



ST JOHN'S SCHOOL

SIDMOUTH, UNITED KINGDOM

PSHE (Personal, Social, Health and Economic Education) Policy

(Including Relationships and Sex Education and Health Education)

Statutory from September 2020
Updated in line with DfE guidance July 2025

Reviewed: January 2026
Next review date: July 2026

Member of staff responsible:

The Designated Safeguarding Lead (DSL) is the senior member of staff with overall strategic responsibility for PSHE and Relationships and Sex Education.

1. Context

St John's School provides a curriculum that is broad, balanced and meets the needs of all pupils. In accordance with section 78 of the Education Act 2002 and the Academies Act 2010, the PSHE curriculum at St John's School:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils and of society
- Prepares pupils for the opportunities, responsibilities and experiences of later life

This policy applies to the whole school, including EYFS, Junior School and Senior School.

This policy has been reviewed following parental consultation and is shared with parents prior to implementation.

2. Statutory and Regulatory Framework

This policy has been written in line with the following statutory requirements and guidance:

- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Department for Education statutory RSHE guidance (2019 and updated July 2025, effective from September 2026)
- Independent School Standards Regulations (2014)
- ISI Inspection Framework (2023)
- Keeping Children Safe in Education (2025)
- Equality Act (2010)
- SEND Code of Practice
- Prevent Duty

- Mental Health and Behaviour in Schools guidance

The school is actively reviewing and adapting its provision to ensure full compliance with the July 2025 guidance in advance of its statutory implementation.

3. Whole-School Approach

St John's School delivers PSHE through a spiral curriculum from EYFS to Year 11, ensuring progression, consistency and age-appropriate learning.

Early Years Foundation Stage

In EYFS, PSHE is embedded throughout daily practice and is delivered through the Jigsaw EYFS framework. Learning is integrated into child-led and adult-guided activities and aligns with the Personal, Social and Emotional Development area of the EYFS Statutory Framework.

Key learning includes developing self-regulation, emotional literacy, turn-taking, recognising boundaries, understanding rules, managing feelings and building positive relationships. Teaching is adapted to meet individual needs, including SEND and EAL, and is closely linked to safeguarding and welfare provision.

Junior School (Years 1–6)

PSHE is taught using the Twinkl Life scheme, mapped to the PSHE Association Programme of Study and the statutory Relationships Education and Health Education requirements, including the July 2025 RSHE guidance.

Senior School (Years 7–11)

PSHE is delivered using the Jigsaw 11–16 programme, updated to meet statutory Relationships and Sex Education and Health Education requirements and aligned with the 2025 guidance.

4. Aims and Objectives

Through PSHE, the school aims to:

- Develop self-awareness, empathy and resilience
- Promote positive mental and physical wellbeing
- Support emotional literacy and healthy, respectful relationships
- Equip pupils to make informed, safe choices on and offline
- Foster British Values, including democracy, the rule of law, individual liberty, mutual respect and tolerance
- Prepare pupils for adult life, the workplace and wider society

5. Curriculum Content

EYFS

PSHE is integrated into daily learning and supports emotional development, relationships, communication and wellbeing in line with EYFS outcomes.

Junior School (Years 1–6)

PSHE covers six core themes:

- Growing and changing
- Being healthy
- Relationships
- Being safe
- Living in the wider world
- Money and work

Senior School (Years 7–11)

Content includes:

- Healthy relationships and friendships
- Consent and the law
- Sexual health, contraception and sexually transmitted infections
- Online behaviour, image sharing and digital consent
- Online misogyny, incel culture and harmful gender stereotypes
- Pornography and sexual ethics
- Risks associated with deepfakes and artificial intelligence misuse
- Emotional wellbeing and mental health
- Substance education
- British Values and citizenship
- Careers education and financial literacy

All content is age-appropriate, progressive and responsive to pupil need.

6. Teaching and Learning

- Weekly timetabled PSHE lessons across all year groups
- Supported by assemblies, themed days and cross-curricular learning
- Teaching approaches include discussion, reflection and scenario-based learning
- Clear ground rules are established to promote respectful and safe discussion
- External speakers may be used where appropriate and are subject to safeguarding checks and approval

7. Safeguarding and Statutory Duties

PSHE plays a central role in promoting safeguarding and a safe school culture.

- Staff are trained to respond appropriately to disclosures

- Any concerns are referred to the DSL in line with the Safeguarding and Child Protection Policy
- Online safety is taught explicitly and recurrently, including digital boundaries, cyberbullying, online grooming, AI risks and ethical technology use

8. Relationships and Sex Education

Relationships and Sex Education is fully integrated within the PSHE curriculum.

- In the Junior School, the focus is on families, friendship, respect and safe relationships
- In the Senior School, learning extends to include intimate relationships, sexual health, consent, the law, contraception, pornography, online behaviour and harmful stereotypes

Sex education is not taught in the Junior School beyond the statutory requirements for Relationships Education and Health Education.

9. Right to Withdraw from Sex Education

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education, in accordance with the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019.

Requests should be made in writing to the Designated Safeguarding Lead and will be considered by the Head of School. Where appropriate, the school will meet with parents to discuss the request, the curriculum content and the benefits of participation.

Except in exceptional circumstances, the school will respect a parent's request to withdraw their child from sex education up to and until three terms before the child turns 16.

From that point, if the pupil wishes to receive sex education rather than be withdrawn, the school will make arrangements for the pupil to receive sex education during one of those terms. This will be handled sensitively and in line with statutory guidance.

There is no right to withdraw from Relationships Education or Health Education.

Where a pupil is withdrawn from sex education, the school will ensure that the pupil receives appropriate, purposeful alternative education during the period of withdrawal. Any discussions regarding withdrawal will be conducted in a supportive and safeguarding-informed manner, with the child's wellbeing as the primary consideration.

10. Pupil Right to Request Sex Education

The school recognises that pupils have a statutory right to request to receive sex education during the three terms before they turn 16, even if they have previously been withdrawn at parental request.

Pupils are informed of this right through age-appropriate PSHE lessons and pastoral support. Any pupil wishing to exercise this right may speak to a trusted member of staff, their Tutor or the Designated Safeguarding Lead.

Requests are handled sensitively, taking into account the pupil's maturity, wellbeing and safeguarding needs, in line with statutory guidance. The school will keep a confidential record of any such request and the arrangements made.

11. Inclusion, SEND and Equality

- Lessons are inclusive and adapted to meet the needs of pupils with SEND and EAL
- LGBTQIA+ representation is embedded across relevant topics and is not treated as an isolated theme
- Teaching is respectful of pupils' backgrounds, beliefs and lived experiences
- Staff differentiate lessons in collaboration with the SENDCo

12. Assessment and Monitoring

Assessment in PSHE is formative and may include observation, discussion, pupil self-assessment, written work and pupil voice.

Monitoring is led by the Designated Safeguarding Lead and relevant senior leaders through planning reviews, lesson observations and feedback.

Impact is evaluated through pupil engagement, behaviour, wellbeing indicators and safeguarding data.

13. Parental Consultation and Engagement

In accordance with statutory requirements, the school consults with parents on the content and delivery of Relationships and Sex Education.

Parents are consulted:

- When this policy is reviewed
- When material changes are made to the RSE curriculum
- Prior to the introduction of new or revised RSE content

Consultation takes place through written communication, opportunities to review curriculum content and materials, and invitations to provide feedback via surveys or meetings.

Parental feedback is carefully considered and informs curriculum development where appropriate. A summary of consultation outcomes and any resulting changes is made available to parents.

Parents receive annual PSHE curriculum maps via iSAMs and may request to view teaching materials at any time. This policy and supporting documentation are available on the school website. Parents are given reasonable time to respond as part of the consultation process.

14. Staff Training

Staff delivering PSHE and RSE receive regular continuing professional development and safeguarding training. This includes updates on statutory guidance, teaching sensitive topics and managing discussions safely and professionally.

15. Supporting Documents

The following documents are available on request or via the school website:

- Jigsaw statutory RSHE mapping (3–11 and 11–16)
- Twinkl RSHE mapping to the PSHE Association Programme of Study
- Whole-school PSHE curriculum mapping
- Safeguarding and Child Protection Policy
- SEND Policy
- Online Safety Policy