



Personal, Social, Health and Economic (PSHE) Education, Relationships and Sex Education (RSE) and Citizenship Policy

Keeping Children Safe in Education 2025

August 2025 Notice:

Please note that this policy is under review. KCSIE notes for information that revised guidance is expected this summer on relationships, sex and health education and gender questioning children. Both pieces of guidance will be referenced in KCSIE when the final version is published in September 2025. This policy will be updated when that guidance is published.

1. Introduction

This policy covers our approach to Personal, Social, Health and Economic education (PSHE), including Relationship and Sex Education (RSE) and Citizenship education. It aims to set out the purpose of PSHE, RSE and Citizenship education and the intended outcomes for students; it also includes our curriculum coverage and how it is delivered.

This policy takes into consideration the following legal requirements, national strategies and government guidance:

- Education Act
- Department for Education Guidance for Personal, Social, Health and Economic (PSHE) Education 2020
- Department for Education Guidance for the teaching of the statutory Relationships Education, Relationships and Sex Education (RSE) and Health Education 2020

We believe PSHE and Citizenship education is integral to many aspects of school life and this policy should be cross-referenced with the following related policies:

- Equality, Diversity and Inclusion Policy
- Safeguarding Policy
- Behaviour for Learning Policy
- Attendance Policy
- Anti-Bullying Policy

2. Rationale

PSHE and Citizenship education is currently a non-statutory subject. However, section 2.5 of the national curriculum asserts that all state schools 'should make provision for personal, social, health and economic education (PSHE)'. The PSHE Association states that, 'PSHE

education contributes to schools' statutory duties outlined in the Education Act 2002 and the Academies Act 2010 to provide a balanced and broadly-based curriculum and is essential to Ofsted judgements in relation to personal development, behaviour, welfare and safeguarding.' In addition, the Relationships and Health and Wellbeing areas of PSHE and Citizenship education have been compulsory in primary schools since September 2020.

We believe PSHE, RSE and Citizenship education is an important and necessary part of all students' education. As such, at Wendover Online School, it is a key element of school life and, as well as explicit teaching sessions which will draw on good practice and national recommendations, it will be built into many aspects of the wider curriculum. Our school believes PSHE and Citizenship education is a shared responsibility of school staff, parents, carers, pupils and, where appropriate, the wider community.

3. Aims

PSHE, RSE and Citizenship education in our school aims to explore the knowledge and understanding young people need to stay safe, be happy and healthy and fulfil their potential, while also preparing them for life, both in the present and future. It also aims to equip them with the skills they need to live successfully as citizens of the communities to which they belong and enables them to celebrate diversity and treat all people with kindness and respect.

PSHE, RSE and Citizenship education in our school also aims to encourage children to develop positive mental health and emotional wellbeing, by empowering them with the knowledge of why this is important and how it can be achieved. We want to educate the whole child through our PSHE, RSE and Citizenship education and believe this positively impacts the individual, the school community, the wider community and the global community – both present and future.

4. The management and organisation of PSHE and Citizenship education

- Our senior leaders will support all staff in school in the preparation and delivery of PSHE, RSE and Citizenship education and work to create a school ethos which supports and upholds content in the curriculum. Materials are held centrally and are reviewed on an annual basis.
- Our PSHE, RSE and Citizenship education subject leader will create and implement a whole school scheme of work appropriate to our school setting. They will also support and monitor teaching and learning in this area. Schemes of Work are held centrally and are available for all teachers to access. The topics covered at each key stage are chosen to be appropriate for the students at that point in their education.
- Our class teachers will deliver high quality weekly PSHE, RSE and Citizenship education lessons which follow the school's Scheme of Work and current best practice.
- Our students will engage respectfully and responsibly with all taught content.
- Our parents and carers will be fully informed about what their children will be learning and will be actively encouraged to participate in the curriculum where appropriate. Parents are notified of the content to be studied at the beginning of each half term.

- A consultation letter detailing the nature of the PSHE and RSE lessons is issued at the beginning of each academic year.

5. Delivery of the PSHE, RSE and Citizenship curriculum

In our school, PSHE, RSE and Citizenship education will be delivered in a way that is accessible to and inclusive of all students. These lessons will involve a variety of teaching methods and interactive activities to encourage student engagement. We aim to create a safe and supportive climate for learning in which all children can thrive, feel able to ask questions and discuss issues openly. Lessons will usually be delivered in mixed groups; however, there may be situations where it is appropriate to teach in single sex groups, particularly where there is a single student of a particular gender or specific to parental request. We will work with parents to find the most appropriate way to deliver lessons and to ensure students have the opportunity to access the curriculum.

All of our students will participate in weekly PSHE, RSE and Citizenship education lessons and these will be taught by staff who are trained in delivering the specific content of the lessons. RSE will also be taught through the Science curriculum. Citizenship will be taught within the Group Tutorial lessons. Ground rules will be established in class and students will be reminded regularly of these. Special consideration will be given when teaching particularly sensitive content; staff will be fully aware of the children in their class and how they might relate to the lesson content, providing extra support to enable participation. Students are encouraged to email their teacher where they have a question that they prefer to approach on a one-to-one basis, rather than in front of the whole class. Distancing techniques will be employed in all PSHE, RSE and Citizenship education lessons, meaning that children are able to engage with and explore issues deeply without having to discuss their own lives and experiences.

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health.

6. Resources

Primary

We use the Twinkl Life PSHE and Citizenship education Scheme of Work throughout school years 1 to 6. This Scheme of Work and all of its resources have been produced to be fully in line with the Learning Outcomes and Core Themes outlined in the 2020 PSHE Association

Programme of Study which is widely used by schools in England and is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools. All aims are taught through the three core areas of PSHE and Citizenship education, which are: Health and Wellbeing, Relationships and Living in the Wider World. All lessons will cover content in an age-appropriate manner.

- Health and Wellbeing lessons will explore physical wellbeing, healthy lifestyles, mental health, growing and changing, keeping safe and drugs, alcohol and tobacco.
- Relationships lessons will explore families and close positive relationships, friendships, managing hurtful behaviour and bullying, safe relationships and respecting self and others.
- Living in the Wider World lessons will explore our shared responsibilities, communities, media literacy and digital resilience and economic wellbeing (money and aspirations, work and career) and British values.

Key Stages 3 and 4

The PSHE, RSE curriculum has been designed around the Explore PSHE KS3 and KS4 courses, supplemented with resources from EC Publishing <https://ecpublishing.co.uk/collections/pshe> , <https://pshe-association.org.uk/resources-landing> , <https://barclayslifeskills.com/> , <https://amaze.org/> amongst others.

Key Stage 5

Students in this key stage follow the curriculum supplied by <https://ecpublishing.co.uk/collections/complete-school-packages/products/two-years-of-ks5-pshe-growing-unit> to provide a balanced curriculum for our students who are based both in and outside the UK.

A programme of study for PSHE is provided in Appendix 1.

RSE across the school focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds, including: Families; respectful relationships, including friendships; online and media; being safe; intimate and sexual relationships, including sexual health.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children).

Citizenship is included in the Group Tutorial programme across the school, where students are encouraged to discuss issues pertinent to being a good citizen. They follow a programme designed to develop their skills as learners as well as to broaden their understanding and knowledge around how to make a positive contribution to society at large. This is presented in a

way that has relevance to both our UK and international cohorts and is based on becoming respectful global citizens of the world.

7. Confidentiality

For any child wishing to discuss something confidential relating to the lesson content or otherwise, they are encouraged to email their teacher or to speak with them separately. All students have a 1:1 tutor and weekly tutorial sessions where any issues can be raised in a safe space. Should the teacher have any concerns they are to raise them in line with the safeguarding policy and protocols using the form available in Teams and the Staff Room.

8. Continuing Professional Development

The professional development needs of all staff in relation to the teaching and learning in PSHE, RSE and Citizenship education will be regularly assessed and monitored and relevant training and support provided. The subject leader for PSHE, RSE and Citizenship will regularly model and disseminate best practice, working closely with the Senior Leadership Team.

9. Working with parents, carers and the wider community

We greatly value our parents and carers; we believe that their understanding of PSHE, RSE and Citizenship and what their children will be learning is vital in gaining optimum outcomes.

Before each unit is started, the school will send out guidance about the unit and what it entails. Parents are encouraged to contact the school should they have any concerns. Parent and carers information evenings will be held and surveys distributed to discuss the teaching of more sensitive content. Parents and carers are invited to view this policy and our curriculum at any point, it is available on the school website.

We are committed to following government guidance on the rights and responsibilities of parents and carers concerning PSHE, RSE and Citizenship education.

10. Parents' right to withdraw

Parents have the right to withdraw their child from the non-statutory components of sex education within RSE up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education, rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms. (Source: https://assets.publishing.service.gov.uk/media/62cea352e90e071e789ea9bf/Relationships_Education_RSE_and_Health_Education.pdf). In the event that a child does not attend these

lessons, they will be provided with alternative educational tasks to complete as supervised by their 1:1 tutor.

Requests for withdrawal should be put in writing by email to the Principal.

11. Staff responsibilities

Staff are responsible for:

- Delivering PSHE, RSE and Citizenship in a responsible and sensitive way.
- Modelling positive attitudes to PSHE, RSE and Citizenship
- Monitoring Progress
- Responding to the needs of individual students
- Responding appropriately to students whose parents wish them to be withdrawn from the non-statutory components of RSE

12. Student responsibilities

Students are expected to engage fully in PSHE, RSE and Citizenship lessons. When discussing sensitive issues related to RSE, they are expected to treat others with dignity, respect and sensitivity.

13. Monitoring and evaluation

The staff members responsible for monitoring teaching and learning in PSHE, RSE and Citizenship are:

- Principal
- Heads of Key Stage
- PSHE Subject Lead

We will consult with students, allowing them to self-reflect and discuss their learning in both PSHE, RSE and Citizenship through learning reviews in Group Tutorial lessons.

Key action points learned through monitoring and evaluation will be fed into the self-evaluation of the PSHE, RSE and Citizenship programmes

Policy review

This policy is designed to set good practice standards. However, the school recognises that best practice develops over time and, as such, will update it regularly in light of experience and as a result of changes in legislation or its own internal organisation and policies. The policy will be subject to a comprehensive review on an annual basis.

Date policy reviewed: August 2025

Date of next review: September 2025

Appendix 1: PSHE programmes of study

Primary PSHE curriculum map <https://wendoveronlineschool.com/primary/#curriculum>

Key Stage 3 PSHE curriculum map <https://wendoveronlineschool.com/lower-secondary/#curriculum>

Key Stages 4 and 5 PSHE curriculum map

- <https://wendoveronlineschool.com/gcse/#curriculum>
- <https://wendoveronlineschool.com/a-level/#curriculum>

Appendix 2: PSHE, RSE, Citizenship consultation letter to parents

Dear Parents and Carers,

You will be aware that, as a part of your child's educational experience at Wendover Online School, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives children and young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

From September 2020 the Department for Education (UK) made Relationships and Sex and Education (RSE) and Health Education compulsory in all primary as well as secondary schools. Given that we are following a UK curriculum, it would seem appropriate to follow this advice.

What does the guidance mean?

The guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships.

Learning about the emotional, social and physical aspects of growing up, gives children and young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own wellbeing.

All of the sessions will be age-appropriate and meet the needs of all students in the class. We would like your views on how to tailor this to your children. It is the responsibility of the class teacher to adapt the lessons to suit the needs of the children in their class whilst covering the statutory requirements.

Parents have the right to request that their child be withdrawn from some or all of the sex education delivered as part of the statutory requirement following discussions with the Principal.

There is no right to withdraw from Relationships Education or Health Education or any content from the statutory Science curriculum. This means that students cannot be withdrawn from lessons on the Changing Adolescent Body.

How will this be delivered?

This guidance will form part of our school's PSHE education programme which is taught throughout the school in every year group and is monitored and reviewed regularly.

Our current scheme of work is based on Twinkl for primary (key stages 1 and 2) and we are following Explore PSHE for key stages 3 and 4 supported by additional resources from a variety of sources, particularly those signposted by the PSHE Association. We want to ensure

progression in knowledge, attitudes and values, and skills – including the key skills of social and emotional learning, known to improve outcomes for children. We will support the scheme of work with material selected from <https://amaze.org/> amongst others.

All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what affects them personally.

Suggestions and questions

It is important that there is an open conversation between parents/ carers and school to ensure that the children are given the best PSHE provision as we are children's top two preferred sources of information about sex, relationships and other aspects of PSHE learning.

We encourage any feedback and suggestions, as well as any questions that you, as parents and carers, may have about the guidance or coverage.

Yours sincerely,

Rachel Smith
PSHE Lead
Head of Key Stage 3 and Pastoral Care