



Personal, Social and Health Education Policy including Relationships Education (Primary) and Relationships and Sex Education (Secondary) Policy

DETAILS OF POLICY	
Date of most recent review:	September 2026
Reason for review:	Update to current guidance
Adopted by:	SLT
Parties communicated to:	All stakeholders
Methods of Communication:	School intranet, induction, website
Next planned review date:	September 2027 or sooner should legislation or statutory guidance change
Persons responsible for audit review of policy:	Senior Leadership Group

1. Aims

The purpose of PSHE and RSHE at the school is to provide pupils with the knowledge, skills and understanding they need to live safe, healthy, independent and fulfilling lives.

Our PSHE curriculum supports pupils to:

- Maintain positive physical and mental health.
- Develop healthy, respectful and safe relationships.
- Understand personal safety and risk.
- Prepare for adulthood, further education, employment and independent living.
- Develop resilience, self-regulation and emotional wellbeing.
- Understand their rights, responsibilities and role within society.
- Make informed decisions about health, relationships and personal safety.
- Know when and how to seek support.

Through PSHE and RSHE, pupils are prepared for the opportunities, responsibilities and experiences of adult life and are equipped to participate positively in modern British society.

2. Statutory Framework

This policy has regard to:

- Education Act 2002
- Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education (current version)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance
- SEND Code of Practice
- The Independent School Standards

The school recognises that Relationships Education, RSE and Health Education are statutory requirements and that PSHE contributes significantly to safeguarding, wellbeing and preparation for adulthood.

3. Curriculum Intent

PSHE is delivered through three broad themes:

Health and Wellbeing

Including:

- Mental wellbeing
- Emotional literacy
- Resilience
- Stress management
- Physical health
- Exercise
- Sleep
- Healthy lifestyles
- Personal hygiene
- Puberty
- Body image
- First aid
- Substance misuse awareness

Relationships

Including:

- Families
- Friendships
- Respectful relationships
- Boundaries
- Consent
- Communication
- Online relationships
- Bullying
- Harassment
- Discrimination
- Healthy and unhealthy relationships
- Sexual health education

Living in the Wider World

Including:

- Careers education
 - Employability
 - Community participation
 - Financial awareness
 - Independent travel
 - Digital citizenship
 - Personal safety
 - Preparation for adulthood
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4. Long-Term Curriculum Plan

The school's PSHE curriculum is structured around accredited Open Awards units and statutory RSHE themes.

Autumn 1

Personal Care and Hygiene

Coverage includes:

- Personal hygiene
- Self-care
- Body image
- Puberty and changing bodies
- Menstruation
- Physical health

Autumn 2

Dealing with Stress / Stress Management

Coverage includes:

- Mental wellbeing
- Managing emotions
- Self-regulation
- Resilience
- Coping strategies
- Help-seeking and support networks

Spring 1

Using Public Transport

Coverage includes:

- Personal safety
- Independent travel
- Community participation
- Communication skills
- Emergency situations
- Managing money

Spring 2

Research Project for Learning and Work

Coverage includes:

- Careers education
- Personal strengths
- Education pathways
- Employment opportunities
- Workplace expectations
- Decision making

Summer 1

Healthy Relationships

Coverage includes:

- Families and caring relationships
- Friendships
- Respect
- Consent
- Boundaries
- Communication
- Conflict resolution
- Bullying, harassment and discrimination

Summer 2

Staying Safe and Preparing for Adulthood

Coverage includes:

- Online safety
- Digital relationships
- Image sharing
- Pornography awareness
- Grooming and exploitation
- Sexual harassment and sexual violence
- Domestic abuse and coercive control
- Drugs, alcohol and vaping
- Sexual health
- Contraception
- STIs
- Pregnancy
- First aid
- Independence skills

This curriculum has been designed to meet the requirements of the revised RSHE expectations from September 2026 onwards.

5. Teaching and Learning

Teaching is:

- Age-appropriate and developmentally appropriate.
- Inclusive and accessible.
- Adapted for pupils with SEND.
- Sensitive to pupils' backgrounds and experiences.
- Delivered through discussion, practical activities, scenario-based learning and reflection.

Staff provide a safe environment where pupils can ask questions, explore issues and challenge misconceptions respectfully.

No pupil is required to disclose personal experiences or beliefs during lessons.

6. Safeguarding

PSHE and RSHE play an important role in safeguarding.

Teaching includes:

- Recognising abuse and exploitation.
- Online safety.
- Grooming.
- Sexual harassment.
- Domestic abuse.
- Consent and boundaries.
- Seeking help from trusted adults.

Any safeguarding concerns arising during lessons will be managed in accordance with the school's safeguarding procedures.

Confidentiality cannot be guaranteed where a pupil is at risk of harm.

7. Equality, Diversity and Inclusion

The curriculum reflects the requirements of the Equality Act 2010.

Teaching promotes:

- Respect for all individuals.
- Equality of opportunity.
- Inclusion.
- Tolerance.

- Understanding of diversity.

Content is delivered sensitively and appropriately, recognising the diverse backgrounds, characteristics and experiences of pupils.

8. SEND and Accessibility

The school recognises that pupils with SEND may require:

- Additional teaching time.
- Adapted resources.
- Repetition and retrieval practice.
- Explicit vocabulary instruction.
- Concrete examples and practical activities.

Curriculum content is differentiated to ensure all pupils can access learning and achieve intended outcomes.

9. Parents and Carers

The school values partnership with parents and carers.

Parents are:

- Informed about the school's PSHE and RSHE curriculum.
 - Able to access this policy through the school website.
 - Encouraged to discuss any questions or concerns with the Headteacher.
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10. Right to Withdraw

Parents may request that their child be withdrawn from the non-statutory sex education elements of RSE.

Requests should be made in writing to the Headteacher.

The Headteacher will discuss the request with parents and explain the educational purpose and benefits of the curriculum.

The right to withdraw does not apply to:

- Relationships Education.
- Health Education.

- Content taught through the National Curriculum for Science.

The school will follow current statutory guidance regarding requests for withdrawal.

11. Roles and Responsibilities

The Proprietor / Headteacher

The Headteacher will:

- Ensure compliance with statutory requirements.
- Monitor curriculum delivery.
- Ensure staff receive appropriate training.
- Consider withdrawal requests.
- Report on implementation where required.

Staff

Staff will:

- Deliver PSHE and RSHE effectively.
- Maintain professional boundaries.
- Promote a safe learning environment.
- Identify safeguarding concerns.
- Adapt teaching to meet pupil needs.

Pupils

Pupils are expected to:

- Participate respectfully.
 - Listen to others.
 - Follow agreed classroom rules.
 - Treat sensitive topics appropriately.
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12. Monitoring and Review

The Headteacher will monitor:

- Curriculum coverage.
- Quality of teaching.
- Pupil engagement.
- Assessment information.
- Statutory compliance.