




## PSHE and RSE Policy

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## Introduction:

At Carisbrooke College, we are committed to providing a high-quality Personal, Social, Health and Economic (PSHE) education that supports the well-being, development, and safety of all our pupils. This policy sets out the framework for delivering PSHE and Relationships and Sex Education (RSE) in line with the Jigsaw Curriculum, ensuring our approach is in line with statutory requirements under section 78 and 80A of the Education Act 2002 and the Academies Act 2010 while meeting the needs of our diverse school community.

## Vision and Aims:

Our vision is to create a safe, supportive, and respectful environment where pupils are equipped with the knowledge, skills, and understanding to navigate life's challenges and opportunities. We aim to develop the personal, social, and emotional aspects of our pupils, enabling them to make positive choices, form healthy relationships, eliminate discrimination and become responsible citizens while taking care of their mental health.

In line with the Jigsaw Curriculum, our PSHE and RSE education provides an integrated approach to learning, ensuring that pupils are well-prepared for life in modern Britain.

Our aims are to:

- Promote the spiritual, moral, social, cultural, and emotional development of all pupils.
- Equip pupils with the knowledge, skills, and attitudes to lead healthy, safe, and fulfilling lives.
- Foster an understanding of the values of respect, responsibility, equality, and fairness.
- Promote an understanding of and respect for diversity and difference.
- Enable pupils to develop healthy relationships, both with peers and adults.
- Help pupils understand and manage their emotions and mental health.

## Curriculum Overview:

The PSHE and RSE curriculum at Carisbrooke College is delivered using the Jigsaw programme. We are using the Jigsaw PSHE programme as this offers a comprehensive carefully thought-through scheme of learning allowing for consistency, clear assessment and progression. The schemes of work are supported by well developed resources to support the in class delivery and are able to be adapted to each pupil's needs. This programme covers a range of themes, including but not limited to:

- Being me- This helps pupils explore who they are and how they fit.
- Celebrating Difference- This helps pupils to respect the similarities and differences they have. Highlights anti-bullying and helps them celebrate being unique.
- Dreams and Goals- This helps pupils to raise their aspirations, looking at how to achieve goals, developing resilience and emotional intelligence.
- Healthy Me- This helps pupils to identify ways in which to stay healthy and keep themselves safe.
- Relationships- This supports the pupils' understanding on how to build positive and healthy relationships.
- Changing Me- This helps to support the pupils' understanding of how they might change and ways in which they can deal with this.
- RSE (Relationships and Sex Education): Consent, puberty, sexual orientation, reproduction, and respectful relationships.

The Jigsaw Curriculum is progressive, allowing pupils to build on their knowledge and skills as they move through Key Stage 3 and Key Stage 4.

## Definition

Relationships and Sex Education (RSE) is about the physical, emotional, social and cultural and moral development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values. It is about the understanding of the importance of stable and loving relationships, respect, love and care for family life. It is essential that all pupils are provided with appropriate education to prepare them for their future.

RSE is not about the promotion of sexual activity.

In addition Carisbrooke College believes that RSE should:

- Be sensitive to the needs of all pupils and able to offer them additional support in specific cases if it is required.
- Be an entitlement for all young people.
- Encourage pupils to share and respect each other's views. We are aware of different approaches to sexual orientation, without promotion of any particular family structure.
- Generate an atmosphere where questions and discussion on sexual matters can take place without any stigma or embarrassment.
- Recognise that parents/carers are key people in teaching their children about sex, relationships and growing up. We aim to work in partnership with parents/carers and pupils, consulting them about the content of programmes.
- Recognise that the wider community has much to offer and we aim to work in partnership with health professionals, social workers, peer educators and other mentors or advisers.
- Be sensitive in the teaching of RSE to pupils from specific cultural groups and those with SEND.

Carisbrooke College will:

- Ensure pupils understand the consequences of their actions and behave responsibly within sexual and pastoral relationships.
- Set sex education within a broader base of self-esteem and responsibility for the consequences of one's actions.
- Ensure that pupils understand how to avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
- Communicate effectively by developing appropriate terminology for sex and relationship issues.
- Challenge sexism and prejudice, and promote equality and diversity.
- Support pupils in understanding the arguments for delaying sexual activity and for having protected sex.

- Provide the pupils with sufficient information and skills to protect themselves and where they have one, their partner from uninvited/unwanted conceptions and sexually transmitted infections including HIV.
- Ensure that the focus within each year group is healthy relationships but that topics such as pornography may be discussed dependent upon the needs of the class.
- Ensure pupils are aware of sources of help and acquire the skills and confidence to access confidential health advice, support and treatment if necessary.
- Know how the law applies to sexual relationships.
- Delivers Relationships and Sex Education through the Jigsaw Curriculum, and Science lessons at KS3 and KS4.

## Implementation:

At Carisbrooke College, PSHE and RSE are taught across the school as part of the statutory curriculum for Personal Development. The curriculum is implemented through a combination of:

- Dedicated PSHE lessons: These are timetabled as part of the curriculum and are taught by trained teachers.
- Weekly Tutor Time Sessions: The allocated slots within the pastoral tutor programme support the topics and learning from the dedicated PSHE lessons.
- Cross-curricular links: PSHE is embedded within other subjects to reinforce and extend the learning.
- Assemblies and school-wide initiatives: These provide opportunities to explore key themes, such as mental health awareness, anti-bullying, and safeguarding.

The PSHE and RSE curriculum is delivered using a variety of teaching methods, including group work, discussions, case studies, role play, reflection exercises and assessed pieces. Careful consideration is given to the level of adapted delivery needed.

## **Statutory Requirements:**

As per the Department for Education (DfE) guidance, the following statutory requirements are met through our PSHE and RSE provision:

- RSE: From September 2020, Relationships Education is compulsory in primary schools, and Relationships and Sex Education is compulsory in secondary schools. Carisbrooke College ensures all pupils receive a comprehensive RSE curriculum that is age-appropriate and inclusive of all pupils' needs.
- Health Education: Health Education is also a statutory requirement for all secondary schools, and we ensure that this is integrated within our PSHE curriculum.

## **Consultation with Parents and Carers:**

We believe that collaboration between school and home is key to delivering an effective PSHE and RSE programme. At Carisbrooke College, we consult with parents and carers when developing and reviewing our PSHE and RSE policy. Parents are provided with information about the curriculum and the topics being covered and have the opportunity to raise any concerns or questions.

Parents and carers can opt out of the RSE aspects of the curriculum, although we encourage open discussions to ensure that all pupils benefit from a comprehensive and inclusive education.

## **Safeguarding and Inclusion:**

We are committed to safeguarding and promoting the welfare of all pupils. Any issues raised during PSHE or RSE lessons that involve safeguarding concerns will be handled following our school's safeguarding procedures.

Our PSHE and RSE curriculum is designed to be inclusive of all pupils, regardless of their gender, sexual orientation, culture, or religion. We recognize and celebrate the diversity of our pupil body and ensure that the curriculum reflects and respects all identities.

## Assessment and Monitoring:

We assess the effectiveness of our PSHE and RSE provision through a variety of means, including:

- Pupil feedback: Regular surveys and discussions to assess the relevance and impact of the curriculum.
- Teacher assessment: Observations of pupil engagement and understanding during lessons.
- Tracking progress: Monitoring of pupil progress against the learning objectives of the curriculum.

The PSHE and RSE curriculum is reviewed annually, and adjustments are made based on pupil feedback, staff input, and any changes in statutory requirements.

## Online and Social Media:

Teaching on online etiquette and safety is aligned with the latest statutory requirements for PSHE and RSE. Key areas of focus include:

- Online Behaviour:  
Pupils are taught that the same expectations of respectful and responsible behaviour apply online as they do offline. This includes how they communicate, share, and respond to others on digital platforms.
- Digital Responsibility:  
Lessons include discussions about the risks of sharing content online, especially material that may be personal or compromising. Pupils learn that once something is shared, it can be difficult or impossible to fully remove.
- Consent and Boundaries Online:  
Pupils are encouraged to consider whether they would be comfortable with shared content being made public and are taught never to share material sent to them without consent.
- Support and Reporting:  
Pupils are provided with clear guidance on where and how to seek help if they encounter harmful content or experience issues online, including reporting mechanisms both in and outside of school.

- **Harmful Content Awareness:**  
The curriculum addresses the impact of exposure to harmful or extreme content, including pornography. Pupils explore how such material can distort perceptions of relationships and affect self-esteem and behaviour.
- **Legal Implications:**  
Teaching includes a clear understanding that sharing or viewing indecent images of children is a criminal offence, even if those images are self-generated.
- **Data Awareness:**  
Pupils are educated about how data is generated, collected, and shared online, including how this can influence advertising, content exposure, and privacy.

## **Use of External Organisations and Materials**

We ensure all external agencies and materials used in PSHE and RSE are appropriate, balanced, and in line with statutory duties, including political impartiality.

- The school remains responsible for all content delivered to pupils.
- All external input must uphold fundamental British values: democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

Before working with any external organisation, we will:

- Ensure full confidence in the agency's approach and resources.
- Check all materials are age-appropriate, developmentally suitable, and aligned with:
  - This policy
  - Teachers' Standards

- The Equality Act 2010
- The Human Rights Act 1998
- The Education Act 1996
- Confirm that content meets the intended learning outcomes of the curriculum.
- Review case studies and seek feedback from others who have used the agency.
- Request and review all materials in advance.
- Clarify:
  - What will be said
  - The speaker's stance on the issues discussed
- Know the names of any individuals involved and follow safeguarding procedures.
- Conduct an online search to flag any concerns for the school or parents/carers.
- Check the agency's data and photo policy.
- Ensure a teacher is always present during sessions and can intervene or stop the session if necessary.

We will not:

- Work with any agency that promotes or is linked to extreme political views.
- Use any materials from such organisations, even if the specific material appears neutral.

## Roles and Responsibilities:

The following individuals have specific roles and responsibilities in the delivery of the PSHE and RSE curriculum at Carisbrooke College:

- Senior Leadership Team (SLT): Oversee the strategic planning and implementation of the PSHE and RSE curriculum.
- PSHE/RSE Coordinator : Responsible for the coordination, development, and review of the curriculum, ensuring it is delivered effectively.
- Teachers: Deliver the PSHE and RSE curriculum as part of the broader school curriculum.
  - Deliver RSE in a sensitive way
  - Model positive attitudes to RSE
  - Monitor progress
  - Respond to the needs of individual pupils
  - Respond appropriately to pupils whose parents wish them to be withdrawn from the [non-statutory/non-science] components of RSE.
  - Staff do not have the right to opt out of teaching RSE.
  - Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.
- Academy Committee Board: Ensure that the PSHE and RSE policy is followed and that it meets statutory requirements.
- Parents and Carers: Support the learning and development of pupils by engaging with the curriculum and providing feedback.
- Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

## Conclusion:

At Carisbrooke College, our PSHE and RSE policy ensures that pupils are given the knowledge, skills, and support they need to thrive in today's and tomorrow's world. By delivering the Jigsaw Curriculum, we are committed to fostering a safe, inclusive,

and nurturing environment where pupils feel valued and empowered to lead healthy, fulfilling lives.

## **Policy Review:**

This policy will be reviewed annually by the PSHE/RSE lead in consultation with staff, pupils and parents to ensure it remains relevant, effective, and in line with statutory guidance.