and national average (9.3%)	Jigsaw Topic Healthy Me  Nurse visit  Family cooking sessions  Science Topic  Fruit snacks		<b>1 Corinthians 6:19-20</b> Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.
About choices that support a healthy lifestyle, and recognise what influence these.	There is wealth of strong, peer-reviewed evidence proving that the food adverts children see, influence the foods they choose and how much of it they eat.	Jigsaw Topic Healthy Me  Nurse visit  Family cooking sessions  Science Topic  Fruit snacks		<b>3 John 1:2</b> Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.
How to recognise that habits that habits can have	Obesity in 7-11 year olds in Edge Hill is 13.6%. Above	Jigsaw Topic Healthy Me  Internet safety week		<b>Psalms 32:8</b> I will instruct you and teach you in the way you should



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both positive and negative effects on a healthy lifestyle.	Liverpool average (12.2%) and national average (9.3%)			go; I will counsel you with my loving eye on you.
About what good physical health means; how to recognise early signs of physical illness.	Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions.	Jigsaw Topic Healthy Me  Nurse visit  Science Topic  Fruit snacks		<b>Ephesians 5:18</b> Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,
About what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating healthy diet including obesity and tooth decay.	A healthy diet or balanced diet is a diet (what you eat) that contains the right amounts of all the food groups. It includes fruit, vegetables, grains, dairy products, and protein. It does not include too much or too little of any kind of food.	Jigsaw Topic Healthy Me  Nurse visit  Family cooking sessions  Science Topic  Fruit snacks		<b>Acts 27:34</b> Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head."
How regular exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with inactive lifestyle.	Children and young people in this age bracket should take part in moderate to vigorous physical activities for at least 60 minutes (one hour) every day, and this can be up to several hours.	Jigsaw Topic Healthy Me  Nurse visit  PE Lessons  Science Topic  Fruit snacks	Daily Mile	<b>Romans 12:1</b> Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.



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How sleep contributes to a healthy lifestyle; routines that help good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn.	Children 3 to 5 years - 10-13 hours of sleep, including naps. Children 6 to 12 years - 9-12 hours of sleep.	Jigsaw Topic Healthy Me  Nurse visit  Science Topic		<b>Proverbs 3:24</b> When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.
The bacteria and viruses can effect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.	Life expectancy in Edge Hill is 76 years old below the average for Liverpool (78) and the national average (81)	Jigsaw Topic Healthy Me  Flu jab	Visit from doctor/nurse  Hygiene workshops	<b>Proverbs 17:22</b> A cheerful heart is good medicine, but a crushed spirit dries up the bones.
How medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.	They have kept children healthy and have saved millions of lives for more than 50 years. Most childhood vaccines are 90% to 99% effective in preventing disease. And if a vaccinated child does get the disease, the symptoms are usually less serious than in a child who hasn't been vaccinated.	Jigsaw Topic Healthy Me  Flu jab		<b>Matthew 9:12</b> But when he heard it, he said, "Those who are well have no need of a physician, but those who are sick.
How to maintain good oral hygiene (including correct brushing and flossing); why regular visits are essential; the impact of lifestyle choices on dental care.	While 77% of 5 year old children in England are now free of obvious tooth decay, significant regional inequalities remain - with children from the most	Jigsaw Topic Healthy Me  Nurse visit  Science Topic	Dentist visit	<b>1 Corinthians 6:20</b> For you were bought with a price. So glorify God in your body.

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	deprived areas having more than twice the level of decay, than those from the least deprived.			
About the benefits of sun exposure and risks of over exposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.	Liverpool has higher than national skin cancer rates.	Jigsaw Topic Healthy Me School hats available	Sun cream samples	<b>Proverbs 3 7:8</b> Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.
About the benefits of the internet; the importance of balancing time online with other activities; strategies of managing time online.	Children in the UK (aged 5 to 15)[1] now spend around 20 minutes more online, in a typical day, than they do in front of a TV set – just over two hours online, and a little under two hours watching TV – according to Ofcom's annual study of their media use	Jigsaw Topic Healthy Me Safer Internet week		<b>Psalms 46:1</b> God is our refuge and strength, an ever-present help in trouble.
How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.		Jigsaw Topic Healthy Me	Doctor/Nurse/Dentist visit	<b>Psalms 121:2</b> My help comes from the Lord, who made heaven and earth.



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Health and wellbeing				
Mental Health				
That mental health, just like physical health, is part of daily life; the importance of taking care of mental health.	10% of children and young people (5-16 year olds) have clinically diagnosable mental health problems.	Eddie Schumann – School Counsellor  Jigsaw Topic – Being Me	Assemblies from EFC	<b>Proverbs 28:26</b> Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered
About strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs and activities, hobbies and spending time with family and friends can support mental health and wellbeing.	Poor or inadequate sleep can lead to mood swings, behavioural problems such as ADHD and cognitive problems that impact on their ability to learn in school.	Jigsaw Topic Healthy Me  Councillor	Meditation sessions	<b>Isaiah 26:3</b> You will keep in perfect peace those whose minds are steadfast, because they trust in you.
To recognise that feelings can change over time range in intensity.	2% of all children, aged 5-16, had self-harmed.	Eddie Schumann – School Counsellor  Jigsaw Topic – Being Me	Life Skills	<b>James 1-19</b> Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.
About everyday things that affect feelings and the	Building a good understanding of emotions when you're young helps	Eddie Schumann – School Counsellor	P4C	<b>Proverbs 15:18</b>



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importance of expressing feelings.	you relate to others and manage your own mental health later on. Talking openly with children about how they feel and why, enables them to start recognising and understanding different emotions.	Jigsaw Topic – Being Me  No Outsiders		A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.
A varied vocabulary to use when talking about feelings; about how to express feelings in different ways.	Throughout childhood and adolescence, most children continue building empathy, self-regulation and skills in recognising and responding to other people's feelings.	Eddie Schumann – School Counsellor  Jigsaw Topic – Being Me  No Outsiders		<b>1 Corinthians 16:18</b> For they have refreshed my spirit and yours. Therefore acknowledge such men.
Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feeling appropriately and proportionately in different situations.	Some emotions (such as sadness, anger) can block learning, while others (such as a sense of wellbeing, feeling safe and feeling valued) promote learning. So learning to manage the emotions can assist learning.	Eddie Schumann – School Counsellor  Jigsaw Topic – Being Me  Fiddle toys		<b>Galatians 5:22-23</b> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
To recognise warning signs about mental health and wellbeing and how to seek support for themselves and other.	9.4% of children aged 2-17 years (approximately 6.1 million) have received an ADHD diagnosis. 7.4% of children aged 3-17 years (approximately 4.5			<b>Philippians 4:6-7</b> Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.



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	million) have a diagnosed behaviour problem. <sup>3</sup> 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety. 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.			
To recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult.	Children express themselves through play as well as words. You can learn a lot about how they're feeling by simply spending time with them and watching them play.	Eddie Schumann – School Counsellor  Jigsaw Topic – Being Me	Colour codes on desks	<b>Psalms 46:1-3</b> God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.
About change and loss, including death, and how these can effect feelings; ways of expressing and managing grief and bereavement.	27.5% of children who received free school meals said they were “often” lonely, compared with 5.5% of those who did not.	Eddie Schumann – School Counsellor  Jigsaw Topic – Being Me  Rainbows		<b>John 16:22</b> So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.
Problem-solving strategies for dealing with emotions, challenges and change including the transition to new schools.	Some emotions (such as sadness, anger) can block learning, while others (such as a sense of wellbeing, feeling safe and	Eddie Schumann – School Counsellor  Jigsaw Topic – Being Me  Fiddle toys		<b>Galatians 5:22-23</b> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

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Objective	What we know	What we do	What else could we do	Scripture
Health and Wellbeing				
Ourselves, growing and changing				
About personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies,	Self-esteem can start as early as babyhood. It develops slowly over time. It can start just because a child feels safe, loved, and accepted. It can start when a baby gets positive attention and loving care.	Jigsaw Topic – Celebrating Difference		<b>Peter 2:9</b> However, you are chosen people, a royal priesthood, a holy nation, people who belong to God. You were chosen to tell about the excellent qualities of God, who called you out of darkness into his marvellous light.
That for some people gender identity does not correspond with biological sex.	Gender dysphoria is when a person feels distressed because their gender identity differs from the sex they were given at birth.	Jigsaw Topic – Celebrating Difference		





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To recognise their individuality and personal qualities.	Development is a continuous, complex interaction of environmental and genetic factors in which the body, brain and behaviour become more complex	Jigsaw Topic – Celebrating Difference  Rewards Assembly		<b>Isaiah 64:8</b> Yet you, LORD, are our Father. We are the clay, you are the potter; we are all the work of your hand.
To identify personal strengths, skills and achievements and interests and how these contribute to a sense of self-worth.	'gifted' learners are those with abilities in one or more academic subjects, such as maths or English 'talented' learners are those who have practical skills in areas such as sport, music, design or creative and performing arts	Jigsaw Topic – Celebrating Difference  Rewards assembly		<b>James 1:17</b> Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.
About how to manage setbacks/perceived failures, including how to reframe healthy thinking.	Children's constructive coping strategies are believed to buffer the effects of stressful experiences.	Jigsaw Topic – Celebrating Difference  Eddie Schumann – School Counsellor		<b>Isaiah 41:10</b> So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
To identify external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love		<b>1 Corinthians 12</b> The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body.
About the physical and emotional changes that happen when approaching and during puberty	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone	Journey in Love		<b>2 Corinthians 5:17</b> Therefore, if anyone is in Christ, the new creation has



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(including mensuration, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dream)	Y6: The wonder of God's love in creating new life			come: The old has gone, the new is here!
About how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love		<b>3 John 1-2</b> Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.
About the process of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made): how babies need to be cared for.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love		<b>Genesis 9:7</b> As for you, be fruitful and multiply; Populate the earth abundantly and multiply in it.
About where to get more information, help and advice about growing and changing, especially about puberty.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love		<b>Ecclesiastes 11:9-10</b> You who are young, be happy while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things.
About new opportunities and responsibilities that that increasing independence may bring.	Children can only start full-time work once they've reached the minimum school leaving age - they can then work up to a maximum	Jigsaw Topic – Celebrating Difference  Industry Week		<b>1 Peter 2:16</b> Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God.

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	of 40 hours a week. Once someone reaches 16, you may need to pay them through PAYE . Once someone reaches 18, adult employment rights and rules then apply.			
Strategies to manage transitions between classes and key stages.	Change is a normal part of life and can provide opportunities for children to develop their resilience.	Jigsaw Topic – Celebrating Difference  Transition booklets for SEN		<b>Job 8:7</b> Your beginnings will seem humble, so prosperous will your future be.



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Objective	What we know	What we do	What else could we do	Scripture
Health and Wellbeing				
Keeping Safe				
Reasons for following and complying with regulations and restriction (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television and programmes, films, games and online games.	Despite the fact most social networks do not allow children under 13 to register, the poll revealed that 18 per cent of eight to 11-year-olds had a profile of their own.	Safer internet week  PANTS	Police visit	<b>Proverbs 29:25</b> Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.
How to predict, assess and manage risk in different situations.	One in ten children who use the internet has received no guidance or advice from their teachers.	Safer internet week  PANTS	Life Skills	<b>Proverbs 3:5</b> Trust in the Lord with all your heart, and do not lean on your own understanding.
About hazards (including fire risks) that may cause harm, injury or risk at home and what they can do to reduce risks and keep safe.	Each year in the European Union there are approximately 10 million home injuries for all ages requiring medical attention.	Safer internet week  PANTS		<b>Psalms 46:1</b> God is our refuge and strength, an ever-present help in trouble.
About the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully)	In 2017, nearly 52,000 children under the age of six were seen in the emergency room for medicine poisoning. That's one child every ten minutes.	Safer internet week  PANTS	Doctor visit	
Strategies for keeping safe in the local environment or	There were approximately 1.2 thousand child	Safer internet week	Visits	<b>Nahum 1:7</b>



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unfamiliar places (rail, water, road) and framework safety; safe use of digital devices when out and about.	abduction offences recorded by the police in England and Wales in 2018/19.	PANTS  Road Safety week		The Lord is good, a refuge in times of trouble. He cares for those who trust in him.
About the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact.	Bullying UK has had experience of young people using the internet who have been persuaded into dangerous situations by adults. This is an offence called 'grooming'.	Safer internet week  PANTS		<b>1 Thessalonians 4:11</b> and to aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you,
About what is meant by first aid; basic techniques for dealing with common injuries.	Many parents feel in the dark when it comes to their children's internet safety and trust schools to help them get up to speed.	Safer internet week  PANTS		<b>Isaiah 41:10</b> Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.
How to respond and react in an emergency situation; how to identify situations that might require the emergency services; know how to contact them and what to say.	Two five-year-old children have saved their mum's lives by calling 999, staying calm on the phone to our emergency call handlers, and unlocking their front	Safer internet week  PANTS  RSPCA Talks  ICE CATS		<b>Psalms 46:1-2</b> God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the

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	doors for the ambulance crews.			mountains fall into the heart of the sea.
That female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone might be at risk.	FGM is also found in the UK amongst members of migrant communities. It is estimated that approximately 60,000 girls aged 0-14 were born in England and Wales to mothers who had undergone FGM1.	Online Training		

Objective	What we know	What we do	What else could we do	Scripture
Health and Wellbeing				
Drugs, alcohol and tobacco				
About the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can become difficult to break	Most children under 7 years old are unaware of the negative effects of drinking and smoking.	Jigsaw Topic – Healthy Me	Drugs and alcohol talk?	<b>3 John 1:2</b> Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.
To recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others.	This act is intended to prevent the non-medical use of certain drugs. For this reason it controls not just medicinal drugs (which will also be in the Medicines	Jigsaw Topic – Healthy Me	Drugs Talk	<b>1 John 3:4</b> Everyone who makes a practice of sinning also practices lawlessness; sin is lawlessness.



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	Act) but also drugs with no current medical use.			
About why some people choose to use or not use drugs (including nicotine, alcohol and medicines)	<p>Here are some of the reasons young people have given for taking drugs:</p> <p>To fit in To escape or relax To relieve boredom To seem grown up To rebel To experiment</p>	Jigsaw Topic – Healthy Me		<p><b>Ephesians 5:18</b> Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,</p>
About mixed messages in the media about drugs, including alcohol and smoking/vaping	A national study published in January 2006 concluded that greater exposure to alcohol advertising contributes to an increase in drinking among underage youth. Specifically, for each additional ad a young person	Jigsaw Topic – Healthy Me		
About the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.	Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. Call 0300 123 1110	Jigsaw Topic – Healthy Me		<p><b>Psalms 54:4</b> Behold, God is my helper; The Lord is the sustainer of my soul.</p>



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Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Families and close private relationships				
To recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)	Through relationships, children learn how to think, understand, communicate, behave, show emotions and develop social skills.	Jigsaw topic - Relationships		<b>1 John 1-7</b> But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.
That people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love		<b>Ephesians 5:33</b> However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
About marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love  No Outsiders		<b>1 Corinthians 13:4-8</b> Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.
That forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves and others.	he pressure put on people to marry against their will can be:	Jigsaw topic – Relationships  No Outsiders	Police Talk	



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	Physical including threats, actual physical violence and sexual violence Emotional and psychological for example, when someone is made to feel like they're bringing shame on their family Financial abuse including taking away their wages or not giving them any money			
That people who love and care for each other can be in a committed relationship ( e.g marriage) living together, but may also live apart.	Y3: How we live in love Y4: God loves us in our differences. Y5: God's love for everyone Y6: The wonder of God's love in creating new life	Journey in Love  No Outsiders		<b>1 Corinthians 13:4-8</b> And now these three remain: faith, hope and love
That a feature of positive family life is caring relationships; about the different ways in which people care for one another.	We have stepfamilies; single-parent families; families headed by two unmarried partners, either of the opposite sex or the same sex; households that include one or more family members from a generation; adoptive families; foster families; and families where children are raised by their grandparents or other relatives.	Jigsaw topic – Relationships  Mother's Day Cards  Father's Day Cards  Christmas gifts		<b>Ephesians 4:32</b> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
To recognise other shared characteristics of healthy family life, including	See above			<b>Colossians 3:13</b> Bear with one another and, if one has a complaint



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commitment, care, spending time together; being there for each other in times of difficulty.				against another, forgive each other; as the Lord has forgiven you, so you also must forgive.
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice.	Every child and adult should feel that he or she is special and be encouraged to pursue his or her own dreams; a place where everyone's individuality is permitted to flourish.	Jigsaw topic – Relationships  No Outsiders	Social stories	<b>Ephesians 5:25</b> Husbands, love your wives, just as Christ loved the church and gave himself up for her.

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Relationships				
Friendships				
About the importance of friendships; strategies for building positive friendships; how positive friendship support wellbeing.	Social skills don't come naturally to all kids. Impulsive and hyperactive children often act in ways	Jigsaw topic - Relationships  No Outsiders		<b>Luke 6:31</b> Do to others as you would have them do to you.



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	that stymie their strong desire for friendship.			
What constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships.	Knowing how and when to ask for help is a critical life skill that many children struggle to master.	Jigsaw topic - Relationships		<b>Exodus 14:14</b> The Lord will fight for you, and all you have to do is keep still.
To recognise what it means to 'know someone online and how it differs from knowing someone face to face; risks of communicating online with others not known face-to-face.	It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.	Jigsaw topic - Relationships NSPCC visits		<b>Proverbs 19:1</b> Better is a poor person who walks in his integrity than one who is crooked in speech and is a fool.
The importance of seeking support if feeling lonely or excluded.	Thousands of young people are reaching out to Childline for help with feelings of loneliness and isolation as they struggle with the pressures of growing up in today's society.	Jigsaw topic - Relationships NSPCC visits	Childline talks.	<b>Deuteronomy 31:6</b> Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."



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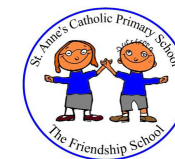
That healthy friendships make people feel included; Recognise when others may feel lonely or excluded; strategies for how to include them.	11.3% of children said that they were "often" lonely; this was more common among younger children aged 10 to 12 years (14.0%) than among those aged 13 to 15 years (8.6%).	Jigsaw topic - Relationships  NSPCC visits		<b>Proverbs 17:17</b> A friend loves at all times, and a brother is born for a time of adversity.
Strategies for recognising and managing their peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others.	10 percent of teenagers surveyed said that they had not been influenced by peer pressure.	Jigsaw topic - Relationships  NSPCC visits		<b>Proverbs 1:10</b> My son, if sinners entice you, do not consent.
How friendships can change over time, about making new friends and the benefits of having different types of friends.	Making new friends and building relationships can be very daunting for children. With the various dynamics and personalities to navigate, there may be a lot for them to learn.	Jigsaw topic - Relationships  NSPCC visits		<b>Proverbs 24:16</b> for though a righteous man falls seven times, he will rise again, but the wicked stumble into calamity.
That friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely.	Often, children who argue are so caught up in being right, they forget to think about how the other person may be feeling.	Jigsaw topic – Relationships  Eddie Schumann – School Counsellor		<b>Matthew 18:15</b> If your brother sins against you, go to him and show him his fault. But do it privately, just between yourselves. If he listens to you, you have won your brother back.
To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to	Instead of making your child feel good – like he belongs and is accepted – toxic friendships can lead to your child having negative	Jigsaw topic – Relationships  Eddie Schumann – School Counsellor		<b>2 Thessalonians 2:1</b> Now concerning the coming of our Lord Jesus Christ and our being gathered together

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manage this and ask for support if necessary.	feelings about himself or others. That's because toxic friends often put people down, manipulate them, leave them out or behave in other mean ways.			to him, we ask you, brothers,
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Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Managing hurtful behaviour and bullying				
About the impact of bullying, including online and offline, and the consequences of hurtful behaviour.	Self-regulation is being able to manage feelings so they don't intrude heavily on relationships or day-to-day life.	Jigsaw topic - Relationships  Safer internet week		<b>Proverbs 12:18</b> There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.
Strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support.	New figures show self-harm is soaring in England among the very young.	Jigsaw topic - Relationships  Safer internet week  Online behaviour play  Drama workshops		<b>Proverbs 21:23</b> Whoever keeps his mouth and his tongue keeps himself out of trouble.



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About discrimination; what it means and how to challenge it.		No Outsiders		
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Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Safe relationships				
About privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online).	PANTS has helped make 950,000 children safer from sexual abuse.	Jigsaw topic - Relationships  PANTS  Safer Internet week		<b>Matthew 6:6</b> But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.
About why someone may behave differently online, including pretending to be someone they are not; strategies for overcoming risks, harmful content and	80% of children have reported that they have noticed someone behaving differently online.	Jigsaw topic - Relationships  Safer Internet Week		<b>Proverbs 12:17</b> He who speaks truth tells what is right, But a false witness, deceit.



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contact; how to report concerns.				
How to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know.	There are various ways to report if children don't feel comfortable with something online.	Jigsaw topic - Relationships		<b>Psalm 37:3</b> Trust in the LORD and do good; dwell in the land and enjoy safe pasture.
Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact.	Child abuse is when a child is intentionally harmed by an adult or another child – it can be over a period of time but can also be a one-off action.	Jigsaw topic - Relationships  PANTS		<b>Psalm 91:11</b> For He will give His angels charge concerning you, To guard you in all your ways.
About seeking and giving permission (consent) in different situations.	Up to 46% of primary aged children use social media.	Jigsaw topic - Relationships		<b>Matthew 7:7</b> Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.
About keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret.	More than half of children between 4-8 have reported being pressured by friends to do something they don't want to.	Jigsaw topic - Relationships		<b>Luke 12:2</b> Nothing is covered up that will not be revealed, or hidden that will not be known.
How to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.	There are ways to help in resisting the pressure from friends.	Jigsaw topic - Relationships  Life Skills – Banardo's		<b>Acts 5:29</b> But Peter and the apostles answered, "We must obey God rather than men.

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Where to get advice and report concerns if worried about their own or someone else's personal safety (including online)	See above			
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Objective	What we know	What we do	What else could we do	Scripture
Relationships				
Respecting self and others				
That personal behaviour can effect other people; to recognise and model respectful behaviour online.	Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone.	Jigsaw topic - Relationships  Anti bullying week	Anti bullying workshops	<b>Ephesians 4:32</b> Be kind to one another, tender hearted, forgiving one another, as God in Christ forgave you.
To recognise the importance of self respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely	<b>Clubmoor is 96% White British, 0.9% Mixed, 0.6% Asian and 0.5% Black. This is below national average.</b>	Jigsaw topic - Relationships		<b>Romans 12:10</b> Be devoted to one another in love. Honour one another above yourselves.





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and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships.				
About respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background.	See above	Jigsaw topic - Relationships		<b>Revelations 7:9</b> After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands,
To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own.	Cooperation requires a combination of character attributes, such as being respectful, honest, helpful and thoughtful.	Jigsaw topic - Relationships		<b>Proverbs 27:17</b> Iron sharpens iron, and one man sharpens another.
How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with.	See above.	Jigsaw topic – Relationships  No Outsiders		<b>Proverbs 31:9</b> Open your mouth, judge righteously, defend the rights of the poor and needy.



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Objective	What we know	What we do	What else could we do	Scripture
Living in the wider world				
Shared responsibilities				
To recognise reasons for rules and laws; consequences of not adhering to rules and laws.	Rules prepare children for the real world as your limits & boundaries provide a framework so your child can understand what's expected of them and what will happen if they don't comply.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic - Relationships	Police Talks	<b>Romans 13:1</b> Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God.
To recognise there are human rights, that are there to protect everyone.	The Human Rights Act 1998 sets out the fundamental rights and freedoms that everyone in the UK is entitled to.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic – Relationships  No Outsiders		<b>Galatians 3:28</b> There is neither Jew nor Greek, there is neither slave[a] nor free, there is no male and female, for you are all one in Christ Jesus.
About the relationship between rights and responsibilities.	UK citizens have many legal rights and responsibilities. There are different types of laws protecting the rights of individuals - from civil laws to criminal laws.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic – Relationships  No Outsiders		<b>1 Corinthians 3:8</b> He who plants and he who waters are one, and each will receive his wages according to his labor.
The importance of having compassion towards others; shared responsibilities we have for caring for other	See above			



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people and living things; how to show care and concerns for others.				
Ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)	Human-caused climate change has already been proven to increase the risk of floods and extreme rainfall, heatwaves and wildfires with implications for humans, animals and the environment.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic – Relationships  Assemblies	CAFOD club	<b>Proverbs 12:10</b> Whoever is righteous has regard for the life of his beast, but the mercy of the wicked is cruel.

Objective	What we know	What we do	What else could we do	Scripture
Living in the wider world				
Communities				
About the different groups that make up their community; what living in a community means.	Schools and communities are responsible for building a safe and child-friendly environment outside the child's home.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic – Relationships  SYNOD	Create more community links	<b>Galatians 3:28</b> There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.
To value the different contributions that people and groups make to the community.	Children from an early age need to know about their options for the future.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me		<b>Matthew 12:37</b> For by your words you will be justified, and by your



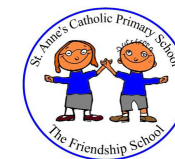
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		Jigsaw topic – Relationships Visits to old people homes.		words you will be condemned.
About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.	In a multicultural society, there is not an official (decided by the people in charge) culture that every person must be a part of. Instead, all cultures are respected as much as each other.	Jigsaw topic - Dreams and goals Jigsaw topic – Being Me Jigsaw topic - Relationships		<b>Romans 12:16</b> Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight.
About stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.	Every culture has their own stereotypes and of course it's unfair to judge and categorise everyone from Britain into certain categories, but it's also quite nice to prepare yourself for how a typical British person behaves so that you know not only what you're in for, but also how to respectfully behave when you're surrounded by the British culture.	Jigsaw topic - Dreams and goals Jigsaw topic – Being Me Jigsaw topic – Relationships No Outsiders		<b>John 7:24</b> Do not judge by appearances, but judge with right judgment.
About prejudice; how to recognise behaviours/actions which discriminate against others; way of responding to it if witnessed or experienced.	See above	No Outsiders		<b>Ephesians 4:32</b> Be kind to one another, tender hearted, forgiving one another, as God in Christ forgave you.

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Objective	What we know	What we do	What else could we do	Scripture
Living in the wider world				
Media literacy and digital reliance				
Recognise ways in which the internet and social media can be used both positively and negatively.	It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.	Jigsaw topic – Relationships  Internet Safety Week		<b>Matthew 25:40</b> And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'
How to assess the reliability of sources of information online; and how to make safe, reliable and choices from search results.	According to a new survey, 52.8% of Internet users believe that most or all of the information online is "reliable and accurate."	Jigsaw topic – Relationships  Internet Safety Week		<b>Luke 16:10</b> One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.
About some of the different ways information and data is shared and used online including for commercial purposes.	11% of online users have been the victim of data theft.	Jigsaw topic – Relationships  Internet Safety Week		
About how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.	Google and Facebook still hold the largest share of total digital ad spend, with 38.6% and 19.9%, respectively.	Jigsaw topic – Relationships  Internet Safety Week		<b>Proverbs 16:3</b> Commit to the Lord whatever you do, and he will establish your plans.



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Recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images.	Some children, parents or carers may not be comfortable with images of themselves or their children being shared.	Jigsaw topic – Relationships  Internet Safety Week  NSPCC Talks		<b>Hebrews 13:16</b> And do not forget to do good and to share with others, for with such sacrifices God is pleased.
About how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation.	The potential for misuse of images can be reduced if organisations are aware of the potential dangers and put appropriate measures in place.	Jigsaw topic – Relationships  Internet Safety Week  NSPCC Talks		<b>Matthew 24:24</b> For false christs and false prophets will rise and show great signs and wonders to deceive, if possible, even the elect.

Objective	What we know	What we do	What else could we do	Scripture
Living in the wider world				
Economic wellbeing: Money				
About different ways to pay for things and the choices people have about this.	Money is what people use to buy things and services. Money is what many people take for selling their own things or services. There are many kinds of money in the world.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic - Relationships	Bank workshops	<b>Proverbs 13:11</b> Wealth gained hastily will dwindle, but whoever gathers little by little will increase it.



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To recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something good value for money.	You have to wait to buy something you want.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic - Relationships	Bank workshops	<b>Ecclesiastes 5:10</b> He who loves money will not be satisfied with money, nor he who loves wealth with his income; this also is vanity.
That people spending decisions can affect others and the environment (e.g. Fair trade, buying single use plastics, or giving to charity)	See above	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic - Relationships	Bank workshops	<b>Matthew 5:6</b> Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
To recognise that people make spending decisions based on priorities, needs and wants.	Even at this early age, children have begun to build attitudes and habits around money. By age 7, research shows that children's attitudes about money are well developed. This makes it important to start building good money habits as early as possible.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic - Relationships	Bank workshops	<b>Proverbs 13:22</b> A good man leaves an inheritance to his children's children, but the sinner's wealth is laid up for the righteous.
Different ways to keep track of money.	That money needs to be looked after; different ways of doing this.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic - Relationships	Bank workshops	<b>Proverbs 13:11</b> Wealth gained hastily[a] will dwindle, but whoever gathers little by little will increase it.
About risks associated with money (e.g money can be won, lost or stolen) and	Children as young as 11 have problems with gambling, while almost half a million kids have admitted	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me	Bank workshops	



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ways of keeping money safe.	to betting regularly say the Gambling Commission.	Jigsaw topic - Relationships		
About the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations.	See above			<b>1 Timothy 6:10</b> For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs.
To identify the ways that money can impact on people's feelings and emotions.	The most important emotions in relation to money are fear, guilt, shame and envy. It's worth spending some effort to become aware of the emotions that are especially tied to money for you because, without awareness, they will tend to override rational thinking and drive your actions	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic - Relationships	Bank workshops	<b>Proverbs 21:20</b> Precious treasure and oil are in a wise man's dwelling, but a foolish man devours it.





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Objective	What we know	What we do	What else could we do	Scripture
Living in the wider world				
Economic Wellbeing: Aspirations, work and career				
To recognise positive things about themselves and their achievement; set goals to help achieve personal outcomes.	That we all need to be good at different things for our community to work.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic – Relationships  Careers weeks		<b>Exodus 15:2</b> The Lord is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him.
That there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life.	A job also teaches them time management, hones their work ethic and boosts soft skills such as cooperation, task follow-through, independent thinking, self-reliance and getting along with others.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic - Relationships  Careers weeks		<b>Colossians 3:17</b> And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.
About stereotypes in the workplace and that a person's career aspirations should not be limited by them.	The Equality Act 2010 protects children, young people and adults against discrimination, harassment and victimisation in relation to housing, education, clubs, the provision of services and work.	No Outsiders		<b>Matthew 7 1:2</b> Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you.
About what might influence people's decisions about a job or a career (e.g. personal interests and values, family connections to certain trades or businesses,		Industry Week  Jigsaw topic - Dreams and goals Jigsaw topic – Being Me		<b>Psalms 90:17</b> May the favor of the Lord our God rest on us; establish the work of our hands for us— yes, establish the work of our hands.

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strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs).				
That some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work, which is unpaid.	Unemployment is 68% in Edge Hill. Which is below national and Liverpool averages.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic – Relationships  Careers weeks		<b>Galatians 6:2</b> Bear one another's burdens, and so fulfil the law of Christ.
About some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation.	Unemployment in Edge Hill is above national and Liverpool averages.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Jigsaw topic – Relationships  Careers weeks		<b>Ecclesiastes 9:11</b> Whatever your hand finds to do, do it with your might, for there is no work or thought or knowledge or wisdom in Sheol, to which you are going.
To identify the kind of job that they might do when they are older.	That there are many routes into work.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Industry Week		<b>Matthew 7:7</b> Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.
To recognise a variety of routes into careers (e.g. college, apprenticeship, university)	See above.	Jigsaw topic - Dreams and goals  Jigsaw topic – Being Me  Industry Week		<b>Colossians 3:23</b> Whatever you do, work at it with all your heart, as working for the Lord, not for human masters...

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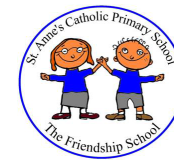
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