

PSHE: Parent Frequently Asked Questions

How many PSHE lessons do students receive in each year group?

Students have PSHE lessons delivered in a number of different combinations, as outlined below:

Key Stage 3	2 PSHE Lessons per fortnight (delivered in core PSHE and tutorial)
Key Stage 4	1 PSHE Lesson per fortnight 2 tutor-led PSHE sessions per fortnight
Key Stage 5	2 hours per fortnight (delivered in core PSHE and tutorial)

Why is PSHE important?

PSHE – Personal, Social and Health Economic Education – is an important part of students' education. It consists of topics including Staying Healthy, Sex and Relationships Education (RSE), Emotional Health and Wellbeing, British values, careers education, managing money and more.

PSHE is important for developing students understanding of themselves, others and the world they live in. With this in mind, PSHE education is a chance to give every child and young person an equal opportunity to develop the skills and knowledge they need to flourish now and in the future.

This includes helping them to deal with critical issues they face every day such as friendships, emotional wellbeing and change.

From making informed decisions about alcohol to succeeding in their first job, PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they'll face.

Will my child study Relationships and Sex Education, and what is it?

There is a statutory duty on schools to teach Relationships and Sex Education (RSE). RSE is an important part of the PSHE curriculum. The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should 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.

Effective RSE does not encourage early sexual experimentation. It should teach young people to understand human sexuality and to respect themselves and others. It enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity.

Effective RSE also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

Do I have a right to withdraw my child from Relationships and Sex Education?

Parents have a right to request to withdraw their child from sex education delivered as part of RSE in secondary schools unless there are exceptional circumstances. A parent's right to request to withdraw is possible up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

There is no right to withdraw from Relationships Education as the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.

We encourage you to get in contact to discuss this with us if you are considering requesting that your child is withdrawn from sex education.

Does the Relationships Education and RSE curriculum take account of my faith?

The curriculum is designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain.

In all schools, when teaching these subjects, the religious background of pupils must be taken into account when planning teaching, so that topics are appropriately handled. Schools like ours with a religious character can build on the core required content by reflecting on their beliefs in their teaching.

PSHE teaching places importance on our school's core values: faith, justice, responsibility, truth and compassion.

Will my child be taught about LGBTQ+ relationships and identity?

Yes. Pupils should be taught about the society in which they are growing up. These subjects are designed to foster respect for others and for difference, and to educate pupils about healthy relationships.

Pupils will receive teaching on LGBTQ+ content in our curriculum. Teaching children about the society that we live in and the different types of loving, healthy relationships that exist can be done in a way that respects everyone.

How is the PSHE curriculum structured?

Our PSHE curriculum is centred around 6 core themes. These themes have been chosen because we believe they reflect the challenges students face growing up in the modern world and are the most relevant to students' lives.

The 6 core themes are:

- Relationships and Sex Education
- Health and Wellbeing

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- Staying Safe On and Offline
- Rights/Responsibilities and British Values
- Life Beyond School
- Celebrating Diversity and Equality.

Students should expect to encounter these themes numerous times across each key stage. Our curriculum is planned in this way because overlapping and connecting topics in this way is shown to be an effective strategy for developing long-term learning and knowledge. It also enables the teaching of content in an age-appropriate way, where students' depth of knowledge can be extended as they mature.

We have also taken direction from other organisations, including the PSHE Association and Cre8tive Education.

How can I help my child at home?

One of the best things parents can do to help with PSHE at home is to take an interest in what their child is learning. Asking open questions, such as "what can you tell me about..." or "What are you learning in PSHE" is a good way to encourage open discussion.

Asking children questions in two parts can be helpful for discussion and for parents to know more about what students understand:

- What do you know about...? How do you know that?
- What do you think about...? Why do you think that?

PSHE is also relevant to students lives and parents can help students make sense of some of the topics in PSHE by relating it to the world around them. Discussions about what is happening in the news is an effective way to link the content in PSHE to the wider world.

Where can I find out more?

As a school we welcome engagement from parents and carers. If you have questions about our PSHE curriculum and the topics we cover, you can find helpful information on the subject page of our website.

You can also get in contact with us. Our Head of PSHE is [Mrs Patsy Wilson](#).

You can find parents guides about RSE which have been produced by the Department for Education here: <https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

You can also find the statutory guidance for RSE in Secondary Schools on the government website here: <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-and-sex-education-rse-secondary>