

## **Personal, Social & Health Education (PSHE) Policy**

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### **INTRODUCTION**

Personal Social and Health Education and Citizenship (PSHE) seeks to help pupils to lead confident, healthy and responsible lives as individuals and members of society. By means of weekly lessons and a range of activities across and beyond the curriculum, pupils gain practical knowledge and skills to help them live healthily and deal with the moral, social and cultural issues that they face as they approach adulthood. PSHE gives pupils opportunities to reflect upon their experiences and how they are developing as individuals. It helps them to understand and to manage responsibly a wider range of relationships as they mature, and to show respect for the diversity of, and differences between, people. It also develops pupils' well-being and self-esteem, encouraging belief in their ability to succeed, and enabling them to take responsibility for their learning and future choice of courses and career.

Citizenship is included in our PSHE programme, and many of these areas overlap, although citizenship focuses particularly upon pupils' development in making a positive contribution to society, at home as well as globally. Both facets emphasise the development of skills and the exploration of attitudes.

### **AIMS**

In PSHE, Rydal Penrhos aims to provide opportunities for pupils to:

- develop their personal, social and life skills;
- acquire knowledge and understanding of important issues that may affect their lives and the lives of others;
- reflect upon their experiences and learn from them;
- identify, assess and manage risks which may arise in life;
- learn how to keep themselves and others safe;
- develop their own attitudes and values in an informed manner;
- understand the basic principles of citizenship issues;
- investigate opportunities in learning and work, in other words career exploration;
- develop their skills of enquiry and communication.

### **STATUTORY REQUIREMENTS:**

PSHE is a non-statutory requirement. However, there are aspects of it we are required to teach.

We must teach relationships education under the Children and Social Work Act 2017, in line with terms set out in statutory guidance. <https://www.legislation.gov.uk/ukpga/2017/16/contents/enacted>

We must teach health education under the same statutory guidance

We will teach Relationships and Sexuality Education (RSE) under the Welsh RSE Code 2022 <https://gov.wales/sites/default/files/publications/2022-01/curriculum-for-wales-relationships-sexuality-education-code.pdf>

### **ROLES and RESPONSIBILITIES:**

1. The Principal is responsible for ensuring that PSHE is taught consistently across the school
2. The PSHE Leader (Seniors) and Deputy Principal (Prep) will:
  - a. provide support for all PSHE staff in the form of resources, suggested lesson plans and general advice;
  - b. liaise with the Head of Careers, the schools liaison police officer and other agencies providing advice;
  - c. provide appropriate support and training for staff if required;

- d. monitor and evaluate the programme, including the use of outside agencies and pupils' responses to the programme;
  - e. attend relevant courses and local network meetings;
  - f. attend the PSHE Association annual conference (where possible) so as to keep up-to-date with current thinking in the world of PSHE;
  - g. investigate community-based agencies with the intention of involving them in the PSHE programme.
  - h. Have an overview for Relationships and Sexuality Education (RSE) across the school
3. The Staff are responsible for delivering PSHE in a sensitive way and modelling positive attitudes to PSHE. Staff will also monitor progress and respond to the needs of individual pupils
  4. Pupils are expected to engage fully in PSHE and, when discussing issues related to PSHE, treat others with respect and sensitivity.

## THE PSHE CURRICULUM

### Provision:

PSHE is a timetabled weekly lesson of 50 minutes for Years 7 to 13. The majority of lessons are taught by the Leader of PSHE, with support from a number of colleagues. In the Prep Years (R-6) there are two shorter lessons each week. PSHE topics are also covered extensively as part of the Foundation Phase Learning Objectives in our Pre-School.

### Curriculum Map:

PSHE is a subject likely to respond to local, national and international stories as well as school needs. The curriculum map identifies main areas of planned study but is open to change at the discretion of the PSHE leaders and in consultation with Key Stage Leaders. PSHE also incorporates the teaching of Relationships and Sexuality Education (RSE), details can be found in the separate RSE Policy.

Year group	Advent term	Lent Term	Trinity Term
R	Changes and new beginnings/ British Values	Relationships – bullying and friendships/ Safety	Social and Emotional aspects of learning/ effective learning and growth mindset
1	Living in the wider world – aiming high/ relationships, working together	Living in Britain, inclusion and diversity / relationships, value yourself	Health and well-being, it's my body/ money matters
2	Working together/think positive	Respecting rights, relationships with others/ It's my body, staying healthy	Money matters/ goals and jobs
3	How to handle our feelings/respecting rights	Safety first/one world (diversity and inclusion)	Relationships with others/digital well-being
4	Think positive/respecting rights	Peer pressure/relationships with others	One world – diversity and inclusion
5	Aiming high/ focus on working together  Puberty workshop 1 – friendships and hormones	Inclusive Britain/ Be yourself  Puberty workshop 2 – our changing bodies, staying clean and healthy	It's my body – healthy living/ money matters in the wider world  Puberty workshop 3 – periods and wet dreams

6	Safety first, cyber safety and peer pressure/think positive  Puberty workshop 4 – recap and intro to sex education	Respecting rights/working together  Puberty workshop 5 – LGBTQ+ ,	One world/ growing up and moving on
7	Cyber safety  Citizenship – what makes a strong society  Drugs education – introduction, Smoking	First Aid – Primary Response, DR ABC  Health & Wellbeing – Eating well, dealing with stress, emotional self care	RSE – Puberty – Physical & emotional  Careers – Skills and qualities
8	Citizenship – Diversity, prejudice & discrimination  Drugs education – Alcohol  Cyber safety – Sexting, grooming, exploitation	Global Citizenship – Fairtrade  Careers – Long & Short Term goals, investigating career paths  First Aid – Recap on DR ABC, Asthma & allergies	RSE – Relationship with self, Relationship with others  Health & Wellbeing – Sleep, Exercise, The Internet and mental health
9	Drugs education – Illegal drugs, the Law on drugs, County Lines, Cannabis  Cyber safety – Digital citizenship  Health & Wellbeing – Body Image, Accepting difference including your own, Dealing with change	Careers – Options incl. subject presentations, what to think about when choosing options  Finance education – Budgeting - Eating well on a budget	RSE – Healthy and unhealthy relationships, Sex and the Law, Pornography, Difference between aggression and assertion  Citizenship/RSE - Gender & Sexuality
10	Health & Wellbeing – Body Image and the Media  Eating disorders	RSE – Working on Relationships with a focus on sexual harassment, Consent, Contraception, STIs	Careers – Introduction to Unifrog, CV writing, Preparation for Work Experience  Finance Education - Gambling
11	Citizenship - Radicalisation	RSE – Gender equality, Peer on Peer abuse	Study skills and study time – GCSE prep.
12	Careers – Introduction to UCAS  Health & wellbeing – Stress Management , Testicular Cancer (one lesson)	Finance Education – Banks & money, Debt, Taxes and the UK  RSE – Sexual Health, Consent revisited, ‘Masculinity’	Careers – Personal statements and UCAS applications
13	Pupil initiated	Pupil initiated	Pupil initiated

## RESOURCES

The school is a member of the PSHE Association and follows its curriculum as a guide.

The annual PSHE budget resides within the Humanities budget in the Senior Section, and forms a part of the Prep Section overall curriculum budget.

This policy is subject to review on a biennial basis; however, it may require earlier revision in the light of any regulatory change which may come into force in the interim.

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