

THRIFTWOOD



**PERSONAL, SOCIAL,
HEALTH, CITIZENSHIP
AND
ECONOMIC EDUCATION
POLICY
(Including Relationships
and Sex Education)**

November 2018

At Thriftwood School & College we are committed to giving our students a happy, secure and challenging environment where they can build their skills, knowledge and confidence to enable them to safe, happy, productive and successful adult lives.

As a Healthy Academy we follow the four core themes of the Healthy Schools Scheme:

PSHE
Healthy Eating
Physical Activity
Emotional Health and Wellbeing

The Healthy School Aims -

- To support young people in developing healthy behaviours
- To help reduce health inequalities
- To help promote social inclusion
- To help raise the achievement of young people.

Thriftwood policies and procedures will reflect the following key objectives –

- To keep students safe from bullying, abuse and discrimination
- To encourage students to develop healthy and active lifestyles
- To ensure each student progresses as well as they possible can
- To ensure that students attend college regularly, giving them a strong voice in the life of the college and encourage them to help others
- To help students value education and to appreciate that it is the key to success in later life.

We will engage the full support of students, staff, parents, governors, the support services and agencies and the wider community in helping to meeting our key objectives.

PERSONAL AND SOCIAL DEVELOPMENT

Personal and social development is the sum total of all the experiences, planned and unplanned, that students receive during their childhood. These experiences promote their spiritual, moral, social, cultural, mental and physical development, and thus the wellbeing of the individual and also the wider community.

PERSONAL, SOCIAL, HEALTH, CITIZENSHIP AND ECONOMIC EDUCATION

Our aim in providing PSHCE within our school and college is to equip our students with the knowledge and skills they need to live happy, healthy and fulfilling lives as active citizens in a changing world. We want to enable every student to reach their individual potential. We give our students information, skills and sources of help so that they are less likely to be exploited by others and can make informed choices for themselves.

The delivery of good quality PSHCE is central to our ethos, and our status as an Enhanced Healthy School.

PSHCE LESSONS

At Thriftwood there is a mixture of discrete PSHCE lessons and PSHCE delivery throughout the day. PSHCE topics are also addressed through other areas of our provision, such as – social settings, science, beliefs and values, assemblies, charity fund- raising events, the annual review process, maths, tutor sessions, PE, social skills, trips, enrichment activities, business and enterprise, Team Programme, environmental sessions, art, social events, catering, ICT, English and art.

Clear guidelines and boundaries are set out for each group's PSHCE lessons, these rules are drawn up in each group at the start of the academic year and include issues such as not making personal remarks, not using racist or sexist language and listening to other members of the group.

The PSHCE Co-ordinator at school is Keisha Setoudeh and at college is Mary Booker. They have both completed the National PSHE CPD Programme.

PSHCE TOPICS INCLUDE:

- Relationships and Sex Education (see later section on RSE)
- Self-esteem and celebrating our differences (including disability, race, culture and sexuality).
- Social skills including decision-making, assertiveness and collaboration.
- Alcohol, drugs, substance and tobacco use and the physical, emotional, financial and legal consequences.
- Individuals' rights and responsibilities and respecting others' rights within a community, and how these change as they grow older.
- British Values and personal moral code.
- Personal safety including safe use of the Internet, sexting, social networking, carrying weapons, peer pressure and being aware of risks in their lives.
- Mental health.
- Other races, religions and cultures and their rights and moral attitudes.
- Female genital mutilation and forced marriage – unacceptable cultural practices in Britain.
- Rape and consent and British Law.
- Relationships and negotiation skills.
- Marriage or living together.
- Parenting skills, responsibilities and that parenthood is a choice.
- Sexually transmitted infections.
- Tests for STI's, cervical smears, self-examination of breasts and testicles and where to go for help and advice.
- Contraception and Safer Sex including where to find help and advice and where to obtain free condoms.
- Healthy lifestyles; both the emotional and physical aspects.

- Puberty and how bodies change physically (including menstruation, wet dreams and masturbation) and the consequent changing emotions.
- Assessing their personal skills and where they need to improve, setting targets for school and the future and celebrating their achievements.
- Work on different post 16 options, work experience and investigating different jobs
- Learning about keeping financial accounts, budgeting, debt, living costs and ways of saving.

The information given in PSHCE is appropriate to the age and comprehension of the students. Differentiation will take into account their learning difficulties, comprehension skills and preferred style of learning, but the information provided will remain age-appropriate.

CONFIDENTIALITY

Students are told that if they bring up information that may threaten their, or their peers', wellbeing or safety then the Pastoral Care team and Safeguarding staff within the school and college will have to be informed to keep students safe.

QUESTIONS FROM STUDENTS

Although PSHCE is largely delivered through specific programmes within lessons, it is necessary for staff to deal with issues that students raise outside PSHCE lessons and all staff are encouraged to discuss these issues openly, honestly and confidentially. In PSHCE lessons students are encouraged to ask any questions, whether this is openly in front of their peers or privately after the lesson to an adult (verbally or in writing).

HOME SCHOOL COMMUNICATION

- Parents can contact the PSHCE Co-ordinator if they have any questions or worries about what their child will be studying.
- The PSHCE Co-ordinator welcomes input from parents about any topics they feel need covering in lessons.
- Parents are legally free to withdraw their child from specific RSE lessons (those to do with sexual education, but not relationships) and any parents wishing to do so need to put this into writing and send it to the PSHCE Co-ordinator at school or college. However, parents are not permitted to withdraw their child from sexual education within Science lessons.
- Parents are very welcome to view the PSHCE resources and talk to the PSHCE Co-ordinator at a mutually convenient time.

RELATIONSHIPS AND SEX EDUCATION

At Thriftwood, Relationships and Sex Education covers three main areas:

- The Biological Aspect
- The Personal Relationship Aspect
- Moral, Cultural, Legal, Emotional and Religious Aspects

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, made Relationships Education compulsory for all pupils receiving primary Education and Relationship and Sex Education (RSE) compulsory for all pupils receiving secondary education. In many schools this is provided within the science curriculum. However, as our pupils need to revisit topics to consolidate their learning we also teach sex and relationships within specific PSHCE lessons. Our students need clear, unambiguous, detailed information so that they can understand topics and relate them to their own lives (either currently or in the future). We repeat topics so that they have several opportunities to explore each topic, this also allows them to look at topics that their increasing maturity may make more relevant to them.

We look at the biological aspects of sexual intercourse, conception and pre-natal development, pregnancy and childbirth.

Our approach to sexual relationships stresses the importance of trust within a caring relationship as the basis for any sexual activity. We look at different ways of showing love and emphasise that saying no to sex is a choice everyone is free to make. We take into account the messages students are exposed to through various media (including sexting, pornography, peers, social media and texting), especially in light of the research that has found that many young people find out about sexual relationships from pornography viewed via the Internet. Our work on peer pressure also takes account of being pressurised into sexual activity.

Our Relationships and Sex Education is based on heterosexual relationships but we also discuss same sex relationships as of equal value in our society. We encourage an open forum for questions and will actively discourage students from making judgements about others' sexuality or ideas.