



Redmaids' High School

Personal, Social and Health Education (PSHE)

Applicable to: All teaching staff, students and parents/guardians

This document should be read in conjunction with the policies on Spiritual, Moral, Social and Cultural Education, Career Education and Guidance, RSE policy and the PSHE handbook. Parents/guardians are consulted annually when the policy is reviewed.

Aims

Our core values are

- 1) Know and understand each individual student.
 - 2) Help students to understand themselves and their strengths.
 - 3) Inspire students to forge a career of lifelong learning, in all its guises "It is within this context that we aim:
- To ensure that, in line with the ethos of the school, the PSHE curriculum is delivered in a way in which students are entitled to respect and dignity and that they feel comfortable, unthreatened, and able to participate freely.
 - To ensure that the curriculum is politically impartial and that a balanced presentation of opposing views is brought to the attention of students when political issues are discussed.

Objectives of PSHE

To provide a PSHE course that promotes self-reliance, knowledge, skills and understanding and that should enable students to:

- Maximise their academic achievement at school through the development of communication skills, the skills of learning in classrooms, co-operative work, skills in managing study and reflection and review.
- Maximise the use of their academic achievements after school through the development of personal and social skills, including skills of self-presentation, and also interpersonal skills for work and non-work contexts.

- Maximise their contribution to and satisfactions from adult life through their understanding of the importance of maintaining bodily health, emotional health and well-being and a healthy lifestyle. Develop awareness of the importance of positive relationships including intimate and sexual ones, and of social relationships within the family, the community, and at work.
- To encourage students to examine and reflect upon their own attitudes and values as well as those of the people around them so that they develop a respect for and understanding of others.
- To work in conjunction with the programme of Careers Education and Guidance in Year 9 with reference to GCSE Options.

Implementation

All students in Years 7 to 11 have one lesson per fortnight of PSHE which are delivered by the Head of PSHE.

Topics covered in PSHE in Years 7 to 11 include:

- Puberty incl. Menstruation and sustainable period products
- Friendships incl. Transitioning to secondary school
- Bullying
- Self-esteem and emotional health – incl. Body image
- Being safe – incl. Terrorist attacks, self-defence, public sexual harassment
- Young people and the law, their rights and responsibilities
- Social responsibility
- Alcohol
- Drugs including legal and illegal drugs and psychoactive substance abuse
- Discrimination including racism, sexism, homophobia, ageism and transphobia
- Relationship and sex education including LGBT+, sexual health and consent
- Abortion
- Disordered eating
- Sexually transmitted infections, including HIV/AIDS
- Teenage pregnancy and parenthood
- Domestic Abuse - incl. coercive control, emotional, physical and financial abuse
- Female Genital Mutilation and Honour Based Violence
- The menopause
- Finance – incl. student loans, understanding credit and debit, mortgages

In PSHE, student progress and understanding is assessed regularly using online tools. This information allows lesson content to be adapted as necessary. Students are invited to evaluate teaching and content at the end of each unit.

Right to withdraw

In line with the school's policy statement on equal opportunities, relationships and sex education (RSE) and the way it is delivered to the students, should include awareness of and respect for the social, cultural and religious diversity of the school community. The school will have due regard for the Equality Act 2010.

RSE is an educational entitlement for all students and an integral part of each student's emergence into adulthood. Sex education and education for family life form part of the cross curricular themes of the National Curriculum.

At the time of joining the school, parents/guardians will be given information about the school's policy on education about relationships and sex as part of the PSHE curriculum. Information is sent about the relationships and sex curriculum prior to the RSE workshops or lessons in which the students participate. Any parent/ guardians who wishes to discuss their child's involvement in these aspects of the curriculum should contact the Head in the first instance.

It is now a statutory requirement for all schools to deliver relationship and sex education. Despite this, after discussion with the Head, parents/ guardians can withdraw their child from the sex element of RSE education. The Head will explore any concerns with the parent/ guardians and the detrimental effect this may have on a child. A record will be kept of the concerns.

Parents/ guardians are not able to withdraw their child from relationship, health or sex as part of the science curriculum. Students may not be removed from the biology lessons which focus on sex as part of the National Curriculum.

Three terms before they turn 16, a student can opt back into sex education lessons against their parents' or guardians' wishes.

Confidentiality and advice

Students and staff will agree the ground rules for discussions in PSHE lessons and it is understood that such discussions are confidential to the group. This is to promote the atmosphere of trust and openness that is of clear benefit to the students.

However, students will be made aware as appropriate that some information cannot be held confidential, although in that instance the student will be offered sensitive and appropriate support. Where there is a disclosure or suspicion of abuse, the school's child protection procedures will apply.

General advice to students is an appropriate part of PSHE but where an individual seeks advice or help as a result of the content of the PSHE programme it is likely that it will be inappropriate for staff to offer this in front of other students. It may be necessary in this situation to make use of the agreed pastoral structure including the School Counsellor and the school's medical provision.

References

[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education guidance](#)

[Equality Act 2010 and schools 2014](#)

[Political impartiality in schools February 2022](#)

Laura Beynon/Alice Hinks/Gilly Rowcliffe Reviewed Autumn term 2023
Review date Autumn term 2024