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<h1>PSHEE and RSE Policy</h1>	
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### Executive Summary

This policy is for general readership and outlines the role which Personal Social Health and Economic Education (PSHEE) plays within the School. This policy also outlines our approach to Relationships and Sex Education (RSE) which is taught as part of the PSHEE programme, including information about the right for a pupil / their parent to request for them to withdraw from Sex Education.

## Supporting documents

This policy should be read in conjunction with the following School documents:

- Anti-Bullying policy
- Equal Opportunities policy (pupils)
- Guidance on supporting transgender pupils
- Lesbian, Gay, Bisexual, Transgender and others (LGBTQIA) policy
- Safeguarding and Child Protection policy
- Spiritual, Moral, Social and Cultural (SMSC) Development policy
- Pupil Wellbeing policy
- Visiting Speakers policy

To request a copy of any of the documents listed above please contact the Policies, Inspection and Strategy Coordinator:  
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## Introduction

Personal, Social, Health and Economic Education (PSHEE) plays a fundamental role in the personal, social and health and moral development of every pupil at Sherborne Girls (SG). The PSHEE curriculum imparts the core values of our School community. The main aims and objectives are to teach **facts**, help girls to understand **concepts**, enable them to acquire **skills**, encourage pupils to develop informed **opinions** and **attitudes** and to nurture a set of core **values**.

PSHEE contributes significantly to all five national outcomes for children which seek to ensure that young people are:

1. Active and healthy with physical and mental well being
2. Achieving full potential in all areas of learning and development
3. Safe and protected from harm
4. Have economic security and opportunity
5. Connected, respected and contributing to their world

## Aims and Objectives

Through the delivery of the PSHEE curriculum we:

- develop self-awareness among our pupils;
- ensure the pupils develop an understanding of others;
- equip pupils for the future;
- teach pupils about healthy lifestyles;
- enable pupils to learn right from wrong;
- help pupils to develop control over their lives;
- foster self-esteem across the pupil body;
- provide pupils with a greater awareness of global issues;
- help pupils to avoid risky and anti-social behaviour;
- help pupils develop strategies to prevent Radicalisation;
- help pupils understand what constitutes healthy relationships;
- teach pupils about the different types of abuse, including child-on-child abuse;
- provide pupils with factual information about sexual relationships.

The programme of study for PSHEE is outlined in [Appendix 2](#).

## Curriculum Presentation

The PSHEE curriculum at SG is delivered in various ways and the lessons provide a wealth of opportunity for a variety of teaching methods which include, but are not limited to:

- audio/visual presentation
- circle time
- discussions/debates
- "Question time"
- questionnaires
- quizzes
- research/projects/presentations
- role play
- surveys
- visiting speakers
- workshops with Sherborne School (our brother school)

Through experiencing various methods of teaching and different channels for learning the pupils are introduced to lateral and critical thinking, self-assessment and self-reflection.

## Cross-Curricular Links

PSHEE lessons complement many other areas of the academic curriculum, including:

SUBJECT	PSHEE TOPIC
Art/ DT	Media and real life aren't the same, peer pressure, consumerism

SUBJECT	PSHEE TOPIC
Food and Nutrition	Healthy eating, balanced diets, nutrition value of food, hygiene
English	Reading as part of a mental health toolkit, news and global issues, communication and negotiation
Geography	Fair trade, consumerism, geopolitics, environment
History	Combatting ‘-ist ‘ language , Apartheid/Civil Rights movement, law
Maths	Financial literacy, economic issues, managing money, budgeting, money matters
PE	Health and fitness, teamwork, fair play, healthy body/healthy mind, barriers to female participation
RS	Prejudice, abortion, euthanasia, disability, bereavement, morals, conflict resolution
Science	Drugs, Alcohol, Smoking, Vaping, Safer Sex, Climate, pollution,

## Planning and Staffing of PSHEE

Staff who teach the PSHEE curriculum come from a board range of departments within the school, bringing valuable skills from their own subject areas. They all contribute to additional subject planning within their year group teaching teams, and are supported by the Head of Department and online resources such as the PSHE Association and Unifrog. Alongside regular face-to-face and email conversations, there are termly department meetings during INSET days, and weekly drop-in sessions with the Head of Department. To assist in building their subject knowledge, as well as the teaching of sensitive content, all PSHEE teachers undertake online RSE (relationships and sex education) training. Further opportunities for continuing professional development are communicated with the department and individuals.

## Different Teaching Environments

The ability to use a variety of locations is a great advantage when delivering the PSHEE syllabus at SG e.g. the Health Centre, the Beddington Lecture Theatre, House Drawing Rooms, School Hall, Gransden Hall, Classrooms, Oxley Sports Centre and the Outdoors. As part of our ‘Separate yet Together’ campaign with Sherborne School we also have the opportunity to gather together for lessons and programmes where relevant. We also have exceptional facilities for hosting visiting PSHEE speakers and providers.

## PSHEE and study skills

L4 (Year 7) to U5 (Year 11) are taught key study skills in their PSHEE modules. Study skills include:

- Revision techniques: use of the library and effective use of resources (including PSHEE resources on the pupil portal);
- Different methods of learning, planning, organising and presenting work;
- Time management;
- Problem solving;
- Analysing information and learning relaxation techniques in order to relieve exam stress;
- Managing stress and moments of poor mental health.

Study skills sessions are placed at suitable times in the academic year to support the pupils' needs, thus providing each girl with the resources required to continually improve on her own academic ability and approach. As of L5, study skills are taught in PSHEE on an ad hoc basis, and in year group sessions with external course providers.

## Relationships Education

[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education \(2021\)](#) states that pupils receiving secondary education must be taught RSE and Health Education from September 2020. The statutory guidance gives schools the freedom to deliver the content in the context of a broad and balanced curriculum. At SG we deliver RSE predominantly as part of a timetabled PSHEE programme to pupils in L4 (Year 7) to L6 (Year 12), all who have a single PSHEE lesson per week. These lessons are supplemented by lectures and drop down days, often alongside Sherborne School. In addition, our experienced Heads of Year, Housemistresses and Housemasters (HMs) supplement the PSHEE content taught during lessons through year group meetings and 'drawing room sessions' which seek to aid with discussion in difficult areas. The U6 (Year 13) receive a series of PSHEE style lessons, delivered by the Head of PSHEE and supported by the pastoral team.

## The right to withdraw a child from Sex Education

At SG we respect the rights of parents/carers to withdraw their child from all or part of Sex Education programme (but not Relationships or Health Education) up to and until three terms before their child turns 16.

Parents will be contacted by the Head of PSHEE and informed that Sex Education is to take place and extend the right for them to withdraw their daughter if they feel it appropriate. Requests to withdraw should be directed to the Head. The Head will consider any request and discuss it with the parents. Such requests will be granted in all but exceptional circumstances, up until three school terms before the pupil turns 16. At this age, the pupil can choose to receive Sex Education if they would like to, or remain withdrawn. The Head of PSHEE will be informed directly by the Head if a child has been withdrawn and will keep a record.

## Equality of Opportunity

Classroom practice and pedagogy at SG takes into account pupils' age, ability, readiness and cultural background, Special Educational Needs and Disabilities (SEND), and is adjusted to enable all pupils to access the learning. PSHEE and RSE are used as a way to explore and celebrate diversity within the school community and wider world and to ensure equality for all. PSHEE and RSE delivery is designed to comply with the Equality Act 2010. Provisions within the Equality Act allow the School to take positive action, where it can be shown that it is proportionate, to deal with particular disadvantages affecting one group because of protected characteristics.

### **Pupils with SEND**

At SG, we ensure that RSE is accessible for all pupils through quality teaching that is differentiated and personalised. The School is mindful of preparing pupils for 'adulthood outcomes', as set out in the SEND code of practice when teaching RSE to those with SEND. The School is aware that some pupils are more vulnerable to exploitation, bullying and other issues due to their SEND. Such factors will be taken into consideration in the delivery of RSE.

### **Pupils who identify as Lesbian, Gay, Bisexual and Transgender (LGBT+)**

In teaching RSE, SG will ensure that the needs of all pupils are appropriately met and that all pupils understand the importance of equality and respect. The School will ensure that teaching is sensitive and age appropriate, and will fully integrate discussion of LGBT+ issues into all relevant parts of the broader RSE curriculum. RSE is fully inclusive and relevant to those who identify as LGBT+. In order to support this, all L5 (Year 9) pupils also receive a session on Equality from one of our LGBT+ leads.

### **Sensitive or Contentious Topics**

Our PSHEE staff communicate with the HMs and tutors regarding any sensitive or contentious topics to ensure that the specific needs and circumstances of pupils are considered and where necessary, adjusted for. Each case is discussed on an individual basis in order to allow pupils to engage with the curriculum in a carefully thought out, supportive and timely manner. The pupils' needs are continually at the forefront of everything we do within PSHEE.

As well as the above objectives we also strive to have a PSHEE programme which benefits the changing demands of our pupil body, ensuring the best preparation for their life beyond the SG community.

## Appendix 1 – Summary of changes in Issue 2

- Reference to U6 PSHEE sessions updated
- Adjustment of Equality session timing
- Additional detail added regarding planning and staffing of PSHEE
- Owner changed to Senior Deputy Head

## Appendix 2 -PSHEE Programmes of Study

Note: 'Spare' denotes a lesson kept free to account for lesson movement due to trips or events, examination weeks and such. Programmes of study are subject to change due to the current and reactive nature of PSHEE subject matter, and the needs of year groups across the academic year.

### L4

Term	Week	Lesson
Michaelmas 1 (5/6 week)	1	Intro to PSHEE/setting ground rules/setting up OneNote
	2	Transitioning to a new school
	3	Recognising and preventing bullying
	4	Media literacy: staying safe online
	5	Focus on passwords, scams and phishing etc.
	6	What is mental health?
Michaelmas 2 (6 weeks)	7	Social media and mental health
	8	Self-confidence and assertiveness
	9	Government and democracy
	10	Careers
	11	Careers
	12	Spare
Lent 1 (6 weeks)	13	First Aid (general injuries)
	14	First Aid (CPR)
	15	Understanding menstruation
	16	Growing up: physical and mental changes
	17	What makes a healthy relationship?
	18	Coping with change: bereavement, divorce and separation
Lent 2 (5 weeks)	19	Family roles and responsibilities
	20	Verbal and body language (dealing with others)
	21	Peer pressure
	22	What is diversity?
	23	Spare
Trinity 1 (6 weeks)	24	Addictive substances: tobacco
	25	Female genital mutilation (FGM): facts and risks (safeguarding)
	26	Healthy lifestyles: maintaining a balanced diet
	27	Hygiene and oral health
	28	Revision and general study skills
	29	Introduction to money management
Trinity 2 (3/4 weeks)	30	Road and rail safety
	31	Careers
	32	Spare
	33	Spare

**U4**

Term	Week	Lesson
Michaelmas 1 (5/6 week)	1	Intro to PSHEE/setting ground rules/setting up OneNote
	2	Learning styles
	3	Revision techniques
	4	Addictive substances: alcohol
	5	Healthy lifestyles: exercising for physical and mental wellbeing
	6	Healthy lifestyles: taking responsibility for your physical health
Michaelmas 2 (6 weeks)	7	Caffeine
	8	Sleep
	9	Mental health: talking about our emotions
	10	Self-esteem and confidence
	11	The media and real life aren't the same
	12	Spare
Lent 1 (6 weeks)	13	Understanding marriage
	14	Spotting unhealthy and abusive relationships
	15	Anti-bullying
	16	Challenging gender stereotypes
	17	Gambling: the facts
	18	Managing risk: looking after your personal safety
Lent 2 (5 weeks)	19	Find and understanding personal strengths
	20	Careers
	21	Careers
	22	Careers
	23	Spare
Trinity 1 (6 weeks)	24	Sexuality and gender identity: an introduction
	25	Consent and bodily privacy
	26	Media literacy: interpreting information on the internet
	27	Social media - revisited
	28	Multi-cultural Britain
	29	Consumerism
Trinity 2 (3/4 weeks)	30	Fairtrade and socially responsible shopping
	31	Human rights
	32	Spare
	33	Spare



**L5**

Term	Week	Lesson
Michaelmas 1 (5/6 week)	1	Intro to PSHEE/setting ground rules/setting up OneNote
	2	Health Centre
	3	Spirituality and wellbeing (talk about counselling)
	4	Addictive substances: legal and illegal drugs
	5	Addictive substances: tobacco (smoking and vaping)
	6	Addictive substances: alcohol
Michaelmas 2 (6 weeks)	7	Healthy lifestyles: achieving balance
	8	Healthy lifestyles: health services, self examination and vaccination
	9	Importance of sleep
	10	Recognising and preventing discrimination
	11	Disability awareness/living with a disability
	12	Spare
Lent 1 (6 weeks)	13	Sex, relationships, and the media
	14	Contraception and health
	15	Periods revisited
	16	Library skills
	17	Careers
	18	Careers
Lent 2 (5 weeks)	19	British values
	20	Human rights
	21	Mental health: developing coping strategies
	22	Social media safety
	23	Spare
Trinity 1 (6 weeks)	24	Sex and consent online
	25	Media literacy: interpreting information on the internet
	26	Family life: parenthood and caring
	27	Social influences: tackling peer pressure
	28	Relationships and conflict
	29	Bullying/getting on with new people
Trinity 2 (3/4 weeks)	30	Financial choices: budgeting, saving, debt
	31	Social influences: young people and gangs
	32	Spare
	33	Spare

**M5**

Term	Week	Lesson
Michaelmas 1 (5/6 week)	1	Intro to PSHEE/setting ground rules/setting up OneNote
	2	Navigating social influence and pressure
	3	Changing relationships: managing your feelings
	4	The impact of relationships
	5	Domestic abuse
	6	Understanding forced marriage
Michaelmas 2 (6 weeks)	7	Alcohol: risks, consequences, and safety
	8	What is a healthy lifestyle?
	9	Health-related choices: blood, organ and stem cell donation
	10	Health-related choices: aesthetic procedures
	11	FGM - facts and risks
	12	Spare
Lent 1 (6 weeks)	13	Staying safe online: protecting your personal data
	14	Sharing of explicit images online
	15	Making good decisions online
	16	Sexuality and gender identity: coming out
	17	Understanding pregnancy
	18	Understanding contraception
Lent 2 (5 weeks)	19	Gender identity: Transgender awareness
	20	An introduction to body image
	21	Parliament and government
	22	Working/job law and working hours
	23	Spare
Trinity 1 (6 weeks)	24	Careers
	25	Careers
	26	Careers
	27	Challenging prejudice and discrimination
	28	Equality
	29	Sexism
Trinity 2 (3/4 weeks)	30	Managing risk: unsafe and emergency situations
	31	Self-defence
	32	CPR
	33	Spare

**U5**

Term	Week	Lesson
Michaelmas 1 (5/6 week)	1	Intro to PSHEE/setting ground rules/setting up OneNote
	2	Staying safe online: misinformation and extremism online
	3	Data-gathering and scams
	4	Mental health: revisited
	5	Stress management
	6	Laws and how they're made
Michaelmas 2 (6 weeks)	7	Environmental crisis: our role
	8	Careers
	9	Careers
	10	Careers
	11	Know your rights: the Equality Act 2010
	12	Spare
Lent 1 (6 weeks)	13	Understanding pornography
	14	Understanding consent and pressure: offline and online
	15	Sexual health: preventing and treating STIs
	16	Illegal drugs: risks, consequences, and support
	17	Substance addiction: how to seek help
	18	Managing our health: services and support
Lent 2 (5 weeks)	19	Sleep, diet and exercise and a healthy lifestyle
	20	Legal drugs
	21	Navigating conflict in relationships
	22	Rights and responsibilities: marriage and civil partnerships
	23	Spare
Trinity 1 (6 weeks)	24	Gambling: risks, consequences, and safety
	25	Financial choices: managing finances in the world of work
	26	Spare
	27	Study leave/examinations
	28	
	29	
Trinity 2 (3/4 weeks)	30	
	31	
	32	
	33	

**L6**

Term	Week	Lesson
Michaelmas 1 (5/6 week)	1	Intro to PSHEE/setting ground rules/setting up OneNote
	2	Staying safe: alcohol and binge-drinking
	3	Breast checks/smear tests
	4	Pelvic floor muscles
	5	Staying safe: recreational drugs
	6	Staying safe: setting boundaries online
Michaelmas 2 (6 weeks)	7	Understanding online misinformation
	8	Revenge porn
	9	Body enhancement
	10	Extremism
	11	Terrorism
	12	Spare
Lent 1 (6 weeks)	13	Pregnancy and parenthood
	14	Sexual health
	15	Miscarriage and infertility treatments
	16	Respectful relationships: trust and intimacy
	17	Respectful relationships: ending relationships
	18	Coercive control and domestic abuse
Lent 2 (5 weeks)	19	Sexual violence
	20	Respectful relationships: values and differences
	21	Staying safe: recognising harassment and abuse
	22	Understanding inclusion
	23	Spare
Trinity 1 (6 weeks)	24	Staying safe: exiting aggressive social situations
	25	Staying safe: protecting your finances
	26	Staying safe: dangerous and emergency situations
	27	Safe driving
	28	First aid: CPR
	29	First aid: defibrillation and recovery position
Trinity 2 (3/4 weeks)	30	First aid: treating common injuries
	31	Financial choices: working and earning
	32	Spare
	33	Spare

**U6**

Term	Lesson
Michaelmas 1 (5/6 week)	Staying safe: transport and travel
Michaelmas 2 (6 weeks)	Mental health: accessing support

Lent 1 (6 weeks)	Consent matters
Lent 2 (5 weeks)	Leaving home: building a healthy lifestyle

Trinity 1 (6 weeks)	Respectful relationships: meeting new people
Trinity 2 (3/4 weeks)	Exams and study leave

*These U6 topics are taught during 'bite sized' twilight sessions and further detail can be found in the scheme of work.*