

Sutton Community Academy

PSHCE Parent consultation June 2025

PSHCE

Personal, Social, Health, Citizenship
Economic

What is PSHCE?

“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.”

Why teach PSHCE?

- <https://www.youtube.com/watch?v=qr3AqXVbgVg> (Why PSHE?)
- [https://www.youtube.com/watch?v= EpOg2jHfpM](https://www.youtube.com/watch?v=EpOg2jHfpM) the case for PSHE (PSHE Association)

Why is this so important?

Health

PSHE education forms a bridge between education and public health.

Chief Medical Officer

Safety

When pupils receive lessons on relationships and sex, disclosures about abuse and exploitation increase significantly.

International Cochrane study, 2015

Academic attainment

A virtuous cycle can be achieved, whereby pupils with better health and well-being achieve better academically

PSHE Education: A Review of Impact and Effective Practice, DfE, 2015

Flourishing

A curriculum for life?

UK Youth Parliament

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

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

Children who experience four or more adversities, are twice as likely to binge drink, and eleven times more likely to go on to use crack cocaine or heroin

<https://youngminds.org.uk/media/1547/ym-addaction-briefing.pdf>

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, (2004))

Ninety six per cent of gay pupils hear homophobic remarks such as 'poof' or 'lezza' used in school. Almost all (99 per cent) hear phrases such as 'that's so gay' or 'you're so gay' in school

https://www.stonewall.org.uk/documents/school_report_2012%282%29.pdf

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

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

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

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>

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

1 in 10 adults lived at some point during their childhood with someone who misused alcohol, and 1 in 25 with someone misusing, or dependent on, drug

Secondary school children in England are now more likely to have tried drugs than cigarettes,

<https://digital.nhs.uk/>

How does PSHCE Help?

Academic success

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

<https://www.pshe-association.org.uk/system/files/Pro%20Bono%20Economics%20PSHE%20evidence%20review%20FINAL.PDF>

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>

Why do we teach PSHE?



Education Act 2002

The Education Act 2002 requires all schools to teach a curriculum that is "**broadly based, balanced and meets the needs of pupils**". Schools must "**promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepare pupils at the school for the opportunities, responsibilities and experiences of later life**" while having a duty to keep pupils safe.

Why do we teach PSHE?



The Equality Act 2010 places duties on schools not just to address prejudice-based bullying but also to help to prevent it happening, and in doing so to keep protected characteristic groups safe.

PSHE education, with its focus on identity and equality, can help schools to fulfil this duty.

How does the Equality Act impact on Relationships/Health Education?

- Schools are required to have due regard to the need to:
 - eliminate discrimination, harassment, victimisation and any other conduct that is prohibited by or under the Act; and
 - advance equality of opportunity and foster good relations between persons who share a relevant protected characteristic and persons who do not share it
- Relevant protected characteristics are age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation

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

This makes some aspects of what we teach compulsory.



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.



Department
for Education

Living in the wider world

This area of the curriculum gives students the opportunity to review their strengths, interests, skills, qualities and values and to set ambitious targets and goals. They will learn about opportunities available to them after GCSE's and A'levels, including apprenticeships, university life and employment. In addition they will build and develop the work started in key stage 3 on sex and relationships education.

The three topics overlap

Sex and Relationships

Living in the Wider World

Health and Well Being

Possible topics include:

1. Mental health
2. Cyberbullying
3. Pornography
4. FGM
5. Puberty
6. 'Sexting'
7. Consent
8. STIs
9. Pregnancy
10. Contraception
11. Same sex marriage
12. Drugs & Alcohol
13. LGBT

The SCA PSHCE Team

Marie Dymond - PSHCE, Health and Social Care, Childcare

Penny Runnalls - PSHCE, Sociology

Richard Carlin - Head of Year 7 (transition), PSHCE

Jude Durrant - Head of Year 11, Health and Social Care, PE

Laura Foulds – Assistant Principal, Personal Development

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.

Right of withdrawal

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.'

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@attrust.org.uk

Laura Foulds

Laura.foulds@attrust.org.uk

What our students are facing:

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

- In 2023, one in five children and young people aged eight to 25 had a probable mental health condition. This number has been rising since 2017, most notably in the 17-19 age group.¹
- The number of children and young people referred to emergency mental healthcare rose by 10% between 2023 and 2024, with many of these young people being stuck on waiting lists for NHS support for months and years.²
- Suicide was the leading cause of death for people aged 5-35 in England in 2022. Around three quarters were boys or young men.³
- Almost one third (32.8%) of 17-24 year olds have self-harmed or attempted to self-harm at some point. This rises significantly to 69.5% of young people with a probable mental health condition.¹
- The cost of living in the UK places a huge strain on the mental health of young people, with a huge 90% of young people worrying about earning enough money to support themselves.⁴
- 30% of 11-16 year olds with a probable mental health condition missed a week or more of school in 2023

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