

## FreshSteps PSHE/RSE Curriculum Overview 23-24

### Intent

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe while preparing them to make the most of life and work.

RSE (Relationship and Sex Education) aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate ones. It should enable them to know what a healthy relationship looks like and what makes a good friend, colleague, successful marriage, or another type of committed relationship. It also covers contraception, developing intimate relationships and resisting pressure to have sex, and not applying pressure. We teach what is acceptable and unacceptable behaviour in relationships. This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

### Implementation

The framework is based upon the PSHE Programme of Study which was produced by the PSHE Association and its most recent update.

The Programme of Study sets out learning opportunities for each stage, in three core themes: **Health and Well-being**, **Relationships** and **Living in the Wider World**.

At FreshSteps we believe that our pupils should be well informed about the full range of perspectives and, within the law, should be well equipped to make decisions for themselves about how to live their own lives, whilst respecting the right of others, to make their own decisions and hold their own beliefs.

Key aspects of the law relating to sex education is also being taught. Internet safety is also addressed. Pupils will be taught the rules and principles for keeping safe online. PSHE education also gives children the opportunity to learn about their and others's mental health and well-being and teaches some ways to manage our mental health and recognise poor mental health.

In our school we are mindful that for pupils who are or have experienced unhealthy or unsafe relationships at home or socially, the school may have a

particularly important role in being a place of consistency and safety where they can easily speak to trusted adults, report problems and find support, that is why we delivered our lesson in a non-judgemental, factual way and allow scope for young people to ask questions and share experience in a safe environment.

At FreshSteps we plan our lessons carefully, creating a safe learning environment and we select and work with visitors and speakers to enrich our curriculum.

We used different strategies to teach our PSHE lessons, for example: discussion, brain-storming, role-play, scenarios script, mind-map, quiz, draw and write, etc.

PSHE learning is linked to other subjects in the curriculum. For example, pupils may learn about the biology of reproduction or the effects of drugs on people's bodies through the science curriculum, but PSHE gives them the opportunity to consider what this knowledge and understanding mean to them and to develop the skills and strategies they will need to apply this knowledge in their present and future lives. Other linked subjects include citizenship, religious education, PE, ICT, and literacy. As well as safeguarding, British values and SMSC.

## **Impact**

Pupils will be equipped with knowledge and skills to appreciate what it means to be a member of a diverse society, where we accept each other differences and abilities. Our pupils are also encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

PSHE education helps children and young people to achieve their potential by supporting their well-being and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships.