



PSHE Education Policy incorporating statutory Relationships, Sex Education and Health Education

Last reviewed:	January 2025
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Next review due by:	January 2026
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1 Context and introduction

PSHE education is a central part of the curriculum at Downs Infant School as it enables our pupils to build positive, equal, consensual friendships and relationship and to develop skills to keep themselves and others healthy and safe now and in the future. The PSHE education curriculum supports personal development, behaviour for learning including promoting attributes such as kindness, respect, consent, resilience and self-efficacy.

Our learning approach includes meaningful play through our carefully planned for continuous provision which runs alongside our PSHE curriculum and our learning heroes. This approach helps pupils to develop and understand their learning skills and contributes to the wellbeing, safety and achievement of all pupils in this school.

This policy covers our school's approach to the personal, social, health and economic education curriculum (PSHE), meets the requirement for a Relationships Education and Relationships and Sex Education policy. It also covers our approach to Drug, Alcohol and Tobacco Education (DATE). This is taught in a way which is appropriate for the age and maturity of our pupils.

2 Statutory Duties

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, Relationships Education and Health Education is compulsory for all pupils receiving primary education.

Our schools' PSHE education programme supports our school to meet our statutory duties '*to promote the well-being of pupils at the school*' and to ensure that we have a balanced and broadly-based curriculum which:

- *promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and*
- *prepares pupils at the school for the opportunities, responsibilities and experiences of later life.*

As part of this broad and balanced curriculum, PSHE education also prepares pupils positively for life in modern Britain and promotes the values of democracy, the rule of law, individual liberty and mutual respect for and tolerance of those with different faiths and beliefs and for those without faith. It also supports children to develop social and emotional aspects of learning and contributes to the explicit teaching of character traits, attributes and behaviour for learning.

In the planning and delivery of PSHE education we will also show due regard under the Equality Act 2010 to the need to:

- *Eliminate discrimination and harassment*
- *Advance equality of opportunity and*
- *Foster good relations*

We will also comply with the Human Rights Act 1998.

We will make every effort therefore to ensure that our PSHE programme is inclusive of all groups of pupils, is informed by their needs and reflects the diversity of our school and wider community. Our PSHE programme also supports us in our safeguarding duties and develops the skills that pupils need to keep themselves safe including online safety. Therefore, PSHE promotes preparation for and an appreciation of life in modern Britain.

3 Definitions

3.1 Personal, Social, Health and Economic Education (PSHE education)

'Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.' PSHE Association

PSHE education is the curriculum area through which we will deliver statutory relationships education and health education. We will also deliver some aspects of non-statutory financial education. DATE education will be taught through the topic of 'Keeping Healthy and Safe'. The area of Mental Health and Wellbeing will be taught through age appropriate specific lessons across the year groups.

3.2 Physical Health and Wellbeing

The aim of teaching about physical health and mental wellbeing is to provide pupils the information and skills they need to make good decisions about their own health and wellbeing. It enables them to recognise when they or others need help and how to access support from appropriate resources. We are clear in delivering this aspect of the curriculum that mental wellbeing is a normal part of daily life, in the same way as physical health. This part of the PSHE education curriculum is statutory.

3.3 Relationships Education – primary

Relationships education provides the fundamental building blocks, skills and characteristics needed for positive relationships with friends, families and other adults and children. This aspect of the curriculum supports the development of respect for difference and skills in staying safe on and offline. This part of the PSHE curriculum is statutory.

3.4 Sex Education – primary

The statutory science curriculum includes learning key vocabulary about the main external body parts, the human body as it grows from birth to old age and reproduction in some plants and animals (taught through lifecycles). Parents and carers do not have a right to withdraw from what is in the science national curriculum. The primary curriculum also includes age appropriate teaching and learning about how a baby is conceived and born. As an infant school, our part of this curriculum only covers elements that are age appropriate. See **appendix, lesson 1, slide 26. This shows the only part of this education that our pupils learn.** This lesson is covered in the summer of year 2. Parents and carers have the right to withdraw only from this particular part of the PSHE curriculum. As a school, we ensure that children are aware that Relationships Education develops into Relationships and Sex Education in KS2.

Effective Relationship and Health Education is based on a clear set of attitudes and values that are communicated throughout the curriculum. These attitudes and values are integral to the philosophy of the school and are woven into our daily practice as well as being taught specifically as part of Relationships Education. The development of attitudes and values is the first of three broad elements and is focused on:

- Valuing and respecting ourselves and others.
- Developing an understanding of the nature of feelings and emotions experienced by themselves and others.
- Valuing and respecting the importance of healthy personal relationships, including between friends, families and others.
- Developing an understanding of the value of family life and an appreciation of the many different types of family.
- Recognising the importance of pursuing a healthy lifestyle and keeping ourselves and others safe.

The further two elements of Relationships Education are:

- Acquisition of accessible relevant and age appropriate information (knowledge and understanding).
- Development of personal and social skills for developing healthy and safe relationships.

In our school the following aspects of Relationships Education are taught:

- Developing independence skills and keeping clean.
- Recognising and naming body parts – including similarities and differences between males and females.
- Challenging Gender Stereotypes – providing opportunities for children to ask questions and clarify misinformation.
- Staying Safe – including safe touch and privacy.
- Healthy Relationships – including family diversity.
- Personal and Social Skills – developing skills in talking, listening and thinking about feelings and relationships; enabling children to identify and seek support; developing children's abilities to make informed decisions and manage their relationships.

3.5 Drugs, Alcohol and Tobacco Education (DATE)

The definition of a drug being used in this policy is as follows:

A drug is any substance which, when taken into the body, affects the chemical composition of the body and how the body functions. The definition therefore includes medicines, alcohol, tobacco, volatile substances (e.g. aerosols, solvents, glue or petrol) and novel psychoactive substances.

A planned alcohol and drug education programme can be an effective way of promoting pupils' wellbeing and safeguarding them from alcohol and drugs harms. Promoting children and young people's health and wellbeing, within the context of alcohol and drug education, means providing planned and structured learning opportunities to develop pupils' knowledge, skills, attitudes and understanding about all drugs; as well as awareness of the benefits of a healthy lifestyle in relation to their own or other's actions. By building pupils' resilience, values and skills around alcohol and drugs, teachers help young people to develop the life skills to enter adulthood healthy and avoiding harms.

In our school the following aspects of DATE are taught through the topic 'Keeping Healthy and Safe':

- Health and self-care.
- Safe use of medicines and how medicines make a change in our bodies.
- Recognising hazards in the home.
- Making safe choices.
- Recognising and dealing with feelings of stress.

Links to other policies

This PSHE education policy links with other school policies including those on:

Mental Health and Wellbeing
Anti-Bullying
Science
R.E.
Behaviour
Safeguarding
Equalities
Health & Safety
Inclusion and SEND

4 Aims and Objectives of PSHE Education

4.1 PSHE education is fundamental and encompasses many areas. It impacts every aspect of our children's learning and development and is a vital part of their preparation for life. To reflect this at Downs Infant School, it has been given a higher status of 'core subject'.

Our PSHE education programme is part of our whole school approach to safety, wellbeing and positive relationships. The overarching aims and objectives of our PSHE education programme therefore promotes our values by having the children at the heart of all we do; supporting the development of a growth mindset by promoting equality, inclusion, emotional wellbeing and a global responsibility; and, by developing relationships which include respect, trust and empathy. We believe that it is integral to our children to provide PSHE learning that is age appropriate and rich in problem-solving knowledge, skills and strategies to help our children learn well and have a healthy, happy and fulfilling life. We provide many opportunities for children to have significant

amounts of time for continuous provision and as a result we are able to apply and develop their skills in real and meaningful situations.

PSHE education provides children and young people with a safe learning environment to develop and practise the skills necessary to manage the moral, social and cultural challenges and responsibilities that are part of growing up and living in the world. It contributes to our partnership work with Public Health to improve health and wellbeing across the school community.

4.2 PSHE education in the Early Years Foundation Stage

In the Early Years Foundation Stage, PSHE is referred to as personal, social and emotional development. There are three specific areas of learning: Making relationships, Self-confidence and self-awareness and Managing feelings and behaviour. At Downs Infant School:

- Children learn to form positive relationships in a setting that supports mutual respect and understanding and that celebrates and acknowledges differences.
- With adults as guides and role models, children learn to develop anti-discriminatory attitudes.
- They are encouraged to gain a knowledge and understanding of their own culture and community to help them develop a sense of belonging and a strong self-image.
- Role play is used to help children explore their own culture and appreciate the similarities and differences in those of others.
- A positive self-image and high self-esteem is encouraged to give children the confidence to make the most of opportunities, to communicate effectively and to explore the world around them.
- Children learn about different kinds of relationships. Being with the same adults and children regularly gives them the time and opportunity to develop relationships that promote social competence.
- Children are encouraged to think about and practise ways of solving problems to help them to feel capable of responding to challenges.

5 The PSHE curriculum

Our PSHE curriculum supports our infant school behaviour ethos, encouraging mutual respect, inclusivity, responsibility and an enhanced self-esteem in a happy and caring environment. It also makes a significant contribution to safeguarding and fulfils our statutory duty to teach our children to keep themselves healthy and safe. The PSHE curriculum develops our children's learning and

confidence in school and also helps them to feel confident and safe in the wider community, allowing them to develop their independence.

Unlike, a number of other subjects, the specific knowledge taught in PSHE education changes regularly due to legal changes, medical or technological updates. At Downs Infant School, we continue to ensure that any aspect of PSHE education is accurate, up to date, unbiased and balanced. Our PSHE lead meets curriculum time; our discrete curriculum weekly time allowance for PSHE education is a minimum of 30 minutes per week.

In addition, our PSHE education programme is enriched by cross-curricular and other activities designed to enhance personal development and support children. For example we currently take part in Black History week every October, Anti-Bullying week every November and other special events throughout the year. These include special assemblies for the whole school, visitors and whole-school creative projects in order to immerse the children in a memorable learning experience.

Our PSHE curriculum follows three core themes developed from the PSHE Association's 'Programme of Study' as promoted by Department of Education and Brighton and Hove's PSHE leads:

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

We use teaching and learning resources provided by Brighton and Hove schools' PSHE leads which are adapted from the PSHE Association's Programme of Study. We also incorporate aspects of SEAL (Social and Emotional Aspects of Learning) within our PSHE curriculum. Our PSHE curriculum follows the Early Years Statutory Framework for the Early Years Foundation Stage and focuses on the Prime Area of Personal, Social and Emotional Development. Our teachers make good use of the resources to present information clearly and in an engaging way.

5.1 Inclusive PSHE education

All our pupils, whatever their experience and background, are entitled to a quality programme of PSHE education that helps them build their confidence, a positive sense of self and identity and the ability to stay safe. All classes include pupils with different ethnicities, abilities and disabilities, languages, faiths, experiences and backgrounds, families, genders and family members of different sexual orientations. To encourage all pupils to participate in lessons we do our best to ensure the content, resources, approaches and language used reflects this rich diversity in our school community. For example when teaching about families we will be sensitive to children who are in care, fostered or adopted and positively celebrate this as part of the diversity of families that includes families with lesbian, gay, bisexual and transgender family members. We will also for example ensure we acknowledge the different faith perspectives.

PSHE education promotes awareness, respect and understanding of the similarities and differences between individuals and groups and provides an opportunity to explore the range of different views

that are held in a safe and supportive learning environment. Therefore the programme is supportive of our equality and anti-bullying policies and the promotion of our school values.

5.2 Life skills approach

PSHE is a rapidly changing area of the curriculum, however many of the skills children and young people need to keep safe and healthy do not change. Moving from a knowledge based programme to one which is skill based makes it more relevant to the real life situations children and young people are likely to find themselves in. In particular we focus on the skills needed to:

- *keep safe using a Protective Behaviours Approach (through the topic 'Feeling Good, Feeling Safe')*
- *access help and support when needed and support our friends to do so*
- *develop positive and healthy relationships*
- *assess and manage risk*

6 The organisation of PSHE education

6.1 Leading and Monitoring

The PSHE education subject leader is responsible for co-ordinating and monitoring the PSHE education curriculum with support of a team of two other teachers. They are responsible for drawing up the programme, arranging training and updates for teachers and obtaining and distributing up to date resources. They also ensure that the programme is delivered effectively through learning walks, lesson monitoring, observations and pupil voice. Pupil voice is used to enrich and support the curriculum review and development. The PSHE subject leader regularly attends local network meetings and training opportunities. Alongside a member of the SLT, they have parent / carer consultations, focus groups and workshops as well regular discussions with our delegated school council members regarding ongoing or developing PSHE education to help us prioritise the quality of our PSHE learning and ensure that it is reflecting the needs of all of our children in our school, including children with SEND.

6.2 Use of visitors

Outside speakers are used to enrich and enhance, but not replace teacher delivery of PSHE education in our school. Visitors make a valuable contribution to enriching teaching by bringing a wide range of expertise and life experiences to the PSHE education programme, providing role models, signposting to services and supporting pupils in raising their aspirations. Visitors or visiting groups are checked to ensure they support the values of the school, are skilled in working with children and young people and provide accurate information in line with school policy. Teachers will discuss the content of visitor sessions with the visitors in advance and explain that they must work within the ground rules agreed by the class and school policies on confidentiality, safeguarding and equality.

In all cases a teacher will be present when a visitor comes to a class to uphold the safeguarding and behaviour policies, to ensure agreed ground rules are kept to and to enable follow up once the visitor has left.

6.3 Cross curricular links

PSHE education is a broad subject, with many links to other subject areas. For example aspects of PSHE education are also covered in Science, English, RE, Drama and Computing. We ensure that these links are drawn out and overlapping aspects enrich each other rather than repeating content by cross-curricular planning.

6.4 Staff training for the delivery of PSHE education

The importance of training for teaching staff delivering PSHE has been raised consistently in recent years by Ofsted, the Education Select Committee, and key sector organisations and as a school we ensure staff continue to be well-trained. Staff training needs are addressed by INSET days, or shorter training sessions during Professional Development meetings for teachers and support staff meetings. There are regular opportunities for the subject leader and others to access local authority and national network meetings, training days, conferences and workshops.

We recognise the important role of support staff in the effective delivery of PSHE education and that these staff may receive disclosures and be asked questions and so we ensure they also receive appropriate training and support from class teachers including yearly Safeguarding training.

We also recognise that all staff in school have a role to play in giving messages about safety, wellbeing, equality and other areas of personal development. We support staff to ensure they reinforce key messages and values through staff briefings and training opportunities.

7 Delivering the PSHE education curriculum

7.1 Safe learning environments

PSHE education involves teaching and learning about a range of subjects many of which are sensitive or challenging and for some children could be directly relevant to their lives and so it is essential to establish a safe learning environment. Clear ground rules or a working agreement and a confidentiality statement that is understood by all are important elements of creating this. In our PSHE lessons, we negotiate ground rules with pupils and ensure they are used for teaching, particularly on sensitive issues.

PSHE education can give rise to pupil disclosures in particular with respect to specific areas of the PSHE curriculum, for example relationships and sex education and drug and alcohol education. In practice, confidentiality as a ground rule or part of a working agreement in a PSHE education lesson will mean:

- respect for the privacy of the individual – no one will be pressured to answer questions or to share anything they don't want to

- everyone taking responsibility for what they share (children and young people will need guidance on this issue)
- sometimes not talking about something outside the group or using names
- adults in the classroom being bound by the same rules, except where a child or young person discloses something that the adult is obliged to report in the best interests of that child and or under safeguarding responsibilities (see Safeguarding Policy).

We also have a range of strategies in place to ensure that pupils know how they can access extra help or support. These may include: helping hands (this is a regular feature of lessons about anti-bullying and keeping safe, for children to be constantly reminded that they can access help from a range of adults in school for any problem however big or small); posters and information on displays in the school.

7.2 Teaching and learning methodology

PSHE education is about obtaining knowledge, practising skills and exploring attitudes and choices towards a range of real life situations. We believe that effective teaching and learning in PSHE education contains the same elements as for all subjects and teachers will plan accordingly.

The programme will be delivered in a safe learning environment with ground rules. A wide variety of teaching and learning styles are used within our PSHE education, with an emphasis on active learning and the teacher as facilitator.

7.3 Assessment

Our assessment practice encompasses teacher, peer and self-assessment. We report to parents and carers on pupil progress in PSHE education so that they are aware of the value we place on the subject and know how well their children are developing the essential skills. We provide reports to parents annually and verbally through two parent evenings each year.

The success of our PSHE curriculum will be judged through observation of pupil behaviour and social skills; observation of language used in relation to different aspects of PSHE; pupil focus group discussions; reports of prejudiced behaviour or incidents and bullying behaviour.

7.4 Specific issues

We aim to ensure that our curriculum provides positive visibility of all groups in our school including the range of ethnicities, disabilities, genders, gender identities, sexual orientations (of family members) and faiths and religions. The PSHE education programme will also support pupils to develop a positive understanding of our similarities and differences and to have respect for others. Therefore our PSHE lessons aim to help children and young people to realise the nature and consequences of discrimination, teasing, bullying (including cyber bullying), use of prejudice-based language and how to respond and ask for help. We have referred to local advice in the *Relationships and Sex Education Guidance for Brighton & Hove educational settings, 2015* to help us ensure our programme is inclusive.

Our PSHE programme will cover in an age appropriate way specific issues such as safe, touch, e-safety (cross curricular with Computing) and gender stereotyping. We have referred to local advice in the *Relationships and Sex Education Guidance for Brighton & Hove educational settings*, 2015 to support us in planning these topics. We recognise that some of these topics are sensitive areas for some people, but believe that to prepare our pupils for life in the modern world they do need to be explored and pupil skills to stay safe developed. For example, our teaching will aim to protect children against sexual abuse and exploitation by promoting protective behaviours, self-esteem and assertiveness in an age appropriate way (such as teaching an understanding of safe touch, consent, safe secrets and recognising 'Early Warning Signs' that something is unsafe).

7.5 Responding to prejudice and stereotyping

Our PSHE education programme will include exploring a range of different attitudes and values and these may give rise to conflicts between for example the expression of religious or cultural views or attitudes (including attitudes learned at home) which run counter to school values related to difference and diversity. It is part of the process of growing up that we explore these conflicts and clashes and appropriate discussion can support this process. We think open discussion is important, however, staff will aim to fairly maintain and assert school values and policy and support pupils and students to behave within school policy and the law.

During discussions in PSHE education, it is likely that some forms of prejudice will arise whether intentionally or unintentionally. School staff will remember that even comments made in ignorance can be hurtful and can lead to individuals not feeling safe within the school community. All prejudice based incidents will be appropriately explored or challenged and recorded.

As part of PSHE education pupils and students will also be taught the skills to safely challenge prejudice and stereotyping amongst their peer group.

7.6 Differentiation and additional support

We respect and recognise that our pupils have different levels of ability, maturity, personal circumstances and backgrounds. We respect their unique starting points by providing learning that is inclusive, differentiated and sensitive to their needs.

We believe all pupils should access the PSHE programme and those with special educational needs may need content adapted or to work one to one with a learning support assistant or teaching assistant.

7.7 Resources

Resources chosen to deliver PSHE education are in line with the school's values and ethos. We use a range of resources including picture cards, websites, film clips, games, puppets and these have been selected to support learning. Resources, particularly those freely available on the internet are checked to make sure they support inclusion, contain accurate information from authoritative medical sources, and clearly separate opinions, beliefs and facts.

7.8 Liaison with partner schools

We liaise regularly with Downs Junior School to ensure continuity and progression and find out what has been taught and how so that we do not leave gaps or repeat the same content in the same way.

8 Confidentiality, safeguarding and disclosure

We recognise that effective teaching and learning in PSHE education may give rise to disclosures. As part of PSHE education, children are encouraged to talk with their parents/ carers or other trusted adults about their worries, concerns or questions.

Please refer to our Safeguarding Policy for more information.

9 Parents and carers

9.1 Partnership

Parents and carers are the first teachers of their children and our governing body takes seriously its statutory responsibility to have regard to views expressed by the parents and carers of registered pupils. We are committed to working closely with parents and carers when developing policy and the planning and delivery of PSHE education. We offer parent engagement through our class parent representatives. We will listen carefully and make adaptations when in the interests of pupils and the improvement of our practice. If a parent or carer wishes to discuss any aspect of the PSHE education curriculum they should contact the class teacher, PSHE co-ordinator or the Head teacher.

We offer a parent's and carer's workshop annually so that they can find out more about Relationship and Sex Education teaching at our school and we recommend materials that they can share with their children to support the programme.

9.2 Right to be excused from sex education

We recognise that parents and carers have the right to request that their child be withdrawn from sex education delivered as part of statutory relationships and sex education up until three school terms before the young person turns 16. At our school the only part of PSHE that delivers sex education is in year 2, slide 26, lesson 1 (see appendix).

Following a request from a parent or carer to withdraw their child from sex education we will meet with them to explore their concerns and seek to provide reassurance and or to make adaptations if these are supportive to the aims of our curriculum. We will also outline the disadvantages for their child of being withdrawn. If the parent or carer still wants to withdraw their child we will respect this request and provide appropriate, purposeful education whilst they are out of class. We will

ensure we do our best to protect the withdrawn child from any negative comments from their peers.

We will keep a record of pupils who have been withdrawn.

This Policy has been agreed by the Governing Body;

shared with the whole school community;

and, published on the school website.