

Sycamore Hall Preparatory School

PSHE and RSE Policy Statement

Introduction

This policy covers our whole school approach to Personal, Social, Health and Economic Education (PSHE) together with Relationships and Sex Education (RSE).

PSHE enables our children to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are all part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

RSE is vital for the personal, social and emotional development of our pupils. It equips children and young people with the information, skills and values they need to have safe, respectful and enjoyable relationships and empowers them to take responsibility for their sexual health and well-being. Our RSE programme begins in Reception and continues through to Year 6 and will assist the children to:

- develop positive values and a moral framework that will guide pupil's decisions, judgements and behaviour as they move into adulthood.
- understand the consequences of their actions and behave responsibly in all relationships.
- have the confidence and self-esteem to value themselves and others and the skills to judge what kind of relationship they want.
- Communicate effectively.
- Avoid being pressurised into situations they do not feel comfortable with.
- understand their own bodies.
- Recognise their emotions and express them appropriately.
- Understand the importance of family life.
- recognise and respect that different people make different decisions about the relationships they choose to form.

RSE at Sycamore Hall will seek to challenge all forms of discrimination and prejudice between pupils and promote understanding and respect as outlined under the Equality Act 2010.

Intent

PSHE will support the development of skills, attitudes, values and behaviour, which enables pupils to:

- have a sense of purpose
- build self-esteem and self-worth
- form relationships
- make and act on informed decisions
- communicate effectively
- work with others and respect others
- respond to challenge
- be an active partner in their own learning
- be active citizens within the local community
- explore issues related to living in a democratic society
- become healthy and fulfilled individuals
- understand how society works and the laws, rights and responsibilities involved.

At Sycamore Hall we teach the learning objective and content outlined in the DfE Relationships Education, RSE, PSHE and Health Education Guidance. All content will be delivered in a timely way and will be age and developmentally appropriate, with consideration to religious beliefs, to meet the needs of our pupils.

We will regularly monitor and evaluate our PSHE and RSE scheme of work to ensure that the curriculum is meeting the needs of our pupils and statutory requirements.