

PSHE EDUCATION

A guide for parents and carers educating children at home PSHE (personal, social, health and economic) education is a school curriculum subject through which children and young people acquire knowledge and skills to stay safe, be healthy (physical and mentally) and prepared for life, and work, in the modern world.

As a parent/carer you are your child's first educator and play a vital role in their personal and social development. Therefore, PSHE education should always be a partnership between schools and parents/carers. This guide will support you to contribute to your child's PSHE education outside of school or through home learning. This guidance is relevant at any time, but particularly so given current school closures due to the coronavirus epidemic.

What is taught in PSHE education?

PSHE education covers many topics, which are usually organised into three themes: 'health and wellbeing'; 'relationships', and 'living in the wider world' (which focusses on careers, media literacy and economic wellbeing).

What role can parents and carers play?

Your child's school is providing work for your child to complete during school closures, and this may include learning in PSHE education. As a parent or carer you will already have talked to your child about (or had to support them with) many of the topics and issues covered in PSHE education, so you may also wish to supplement this learning with further discussions of your own.

PSHE education is not therapy or counselling

In order to engage safely with the subject matter, it is important that neither you nor your child feels 'put-on-the-spot' or expected to share personal stories or experiences.

Some tips:

- Develop ground rules together and agree to adhere to these during PSHE discussions e.g.
- Help your child to explore a situation through the lens of a fictional person. You could use a character from a children's storybook, film or young adult novel or videogame.

Children and young people should also know where to go for additional safe and age-appropriate advice. As well as reminding your child that you are there to help them and that they can always ask you, help them recognise how to access other trusted sources of support too. For children this will include online advice such as ChildLine (www.childline.org.uk).

For example, you might:

- Praise and respond, remembering that most young people like short, simple, factual answers. If they want more information they will usually ask more questions.
- Delay, take time to stop and think or check information before going back to your child, but make sure you do respond
- Provide opportunities for open questions.
- Pre-empt the type of questions they might ask. Discuss what you feel would be age appropriate

As parent-educators you may find that you are having to explain different points of view or that your child's view is different or in conflict with your own. It is important to listen — be open to hearing your child's views, explain others' as best you can and accept that at times, we have to agree to disagree.