



# Personal, social, health and economic (PSHE) education policy

<b>Independent school standards</b>	Paragraphs 2(2)(d) and 5
<b>Complementary policies</b>	Relationships, sex and health education (RSHE) and careers education, information, advice and guidance (CEIAG)
<b>Last updated by senior leaders</b>	September 2025
<b>Last reviewed by advisory board</b>	September 2025
<b>Next review due</b>	September 2026

## Personal, social, health and economic (PSHE) education

- PSHE education, incorporating Relationships, Sex and Health Education (RSHE) and elements of Careers Education, Information, Advice and Guidance (CEIAG), is taught as a discrete subject throughout the school, as per the statutory requirements to do so (2(2)(d) of the independent school standards).
- The PSHE curriculum, from the early years through to sixth form, is thoughtfully designed to be engaging and interactive, incorporating activities such as group discussions, role-plays, and digital simulations. The balanced approach ensures clarity in content delivery while enhancing pupils' ability to understand and apply key concepts in real-life situations.
- Through PSHE education, pupils gain essential knowledge and skills to navigate their lives confidently, stay safe, make informed decisions, and thrive both as individuals and as good citizens.
- The subject is taught sensitively and supportively; teachers foster an inclusive, respectful and safe learning environment in which pupils are encouraged to discuss sensitive topics. The curriculum draws upon guidance and resources from Jigsaw at the preparatory school and the PSHE Association at the senior school.
- The programme also fosters the development of important personal attributes such as resilience, leadership, communication, empathy, and perseverance, while supporting emotional, moral, and intellectual growth.
- Wherever possible, we collaborate with community organisations, charities and external providers to provide real-world context and expertise via workshops and visiting-speaker talks.
- At the preparatory school, in-school assemblies cover key religious rituals, festivals, celebrations and events including Diwali, Eid, Lent and Advent; and bible stories are presented by the oldest pupils. Assemblies are also hosted in our local church, including to celebrate Easter, Epiphany, New Year, Christmas and Harvest. Pupils fundraise for a variety of charities including our local air ambulance, MacMillan and Noah's Ark Children's Hospice.
- All teachers receive annual refresher training on independent school standard 5(d) which outlines their duty to ensure that where political issues are brought to the attention of pupils they always offer a balanced presentation of opposing views, and that the promotion of partisan views, as per the DfE's [political impartiality in schools](#) guidance, is prohibited.
- The subject is regularly reviewed internally by leaders, and externally by the advisory board, to ensure quality, relevance and compliance with statutory requirements. Feedback from pupils, staff and parents is informally and formally (via surveys and school council) welcomed to help improve the subject.

## **Curriculum aims**

Through the teaching of PSHE education, we aim to:

- develop pupils' skills for safe and healthy living, fostering self-awareness, resilience and self-worth.
- enable pupils to understand and manage their emotions, behaviours and relationships in a variety of social contexts.
- teach pupils the importance of, and practical strategies for, keeping themselves safe, including from unhealthy relationships, abuse and exploitation, radicalisation and extremism, including online.
- promote social responsibility and good citizenship, encouraging respect for others, active community participation, and understanding of equality and diversity, including in relation to all the protected characteristics.
- support pupils health and wellbeing, equipping them with age-appropriate knowledge to make informed choices about their physical health, mental health and emotional wellbeing, including in relation to alcohol, drugs, smoking and vaping, use of the internet and social media.
- enable pupils to be equipped to develop a range of healthy and respectful relationships, including in relation to intimate relationships, understanding consent, boundaries, and managing conflict.
- develop pupils' understanding of, and commitment to, contributing positively as a good citizen in modern Britain, including understanding fundamental British values, democracy, government and law-making, legal and social rights and responsibilities, national services, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.
- ready pupils with the necessary skills for their futures, including through providing financial literacy lessons and careers education, information, advice and guidance.

The curriculum is structured according to three age-appropriate thematic areas:

- **Health and wellbeing**
- **Relationships**
- **Living in the wider world**

	Preparatory	Senior
<b>Health and wellbeing</b>	Dreams and Goals Healthy me Changing me	Physical health (food, exercise, dental health, sleep) Drug education and addictions Mental health and emotional wellbeing Dealing with stress, panic and anger Body image and the impact of social media Basic first aid and emergency life-saving skills Personal safety
<b>Relationships</b>	Relationships and bullying	Friendship and bullying Domestic abuse Bereavement and loss Marriage and parenting Sexual consent Contraception and sexual health Safe and unsafe relationships Bullying and bystanders Gangs, grooming and trafficking Internet safety The dangers of pornography and sending nude images
<b>Living in the wider world</b>	Being me in my world Celebrating differences	Antisocial behaviour, knife crime and the law Being a good citizen and age of criminal responsibility Children's rights Careers education Digital and media literacy Fraud, scams and gambling Equality and diversity Prejudice and discrimination Extremism and radicalisation

## **Sixth form**

The curriculum is centred around Unifrog, an interactive platform that provides comprehensive resources to guide sixth-form students through personal development, career planning, and wellbeing topics.

PSHE education is delivered once a week in a dedicated slot in various forms, including lessons, assemblies, workshops and visiting speakers.

The programme covers:

- health and wellbeing – including mental health awareness and strategies for managing stress and personal wellbeing.
- relationships and inclusion – including equality and diversity, building and maintaining positive and healthy relationships, and recognising and tackling harassment and abuse.
- future planning and life skills – including impartial careers guidance, financial literacy, and personal safety.

## **Citizenship**

- At the senior school and in the sixth form, the PSHE education curriculum (and the wide-ranging co-curricular offer) encompasses the teaching of, and many opportunities for pupils to demonstrate, good citizenship. Though, then, Citizenship is not taught as a discrete subject, PSHE education is often referred to as PSHCE education.

## **RSHE and CEIAG**

- All pupils receive timely and high-quality relationships and sex education, and impartial careers education, information, advice and guidance, as per the requirements of the independent school standards. Please see the separate policies for these areas.