

**Key points from the PSHE & RSE
Policy**

**PhoenixPark and Sevenhills
Academy**

Personal, Social, Health, Economic

What is PSHE?

“PSHE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.”

“Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.”

Why is this so important?

Health

PSHE education forms a bridge between education and public health.

Chief Medical Officer

Safety

When pupils receive lessons on relationships and sex, disclosures about abuse and exploitation increase significantly.

International Cochrane study, 2015

Academic attainment

A virtuous cycle can be achieved, whereby pupils with better health and well-being achieve better academically

PSHE Education: A Review of Impact and Effective Practice, DfE, 2015

Flourishing

A curriculum for life?

UK Youth Parliament



Department
for Education

Relationships and Sex Education

Relationships and Sex Education will build on the teaching at primary school. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds.

In our primary setting RSE focusses on teaching the fundamental building blocks and characteristics of positive relationships such as friendships, family relationships, and relationships with other children and with adults. This includes both offline and online.

In our secondary settings RSE focusses on teaching the information students need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It is designed to enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It also covers contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It teaches what acceptable and unacceptable behaviour in relationships is. There is emphasis throughout on the positive effects that good relationships have on their mental wellbeing, identifying when relationships are not right and understanding how such situations can be managed.

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health

You can find further details by searching 'relationships, sex and health education' on GOV.UK



Department
for Education

Health Education

Health Education aims to give children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of secondary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further details by searching 'relationships, sex and health education' on GOV.UK.



The Equality Act 2010

The Equality Act 2010 places duties on schools not just to address prejudice-based bullying but also to help to prevent it happening, and in doing so to keep protected characteristic groups safe.

PSHE education, with its focus on identity and equality, can help schools to fulfil this duty.

How does the Equality Act impact on Relationships/Health Education?

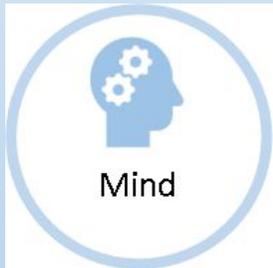
- Schools are required to have due regard to the need to:
 - eliminate discrimination, harassment, victimisation and any other conduct that is prohibited by or under the Act; and
 - advance equality of opportunity and foster good relations between persons who share a relevant protected characteristic and persons who do not share it
- Relevant protected characteristics are age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation

It will provide the opportunity for a whole school approach in the following areas:



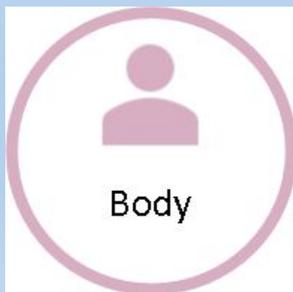
SPIRIT - Empowering Respectful Relationships

Relationships and sex education involves learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It also gives young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.



MIND -The Importance Mental Health

Maintaining good mental health is a vital life skill. It is just as important a tool in understanding the body as physical education. This program will be underpinned by mindfulness and this aims to empower students to learn now and improve their life-chances later, and to help them develop personal awareness.



BODY – Consent

Respecting another person's boundaries is a skill that no individual should leave KLA without. It is unacceptable to feel uneasy, embarrassed, humiliated or hurt, which is what happens when our boundaries have been crossed without our permission. How do students avoid making someone feel that way? By looking for consent.

New PSHE Guidelines

DfE Topics

Mental wellbeing

Internet safety and harms

Drugs alcohol and tobacco

Respectful relationships, including friendships

Online and media

Intimate and sexual relationships, including sexual health

Citizenship

Physical health and fitness

Healthy eating

Health and prevention

Basic first aid

Changing adolescent body

Families

Being Safe

Physical health and fitness

- associations between physical activity and mental wellbeing,
- what constitutes a healthy lifestyle
- maintaining a healthy weight, links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.
- the science relating to blood, organ and stem cell donation

Healthy eating

- how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer

Health and prevention

- personal hygiene
- germs
- antibiotics
- Dental Health
- Immunizations & Vaccines
- Self-examinations
- Importance of sleep

CPR/First Aid

- Basic treatment for common injuries
- Life-saving skills, including how to administer CPR
- The purpose of defibrillators and when one might be needed

Families

- Different types of families,
- Marriage
- Roles and responsibilities of parents
- Judge when a family, friend, intimate or other relationship is unsafe

Being Safe

- The concepts of and laws relating to sexual consent
- Sexual exploitation, abuse, grooming, coercion, harassment, rape domestic abuse, forced marriage, honour-based violence and FGM
- How these can affect current and future relationships

Right of withdrawal

Current Guidelines

- Under the current SRE guidance, until September 2020, parents can choose to withdraw their child (up to the age of 18) from any or all aspects of Sex and Relationships Education that are not included within the statutory National Curriculum.
- This means that parents are not permitted to withdraw their child from elements of sex education (for example reproductive and biological aspects) that are within the science curriculum.
- Schools must make alternative arrangements for pupils whose parents choose to withdraw them from SRE lessons

Starting September 2020

- Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.
- Parents will be able to withdraw their child (following discussion with the school) from **any or all aspects of Sex Education**, other than those which are part of the science curriculum, up to and until three terms before the age of 16.
- After that point, the guidance states that 'if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.'
- Where pupils are withdrawn from sex education, schools should document the process and will have to 'ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.'

Right of withdrawal [2]

Primary Opt out

- These new statutory requirements do not extend to sex education for primary students, beyond the biological/reproductive aspects schools are already required to cover in science.
- However, the Department for Education 'continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'.
- Where schools provide sex education at a primary level, parents will have the right to withdraw their child from sex education but not from statutory Relationships Education or Health Education

Secondary Opt out

- Parents can withdraw their child from the 'sex' elements of RSE.
- Parents do not have a right to withdraw their child from Health education, Relationships or any other aspect of PSHE education.
- There is no right of withdrawal from National Curriculum science which includes elements of sex education such as puberty and reproduction.
- Three terms before they turn 16, a student can opt back in to sex education lessons against their parents' wishes. The school has a duty to provide sex ed. during one of the remaining three terms.

The Outcome: what can you expect from students and staff?

- Discerning and mindful human beings willing to participate as positive citizens
- Solution-focused individuals – knowing how and when to solve their own problems, and when to seek help
- Resilient, caring people – caring for self and others
- Questioning and challenging minds that want to learn
- Self-knowledge for self-efficacy
- Emotionally literate individuals
- Exploration skills – looking for their own answers

Through this program, we can be confident that a focus on well-being and mental health not only enables us to provide a healthy and happy school environment for students and staff, and prepare the citizens of tomorrow with sound character and values, but also directly supports their more immediate mission: the promotion of effective learning.

For more information:



Promotional material

**Relationships, sex and health
education: guides for parents**

Search 'RSE FAQ' on GOV.UK

Search 'RSE Parent Guide' on GOV.UK

The policy and scheme of work will be updated and be accessible on the schools websites, alongside a FAQ factsheet.