



KS2 UPPER PERSONAL, SOCIAL, HEALTH, ECONOMIC (PSHE) CURRICULUM OVERVIEW FOR PARENTS

In Upper Key Stage 2, PSHE helps children prepare for the next stage of school and life. They learn more about identity, growing up, and taking responsibility for their wellbeing and relationships. They develop independence and the confidence to make thoughtful decisions.

The aims of PSHE education are to help children:

- Understand and manage emotions
- Form positive relationships and friendships
- Learn how to stay healthy and safe
- Recognise their rights and responsibilities
- Begin to understand money and choices

It supports their spiritual, moral, social and cultural development, preparing them for life in modern Britain.



RELATIONSHIPS

Children will learn to:

- Recognise how friendships can change and how to manage these changes respectfully.
- Understand what makes a healthy or unhealthy relationship.
- Explore the importance of trust, consent, and personal boundaries.
- Understand what bullying is (including online) and how to seek support.
- Develop respect for others' viewpoints, backgrounds, and beliefs.

Children learn to build positive relationships and to recognise when something doesn't feel right.



HEALTH & WELLBEING

Children will explore:

- Children will explore:
- How their bodies and emotions change during puberty.
- The importance of looking after their mental health and asking for help when needed.
- Strategies for coping with stress, pressure, and big changes.
- How lifestyle choices such as sleep, exercise, and diet affect wellbeing.
- How to keep themselves safe, including online and in public spaces.

Children learn how to care for their physical and emotional health as they become more independent.



LIVING IN THE WIDER WORLD

Children will begin to understand:

- How to manage money and plan for spending and saving.
- How to challenge stereotypes and respect differences.
- How the media and social media can influence choices and opinions.
- How they can take action to care for the environment and their community.
- What responsibilities and rights they have as they grow older.

Children gain a sense of belonging, responsibility, and the confidence to make positive contributions to society.



PSHE helps children:

- Build strong self-esteem and confidence.
- Make safe, thoughtful choices in a range of situations.
- Respect diversity and equality.
- Manage change and prepare for growing independence.



KS2U How can I help my child at home?

Your encouragement helps your child grow into a confident, caring young person ready for the next step.

Celebrate effort and kindness as much as achievement.



Discuss how to manage stress or disappointment, especially around schoolwork or friendships.

Talk about online safety, peer pressure, and how to make safe choices.



Keep communication open – encourage honest chats about friendships, changes, and worries.

Encourage them to balance independence with responsibility (like helping at home or managing pocket money).



Watch or read stories that explore diversity, fairness, and respect.