

Personal, Social, Health and Economic (PSHE) and Relationships and Sex Education (RSE) Policy

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1 Introduction

1.1 This policy is based on statutory guidance for governing bodies, head teachers, teachers, and educational leaders, aiming to promote social, emotional, and mental wellbeing in children and young people. It aligns with the NICE guidelines and will be reviewed annually by the Board of Trustees.

2 Scope

2.1 This policy applies to all learners at Step Into Learning (SIL), encompassing Relationships Education, Relationships and Sex Education (RSE), and Health Education. It outlines the core themes, implementation strategies, monitoring, evaluation, and accessibility considerations for the PSHE/RSE curriculum.

3 Definition

3.1 PSHE/RSE and Health Education encompass a comprehensive programme designed to promote the social, emotional, and mental wellbeing of learners, equipping them with



knowledge and skills to make informed decisions about their health, relationships, and wellbeing.

4 Policy

Intent

Step Into Learning is committed to providing learners with the knowledge and skills necessary for a happy and successful adult life. The PSHE/RSE curriculum aims to empower learners to make informed decisions, develop resilience, seek help when needed, and contribute positively to society.

Core Themes

The PSHE/RSE curriculum at SIL revolves around four core themes:

- **Healthy lives:** Covering healthy lifestyle choices, sexual health, substance abuse, and financial management.
- **Improving mental health and wellbeing:** Addressing personal wellbeing, resilience, self-esteem, and managing mood.
- **Keeping safe:** Including topics such as online safety, radicalisation, exploitation, and domestic abuse.
- **Positive relationships:** Focusing on healthy relationships, inclusion, sexual health, and celebrating diversity.

Implementation

- The PSHE/RSE curriculum will be regularly evaluated to ensure alignment with national issues and local trends.
- Activities and content will be adjusted based on internal safeguarding and welfare concerns.
- Differentiated (reasonable adjustment) teaching strategies will accommodate learner needs, with emphasis on active learning and engagement.
- Local support and help lines will be incorporated into the curriculum to safeguard learners effectively.

Monitoring and Evaluation

- A core PSHE/RSE curriculum must be developed by all subcontractors, subject to annual review and approval by SIL.
- Quality assurance reviews and termly meetings will facilitate ongoing evaluation and sharing of best practices.

Accessibility

- PSHE/RSE must be accessible to all learners, including those with special educational needs and disabilities.
- High-quality teaching will be personalised, considering the needs of individual learners and reflective of local and regional need.
- Preparing for adulthood outcomes, as outlined in the SEND code of practice, will be prioritised.

Recommended Subject Content

Please refer to the provided PSHE/RSE SOW template for detailed content requirements.

Healthy lives	Improving mental health and wellbeing	Keeping safe	Positive relationships
Importance of exercise for your health	The truth behind social media	Protecting yourself against radicalisation	Good friendships
The risks of smoking and vaping	Eating disorders	County Lines	Sexual health
Alcohol – the facts	Dealing with stress	Sexual Exploitation	Healthy sexual relationships, including consent.
Healthy eating	Improving resilience	Online safety. Social media and influencers.	Domestic abuse
Personal health and hygiene	Self-harm	Radicalisation	Celebrating difference – LGBTQ+
The dangers of drugs	Self help	Criminal Exploitation	Celebrating difference – disability
A good night's sleep	Ways to boost your self-esteem and confidence.		Moving on
Personal finances			



Resources

- Resources provided by reputable organizations, such as NSPCC, PSHE Association, and Stonewall, will be utilised to deliver PSHE/RSE effectively.
- Resources will be assessed for appropriateness, relevance, and medical accuracy before implementation.

Relationships Education

Safeguarding: <https://learning.nspcc.org.uk/research-resources/schools/pants-teaching>

Relationships and Sex Education

Sexual health and relationships: up to date information on all aspects of sexual and reproductive health available on <https://www.sexwise.org.uk/> which tutors may find helpful for their knowledge.

Abuse in relationships: <https://pshe-association.org.uk/resource/disrespect-nobody-preventing-relationship-abuse>

Consent: <https://pshe-association.org.uk/consent>

LGBT inclusivity: <https://www.stonewall.org.uk/resources/different-families-same-love-pack>

Intercom Trust | Providing help against homophobic and transphobic prejudice, crime and discrimination. <https://www.intercomtrust.org.uk/>

Resources covering all contexts, including online, and specifically relationships and bullying, alcohol, smoking, stress, body image from Public Health England website with videos made by young people and resources tested with teachers.

<https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview>

<https://www.brook.org.uk/>

Mental health

Mental health and emotional wellbeing lesson plans from PSHE Association. <https://pshe-association.org.uk/topics/mental-health#resources-preview>

MindEd educational resources on children and young people's mental health.

<https://www.minded.org.uk/>

Online safety

Education for a Connected World is the UK Council for Internet safety (UKCCIS) framework of digital knowledge and skills for different ages and stages.

<https://www.gov.uk/government/publications/education-for-a-connected-world>

Sexting advice from UKCCIS for schools on preventative education and managing reports of sexting. <https://www.gov.uk/government/organisations/uk-council-for-internet-safety>



Thinkuknow is the education programme from National Crime Agency (NCA) and Child Exploitation Online Programme (CEOP), which protects children both online and offline. The site offers materials for parents, tutors and learners on a wide range of online safety issues and facts about areas such as digital footprints, recognising fake websites and checking URLs. <https://www.thinkuknow.co.uk/>

Drugs and alcohol

Teacher training on drugs, alcohol and tobacco - a training module for providers to use to train staff to teach about drugs, alcohol and tobacco.

<https://www.gov.uk/government/publications/teacher-training-drugs-alcohol-and-tobacco>

Extremism and radicalisation

Practical advice and information from Educate Against Hate for teachers, teachers in leadership positions and parents on protecting children from extremism and radicalisation

<https://www.educateagainsthate.com/>