



PSHE Policy

Ormiston Academies Trust

Review Date: September 2021

To be reviewed: July 2022

Contents

Contents

1. Introduction	3
2. PSHE Programme	3
3. Key Aims.....	3
4. PSHE Expectations.....	4
5. Year 7	4
6. Year 8	4
7. Year 9	4
8. Year 10	5
9. Year 11	5
10. Relationship and Sex Education (RSE)	5
11. Key Stage 3	5
12. Key Stage 4	6
13. Parents' Right to Withdraw their Child	6

1. Introduction

PHSE Programme

Personal, Social, Health and Economic (PSHE) education is a school subject developed to provide pupils with knowledge, skills and attributes they need to manage their lives, now and in the future. Under section 78 of the Education Act 2002 and the Academies Act 2010, schools must provide a 'balanced and broadly-based curriculum' which promotes 'the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for the opportunities, responsibilities and experiences of later life'. PSHE education makes a major contribution to schools fulfilling this duty.

PSHE education helps pupils to develop the knowledge, builds self-esteem, resilience, empathy and many other skills and attributes they need to thrive as individuals, family members and members of society. From making informed decisions to succeeding in their first job, PSHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life. PSHE programme can tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged pupils.

2. PSHE Programme

The PSHE programme covers the following aspects:

- Study Skills
- Health and Well Being
- Relationships and Sex Education (RSE) Please see our academy RSE policy here:
<http://www.oiea.co.uk/wp-content/uploads/2013/07/Relationship-and-Sex-Education-RSE-and-Health-Education.pdf>
- Employment, Work Related Learning and Careers
- British Values / Human Rights
- Drugs Education

3. Key Aims

The key aims are to:

- Be able to express opinions and give reasons
- Be sensitive to the needs and lifestyles of others
- Acquire knowledge and understanding about becoming informed citizens
- Actively participate and take responsible action
- Develop confidence and responsibility
- Develop a healthy, safer lifestyle
- Develop good relationships and respect the differences between people
- Develop skills of enquiry and communication

4. PSHE Expectations

PSHE is taught by pupils' form tutor and staff expect all pupils to:

- Participate fully in every lesson
- Respect the views of others
- Listen to the views of others and form their own opinions

5. Year 7

In year 7 students will be taught about:

- Transition to secondary school/ introduction to PSHE
- Confidence building
- How to regulate feelings and emotions
- How to build positive relationships
- How to recognize and manage bullying
- Careers skills
- Family dynamics, conflicts and how to manage these
- Puberty
- Emotional, mental and physical health

6. Year 8

In year 8 students will be taught about:

- Mental health, feelings and stigmas
- Diversity, discrimination and stereotypes
- Inclusivity
- LGBTQ+
- Careers skills
- Online bullying
- Relationships
- How to stay healthy
- Emergency first aid
- Influences and gangs

7. Year 9

In year 9 students will be taught about:

- Cause and effects on mental health
- Abusive relationships and how to manage these
- Employment legalities

- Careers skills
- Positive relationships
- Sexuality differences
- Contraception
- Sexually transmitted infections
- Pregnancy
- Negative effects of pornography
- Drug and alcohol dependency
- British Values

8. Year 10

In year 10 students will be taught about:

- Self-esteem, confidence and mental well-being
- Religious studies
- Importance of healthy relationships
- Coercive and abusive relationships
- Risks surrounding drugs and alcohol abuse
- Cancer prevention
- Post 16 education options

9. Year 11

In year 11 students will be taught about:

- Religious studies
- Post 16 options/qualifications
- Universities
- Being a role model
- Anxiety and depression
- Unhealthy coping strategies

10. Relationship and Sex Education (RSE)

In accordance with the guidelines surrounding RSE students are taught the following topics at each key stage 3 and key stage 4:

11. Key Stage 3

Students will learn about anatomy, physiology, sexual intercourse, pregnancy and childbirth.

Specific topics include:

- Puberty
- Dealing with changes (emotional and physical)
- Changing relationships (marriage, divorce and bereavement)
- Reproduction and reproductive organs including an introduction to the concept of FGM
- Grooming
- Sexual intercourse and consent
- Pregnancy and childbirth
- Coping with loss
- STIs, HIV and Aids

12. Key Stage 4

Students will learn about anatomy and physiology in further detail, puberty and adolescence, sexually transmitted infections, and the social and emotional aspects of relationships.

Specific topics include:

- Intimate relationships
- Sexual assault
- Abusive and unhealthy relationships
- Coercive relationships
- How substances influence risky sexual behaviour
- Domestic abuse and support available
- Being a young parent

13. Parents' Right to Withdraw their Child

Parents have the right to withdraw their children from all or part of the RSE provided at the academy except for those parts deemed as compulsory and included in the statutory National Curriculum.

If a parent wishes their child to be withdrawn from RSE lessons, please follow the guidance set out in the academy RSE policy. The academy always complies with the wishes of parents in this regard and will provide appropriate sources of information for parents who wish to withdraw their children.

If a parent withdraws their child from certain topics that are not included in the statutory National Curriculum then the academy will make alternative arrangements for the student during these sessions.