



WESTON FAVELL ACADEMY

PSHE Policy

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1. Policy Statement

Personal, Social, Health and Economic (PSHE) education is a vital part of Weston Favell Academy's wider curriculum. It plays a key role in preparing pupils for life beyond the classroom by promoting their personal development, wellbeing and ability to engage with the world around them. PSHE supports pupils to become healthy, independent, and responsible members of society. It underpins our commitment to the holistic development of all pupils.

2. Intent

Our PSHE curriculum is designed to:

- Equip pupils with the knowledge, skills and attributes to make informed decisions about their lives
- Promote spiritual, moral, social and cultural (SMSC) development
- Foster resilience, self-worth and emotional wellbeing
- Support academic achievement and preparation for adult life
- Reflect the diverse needs and lived experiences of our school community
- Complement and reinforce the statutory Relationships, Sex and Health Education (RSHE) curriculum

At Weston Favell Academy, PSHE is inclusive, evidence-based and pupil-centred. All lessons are planned to be relevant, age-appropriate and responsive to our local context, including the social, cultural and safeguarding challenges our pupils may face.

3. Curriculum Design

We follow the Key Stage 3 and Key Stage 4 Thematic Model recommended by the PSHE Association. The curriculum is organised into three core themes which spiral and deepen over time:

- Health and Wellbeing
- Relationships (including statutory RSE)
- Living in the Wider World

Each theme is revisited regularly with increased complexity and depth to meet pupils' developmental needs. Curriculum planning is mapped across the academic year and sequenced to build on prior knowledge, address misconceptions, and respond to pupil voice and local intelligence.

Our curriculum ensures coverage of all *statutory* content outlined in the Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (DfE 2020).

We also adapt content to address non-statutory but locally relevant issues such as:

- Online safety and digital resilience
- County lines and child exploitation
- Knife crime and youth violence
- Mental health and access to support
- Social media pressures
- Aspirations, careers, and financial literacy

4. Implementation

PSHE is delivered through:

- Discrete fortnightly PSHE lessons
- Form time activities and assemblies
- Enrichment events and drop-down days
- External speakers and workshops
- Cross-curricular links with Science, Computing, RE and English

All resources are carefully selected, quality assured and adapted to reflect the specific needs of our pupils. Lessons are planned with the intent to be inclusive and accessible for all, with differentiation in place to support SEND learners. Group agreements are established in lessons to create a safe and respectful environment.

Teachers use a range of active learning strategies including discussion, debate, role-play, reflection and scenario-based learning. Lessons are underpinned by clear learning objectives, safeguarding guidance, and opportunities for pupils to revisit key knowledge.

5. Impact

The impact of our PSHE curriculum is assessed through:

- Pupil voice and feedback
- Lesson observations and learning walks
- Work scrutiny and self-reflection tasks
- Behaviour and safeguarding data
- Form tutor and pastoral team feedback
- External visitor evaluation

Our goal is for pupils to demonstrate increased confidence, empathy, critical thinking and the ability to manage real-life situations. We aim for PSHE to have a tangible impact on their daily lives and long-term outcomes.

6. Inclusion and Safeguarding

PSHE at Weston Favell Academy is inclusive of all pupils, including those with special educational needs and/or disabilities. Lessons are adapted and personalised as required, and teachers are trained to deliver content in a developmentally appropriate and sensitive manner.

Where disclosures or safeguarding concerns arise, these will be managed in line with our Safeguarding and Child Protection Policy. Teachers are supported to know how to respond appropriately and refer to the designated safeguarding team.

7. Parental Engagement

We believe parents are key partners in delivering effective PSHE. We provide information on the curriculum via:

- The school website
- Parent information evenings
- Letters and newsletters
- Access to lesson content on request

Parents have the statutory right to withdraw their child from non-statutory elements of sex education, as detailed in our RSHE Policy.

8. Monitoring and Review

The PSHE and RSHE curriculum is overseen by Mrs Rebecca Bowen, Senior Assistant Principal, and reviewed annually. Quality assurance includes lesson observations, curriculum review, and pupil feedback.

This policy is reviewed each academic year or sooner if guidance changes.

		Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year		Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8		Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9		Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence
Year		Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11		Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	