

## **Personal, Social & Health Education (PSHE) and Relationships, Sex & Health Education (RSHE)**

### **Overview**

#### **Intent**

The intent of the PSHE/RSHE curriculum is:

- To empower pupils to be able to make their own choices around sex and relationships, and to promote positive physical and mental wellbeing.
- To give pupils the opportunity to develop and practise a range of social and independent living skills in a controlled environment.
- To empower pupils to independently manage their own self-growth and personal development.
- To encourage celebration of diversity and challenging stereotypes and discrimination.
- To ensure pupils know how to stay safe in different environments and situations.

#### **Implementation**

PSHE/RSHE is delivered in 30-minute sessions once per week per subject (30 minutes for PSHE and 30 minutes for RSHE) across all year groups. Pupils are grouped by ability (English groups) in order to tailor content. Resources are quality assured and age-appropriate. They are reviewed by the subject lead regularly. Resources are shared in order to maintain appropriateness across all classes. Often alternative resources are provided to suit the needs of specific classes.

Pupils learn and are assessed in a variety of creative ways in order to focus on practicing and demonstrating skills. Schemes of work are consistently updated with latest guidance and resources.

The PSHE schemes of work have been created to focus on physical health, mental health, personal development and independent living skills. The RSHE schemes of work focus on creating and maintaining meaningful relationships, staying safe within relationships, navigating sexual relationships and sexual health issues, sexuality, gender and diversity. The subjects are taught within 3 key themes. Each year group accesses topics from all 3 themes each year:

<b>RSHE</b>		
Respectful Relationships	Feelings and Attitudes	Families and Growing Up

<b>PSHE</b>		
Healthy Lifestyles	Self-care, Support & Safety	The World I Live In

Lesson content is supported by educational visits and visitors where appropriate e.g., workshops, theatre performances etc. This is currently an area of focus for the summer term and into the next academic year to create a consistent package for each year group.

Assessment is also a current area of focus. The subject lead is currently working with the Deputy Head to ensure pupil progress can be demonstrated effectively.

Year 10 & 11 also complete a qualification during a 90-minute Health and Wellbeing lesson each week in addition to their PSHE & RSHE lessons. The qualification 'Living Independently' focuses on independent living skills such as money management, developing hobbies, personal care and building confidence & self-esteem.

## **Impact**

The intended impact of the curriculum is that:

- Pupils know how to keep themselves and others safe from harm.
- Pupils can build and maintain a variety of successful relationships with others.
- Pupils foster healthy, positive attitudes towards sex and relationships and are confident to make appropriate choices for themselves.
- Pupils can manage their own physical and mental health and understand where to go and who can help if they feel unwell.
- Pupils have positive mindsets and have developed their own resilience and confidence.
- Pupils have increased independence and have had the opportunity to develop and practice their skills.