

Personal, Social, Health and Economic (PSHE) Policy



Policy Date: September 2025

Review Date: August 2026

Responsible Person: Hayley
Winstanley

Aims

As an SEMH School, PSHE is especially important for our students. Our cohort is made up of young people who have experienced significant trauma and ACEs (Adverse Childhood Experiences), many are LAC (Local Authority Care) or Post-Adoption, and all have an EHCP with a primary need of SEMH.

Our students are extremely vulnerable to exploitation, drugs and alcohol abuse, poor mental and physical health, crime etc, therefore, it is vital that we try to equip them with the knowledge and skills required to make informed choices and lead a healthier and successful life.

The aims of personal, social, health and economic (PSHE) education in our school are to help pupils:

- › Gain the knowledge and skills necessary to make safe and informed decisions
- › Understand how to stay healthy and active
- › Positively contribute to school life and life in the wider community
- › Develop an understanding of democracy and how to voice their views

Statutory requirements

PSHE is a non-statutory subject. However, there are aspects of it that we are required to teach.

KS2

- › We must teach relationships education under the [Children and Social Work Act 2017](#), in line with the terms set out in [statutory guidance](#) to our KS2 students
- › We must teach health education under the same statutory guidance

KS3/4

- › We must teach relationships and sex education (RSE) under the [Children and Social Work Act 2017](#), in line with the terms set out in [statutory guidance](#)
- › We must teach health education under the same statutory guidance

From September 2026:

Key changes include a stronger focus on:

- online safety, consent
- mental health (including suicide prevention)
- updated legal information regarding sex, gender, and equality.

More Than Ed will need to review and update our current policies to reflect these new requirements, ensuring our staff are trained, resources are age-appropriate, and transparent communication with parents is maintained.

Key Aspects of the New Guidance (to be implemented by Sept 2026):

- **Relationships Education and RSE:** Updated guidance emphasises building positive relationships, understanding consent, and recognising healthy and unhealthy relationship dynamics.
- **Online Safety:** Increased focus on digital risks, including sextortion, deepfakes, AI-generated content, misogynistic online cultures, and how to challenge harmful online behaviour.
- **Mental Health:** Strengthened focus on understanding emotions and managing worries, with a new specific focus on suicide prevention in secondary education.
- **Updated Legal Information:** Lessons must include accurate information about the law related to biological sex, gender reassignment, consent, forced marriage, FGM, and other relevant legislation.
- **Transparency and Parental Engagement:** We will be expected to be transparent with parents by publishing our RSHE policy, sharing teaching materials, and avoiding providers with non-disclosure agreements.
- **Focus on Skills:** Emphasises developing skills such as critical thinking, problem-solving, and digital literacy across all subjects.

Content and delivery

What we teach

As stated above, we are required to cover the content for relationships and sex education, and health education, as set out in the statutory guidance.

Refer to our RSE policy for details about what we teach in this subject. How parents/carers can withdraw their child from Sex Education, and how we ensure sensitivity in delivering RSE based upon each student's previous early life experiences and their trauma.

Our Curriculum Map, which is on our website, and also distributed to all parents at the beginning of each academic year, identifies what topics are taught in PSHE and when throughout the year.

Academic Year 25/26

How we teach it

- › PSHE is taught once a week
- › Online Safety is also covered in IT; Physical Health is also covered in PE, and Healthy Eating is also covered in Cooking
- › PSHE is planned by the Head of PSHE, differentiated to meet the needs of individual students, and delivered by all 1:1 staff.
- › Book and work scrutiny are carried out termly by the Head of PSHE to ensure quality and consistency
- › The PSHE curriculum is taught sequentially, ensuring that all new knowledge is based upon prior knowledge
- › Due to the needs and experiences of our students, all staff are trauma-informed trained and are highly skilled in discussing controversial topics and facing difficult questions on a daily basis. It

is essential, when dealing with traumatised, and often abused young people, that we are able to separate our personal beliefs, attitudes and values from what we are teaching or discussing.

- › As a Leadership Team, we operate an open-door policy whereby allowing any member of staff to discuss any aspect of their teaching with us. If any member of staff does feel uncomfortable teaching any aspect of the curriculum, we would not ask them to do so. The Head of PSHE or a senior teacher would deliver that particular topic if necessary.

Roles and responsibilities

The Headteacher

The Headteacher is responsible for ensuring that PSHE is taught consistently across the school.

Staff

Staff are responsible for:

- › Delivering PSHE in a sensitive way
- › Modelling positive attitudes to PSHE
- › Monitoring progress
- › Responding to the needs of individual pupils

Students

Students are expected to engage fully in PSHE and, when discussing issues related to PSHE, treat others with respect and sensitivity.

5. Monitoring arrangements

The delivery of PSHE is monitored by Nicola Ethrington (Head of PSHE) through:

- Book scrutiny
- Planning scrutiny
- Lesson observations by senior teachers.
- This policy will be reviewed by Nicola Ethrington and Hayley Winstanley (Deputy Headteacher) annually
- At every review, the policy will be approved by the Headteacher

Links with other policies

This policy links to the following policies and procedures:

- RSE Policy
- Relational Policy
- Careers Policy