



# PSHCE at Sutton Community Academy

Personal, Social Health  
and Citizenship Education





# Why is PSHCE important?



“PSHE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.”

“Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.”

**PSHE**  
Association



# Why is PSHCE important?



41% of British 11-15 year-olds who smoke regularly have a mental disorder, as well as 24% of those who drink alcohol at least once a week, and 49% of those who use cannabis at least once a month.

(National Statistics Online, Mental Health: Mental Disorder More Common In Boys, at [www.statistics.gov.uk](http://www.statistics.gov.uk), (2004))

7 in 10 young people aged between 13 and 22 have been a victim of cyberbullying

<http://www.ditchthelabel.org/downloads/the-annual-cyberbullying-survey-2013.pdf>

1 in 3 adult mental health conditions relate directly to adverse childhood experiences

<https://youngminds.org.uk/about-us/media-centre/mental-health-stats/>

More than 16,000 young people are absent from school because of bullying.

[http://redballoonlearner.co.uk/includes/files/resources/261298927\\_red-balloon-natcen-research-report.pdf](http://redballoonlearner.co.uk/includes/files/resources/261298927_red-balloon-natcen-research-report.pdf)

60% of 13 to 18 year olds have been asked for a sexual image of video of themselves

<http://www.nspcc.org.uk/globalassets/documents/annual-reports/childline-review-under-pressure.pdf>

more than one in seven surveyed children aged 11–18 (15 per cent) say they have been asked to send self-generated images and sexual messages.

NSPCC (2018) NetAware research on file with the NSPCC



# Why is PSHCE important?



## Mental health is a big issue for young people...

- 1 in 8 children have a diagnosable mental health disorder – that's roughly 3 children in every classroom
  - 1 in 6 young people aged 16-24 has symptoms of a common mental disorder such as depression or an anxiety disorder
- Half of all mental health problems manifest by the age of 14, with 75% by age 24
  - In 2017, suicide was the most common cause of death for both boys (16.2% of all deaths) and girls (13.3%) aged between 5 and 19
  - Nearly half of 17-19 year olds with a diagnosable mental health disorder has self-harmed or attempted suicide at some point, rising to 52.7% for young women





# How does PSHCE Help?

S Successful  
C onfident  
A mbitious





# Academic success



## **PSHCE education has been proven to remove barriers to learning and provide skills to aid success**

- PSHCE allows pupils to excel by removing barriers to learning, and developing skills and attributes - such as confidence and positive risk-taking - which support their progress.
- pupils with higher levels of emotional wellbeing have higher levels of academic success,
- Ofsted's finding that outstanding schools almost always have outstanding PSHCE education.
- improved attitudes and behaviour in pupils and an 11% improvement in academic achievement.
- improvement in attainment rates, particularly amongst those eligible for free school meals and pupils who had been performing at below national average in maths and English.



# What is taught?



## Key Stage 3 (Year 7-9)

Students build on the knowledge and understanding skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their on-line lives, and the increasing influence of peers and the media.

## Key Stage 4 (Years 10 and 11)

Students deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during key stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibilities for themselves and others.

PSHE Association Programme of Study for PSHE Education .



Department  
for Education



## Relationships and Sex Education

**Relationships and Sex Education (RSE)** will build on the teaching at primary school. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds.

Our school will cover content on what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health

*You can find further details by searching 'relationships, sex and health education' on GOV.UK*



Department  
for Education

Health Education



Health Education aims to give children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of secondary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

*You can find further details by searching 'relationships, sex and health education' on GOV.UK.*



# Pupil safety online and offline



An international study suggests that when pupils receive lessons on sex and relationships, disclosures about abuse and exploitation increase significantly.

<https://www.theguardian.com/education/2015/apr/16/sexual-abuse-education-helps-children-report-offenders>

Recent surveys involving 15,000 British adults suggest that those who cite school lessons as their main source of sex and relationships education were less likely to have had first intercourse before age 16 and say that both partners were consenting.

<http://www.natsal.ac.uk/home.aspx>

A series of international studies show that school lessons reduce unplanned pregnancy rates.

<https://unesdoc.unesco.org/ark:/48223/pf0000183281>





# What will my child learn in PSHCE?



	year 7	year 8	year 9	key stage 4
	Puberty Hygiene Prejudice and discrimination Bullying or banter? Safe and positive relationships Friendships On-line bullying	Consent Dangers of pornography Sexting STI's Contraception On-line grooming Stereotypes and discrimination RAID Homophobia (LGBT)	Friendship and changes Healthy relationships Sex in relationships Contraception and use of condom SEXIONS Options for a pregnant teenager Selfie safety Domestic violence CSE Peer pressure	SEXIONS STI's Contraception Healthy Relationships (Equation) Religion and stereotyping Internet trolling
	Smoking FGM	Alcohol Cancer Awareness First Aid ( <u>Heartstart</u> )	Drugs Responsible health choices - vaccinations Body image Eating disorders <u>Self harm</u> Coping with stress and anxiety	Health and Wellbeing Medical ethics Abortion Euthanasia Animal rights
	All about me Healthy Living Depression Self esteem	Mindfulness Body Image (male)		
	Transition Conflict and resolution Celebration of Culture	Law and courts RAID Celebration of culture Extremism an radicalisation	Human rights - The Holocaust	Human Rights – Genocide (Rwanda) Work Experience Knife crime (PC Whitehouse) Crime and punishment (including prison, capital punishment, death penalty)
	Careers (Steps booklets) Budgeting	Careers (Steps booklets)	Option choices Careers (Steps booklets)	Citizenship placement Work Experience SCA Careers Fair Finance and budgeting (WN Outreach in Yr 10 and Apple Pie in Yr 11) Aspirations (WN Outreach) Mock Interviews

Activate Win



From September 2020 the Government is introducing new statutory requirements to the PSHE curriculum.

This will make some aspects of what we teach compulsory.

We already cover most of the new requirements.



# Right of withdrawal



## Current Guidelines

- Under the current SRE guidance, until September 2020, parents can choose to withdraw their child (up to the age of 18) from any or all aspects of Sex and Relationships Education that are not included within the statutory National Curriculum.
- This means that parents are not permitted to withdraw their child from elements of sex education (for example reproductive and biological aspects) that are within the science curriculum.
- Schools must make alternative arrangements for pupils whose parents choose to withdraw them from SRE lessons

## Starting September 2020

- **Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.**
- **Parents will be able to withdraw their child** (following discussion with the school) **from any or all aspects of Sex Education**, other than those which are part of the science curriculum, up to and until three terms before the age of 16.
- After that point, the guidance states that 'if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.'
- Where pupils are withdrawn from sex education, schools should document the process and will have to 'ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.'



# RSE Policy:



Teachers will establish clear parameters of what is appropriate and inappropriate in a whole class setting. It will be a matter of common practice that:

- no-one (teacher or student) will have to answer a personal question
- no-one will be forced to take part in a discussion
- the correct names for body parts will be used most of the time
- sensitivity will be shown towards those of particular faith backgrounds
- nothing should be said that could be construed as embarrassing or offensive to other pupils or students.

If a question is too personal, the student will be reminded of the ground rules. The student may then be referred to the appropriate health professional or outside agency via the Pastoral Leader for that student.

If a question is too explicit, seems too old for the student, is inappropriate for the whole class or raises concerns about sexual abuse, it will not be answered in front of the whole class. The member of staff will discuss their concerns with the Designated Safeguarding Lead as appropriate.

In cases of concern over sexual abuse, the Trust's Child Protection Procedures will be followed.

It is important to recognise the power and confusion of informal learning from, for example, television, magazines, newspapers, gossip, jokes and the wider community. Teachers can do much to dispel myths, reduce fear and anxiety, clarify understanding and counteract prejudice.



# For more information:



Promotional material

## **Relationships, sex and health education: guides for parents**

***Search 'RSE FAQ' on GOV.UK***

***Search 'RSE Parent Guide' on GOV.UK***



# Any questions or concerns:



**Marie Dymond**

**[marie.dymond@suttonacademy.attrust.org.uk](mailto:marie.dymond@suttonacademy.attrust.org.uk)**