

What Is Let's Talk?

Let's Talk is an integrated PSHE curriculum that teaches personal development, health, resilience and relationships while harnessing the power of school community.

The programme covers the following elements:

- Relationships
- Physical health
- Mental wellbeing
- Online safety and awareness
- British Values
- Inclusion
- Careers
- Wider safety
- Citizenship
- SMSC (spiritual, moral, social and cultural development)



PSHE YEARLY OVERVIEW 2026/27

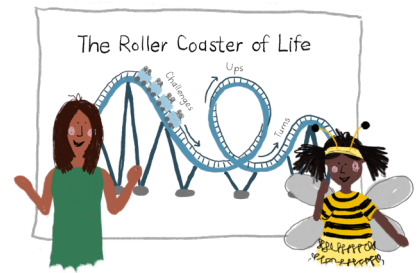
Week	Term 1- Building Resilience	Term 2- Respectful Relationships	Term 3- Wellbeing	Term 4- Health Education	Term 5- Caring Friendships	Term 6- Wider World
1	Resilience	Families and people who care	Expressing Yourself	Sleep	Friendships	Tolerance
2	Emotions	Online Relationships	Thought Gremlins (worrying thoughts)	Healthy Eating	Empathy	Care for Community
3	Triggers and Tornado Zone	Bullying Behaviour	Values	Exercise	Reporting	Wellbeing Online
4	The Arena	Collaboration	Gratitude	Harmful Habits	Honesty	Money
5	Road to Success (embracing setbacks)	Stereotyping	Challenges	Online Safety	Peer Pressure	Winning and Losing
6	Facing Mistakes	Violence	Circle of Kindness	Keeping Safe	Conflict	Change

A Team Effort

A successful personal development programme requires a consistent approach. To ensure this unity, we hold frequent support staff training, working parties, parent/carer workshops and lesson demonstrations to ensure that all of the key players contribute to the programme to best support the children.



Family and carers



Teachers and support staff



Key learning concepts



Outside influences



School community



Extended family

Key Principles of Let's Talk

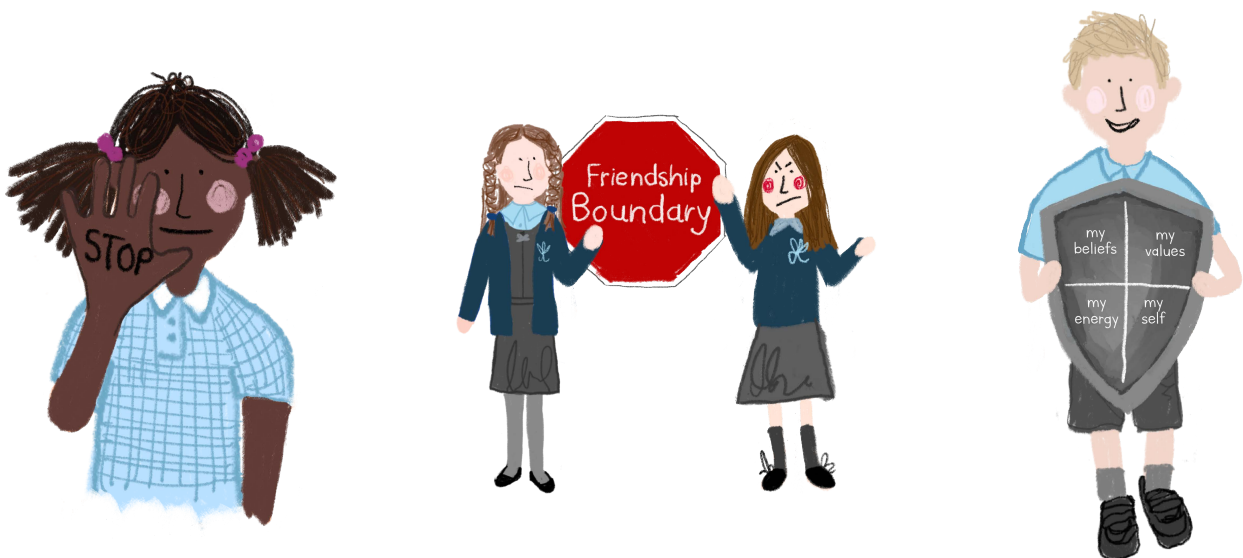
KEY PRINCIPLE 1

The programme is live every day and builds into the school's culture through the Golden Challenges. These concepts are taught across the curriculum and referenced at break time, assemblies and staff training.



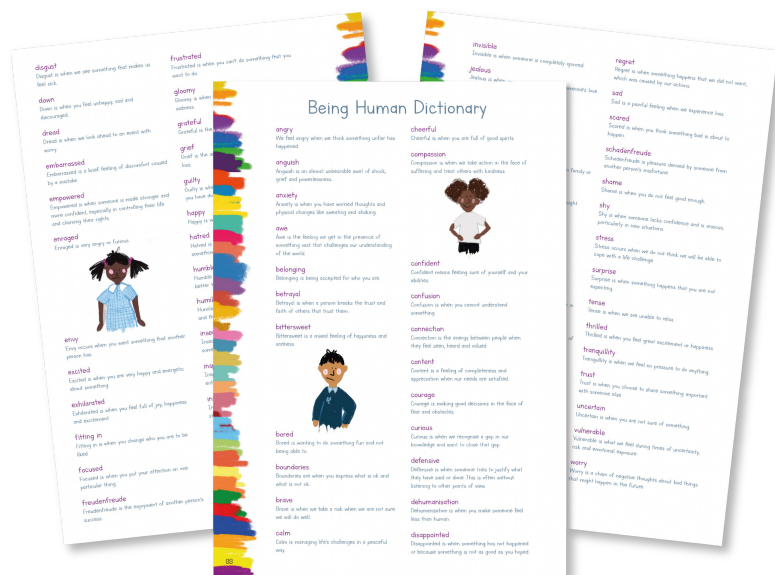
KEY PRINCIPLE 2

Children will be taught the knowledge and skills to stay safe and make well-informed decisions to support healthy relationships.



KEY PRINCIPLE 3

Children develop skills of oracy to articulate themselves precisely and confidently. Discussion, pupil autonomy and self-reflection are at the heart of learning and children develop a wide vocabulary to express their emotions.



KEY PRINCIPLE 4

We will continue to consult with parents/carers, pupils and professionals across the Let's Talk community to ensure that the curriculum remains relevant, age appropriate and accessible to all pupils.

