

# PERSONAL, SOCIAL AND HEALTH EDUCATION (PSHE) POLICY

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In this policy 'we' and 'us' means Harington School.

## 1. AIMS OF THE POLICY

1.1 The aim of PSHE (Personal, Social and Health Education) is to address the personal development of our pupils outside of academic curriculum areas. It teaches the key skills of successfully living and working with other people, encourages integrity by asking the big questions that exist in our world, allowing pupils to voice their own thoughts but also listen, take on and reflect upon those of others. It provides students with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community. PSHE should promote the spiritual, moral, cultural, mental and physical development of students at the School and within society, preparing students for the opportunities, responsibilities and experiences of later life.

1.2 The PSHE programme aims to:

- Develop a student's knowledge and understanding of what constitutes a healthy lifestyle, explicitly mental health, relationships and sex. Healthy living including alcohol and drugs.
- Incorporate British Values into the curriculum.
- Encourage every student to be positive and active members of a democratic society.
- Develop self-confidence and self-esteem, and assist students to make informed choices regarding personal and social issues.
- Communicate effectively.
- Encourage students and teachers to share and respect each other's views.
- Develop good relationships with other members of the School and the wider community.
- Respond to challenge.

- Generate an atmosphere where questions and discussion on matters can take place without any stigma or embarrassment.
- Enable students to be aware of risk assessment and risky behaviours.
- Deliver content that is in keeping with their needs at appropriate times.

## **2. TO WHOM THIS POLICY APPLIES**

2.1 This policy applies to tutors and curriculum staff involved in the preparation and delivery of the PSHE programme.

## **3. WHO IS RESPONSIBLE FOR CARRYING OUT THIS POLICY**

3.1 The Leader of Pastoral Care must ensure that the personal, social, and health education programme is consistent with the principles outlined in this policy.

3.2 Individual tutors are responsible for ensuring that the Programme of Study is delivered in accordance with the schemes of work provided to ensure that all students have equal access to personal, social, and health education to meet their needs.

## **4. STUDENT CONSULTATION**

4.1 It is useful for students to be consulted on their own personal, social and citizenship development. During the academic year, students may be consulted on what issues they would like to see covered in the PSHE programme and how useful sessions have been.

## **5. ORGANISATION AND CONTENT OF THE PSHE PROGRAMME**

5.1 PSHE is timetabled weekly for each year group and is delivered during tutorial. It is also taught through themed assemblies and with the help of external speakers where appropriate.

5.2 PSHE schemes of work and resources are created by the Leader of Pastoral Care and the tutor team. They are created in line with national and local priorities, the Safeguarding and Prevent policies, current affairs, published relationship and sex education guidance. Consideration will be given to ensure appropriate transition of material covered during Key Stage Four.

5.3 The key concepts include:

- Personal: identities, healthy lifestyles, risk, relationships, diversity, finance.
- Drugs, including drinking and smoking.
- SRE: sexual risk education including CSE.
- Wider community: politics, democracy, hate crime, discrimination.
- Mental health: well-being, mindfulness.

## **6. EXPECTATIONS**

6.1 All students are expected to engage with the PSHE programme as part of their Post-16 programme of study.

## **7. QUALITY**

7.1 The PSHE programme will be monitored and quality assured by the Leader of Pastoral Care and the Head of School on an annual basis via learning walks, focus groups and surveys.

## 8. SEX EDUCATION

- 8.1 Sex and relationship education forms an integral part of our Personal, Social and Health Education and academic curriculum.
- 8.2 We provide sex and relationship education for all students, encouraging a regard for the moral considerations, healthy relationships and values of a range of different lifestyles. The programme will be appropriate to the nature of relationships at School and take into account any local issues regarding sex education. We cover informed consent, decision making, contraception, sexual health support and risk assessment.
- 8.3 Sex and relationship education prepares students for adult life as parents and responsible individuals in society. The quality of relationships, values, standards, personal responsibility and factual information, including the physical and moral aspects of sex and relationships, are all of equal importance.
- 8.4 Opportunities are provided for an honest and sensitive discussion of a broad range of issues, as well as answering questions with sensitivity to individual needs and levels of awareness.
- 8.5 Outside agencies may be used to deliver information to students.
- 8.6 When training and advice is requested from staff involved in delivery, it will be provided.
- 8.7 The PSHE programme is vital for all students. Withdrawal from any aspect of the PSHE programme including the sex education programme would be considered on a case-by-case basis in conjunction with the student and parents.