



## Atrium Personal, Social, Health & Education, Spiritual, Cultural & Sex and Relationships Education Policy

Document produced by: Matt Messias, The Principal

Date produced: May 2015

Adopted by Governing Body:

To be reviewed: May 2018

### What is PSHE?

PHSE education is a planned programme of learning through which pupils acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole school approach, it develops the qualities and attributes pupils need to thrive as individuals, family members and members of the society. (PHSE Association, March 2013)

In March 2013, the DfE published its review of PHSE education in which it stated:

PHSE remains an important and necessary part of all pupils' education. We believe that all schools should teach PHSE, drawing on good practice, and have outlined this expectation in the introduction to the new National Curriculum. (Written Ministerial Statement: Review of Personal, Social, Health and Economic education, March 2013)

### Developing the PSHE Programme of Study

The PSHE Association 2013 recommend students study three 'core themes' throughout Key Stages 1 to 4. Within each 'core theme' there will be broad overlap and flexibility:

1. Health and Well-being
2. Relationships
3. Living in the Wider World

Atrium students will also study a 4<sup>th</sup> 'core theme - Fundamental British values

**Core theme 1: Health and Well-being**

In Key Stages 4, pupils should be taught:

- How to manage transition
- How to maintain physical, mental and emotional health and well-being including sexual health
- How to access and manage risks to health and to stay, and keep others, safe
- About parenthood and the consequences of teenage pregnancy
- How to make informed choices about health and well-being matters including drugs, alcohol and tobacco, maintaining a balanced diet, physical activity, emotional health and well-being and sexual health
- How to respond in an emergency including first aid
- The role and influence of the media on lifestyle

**Core theme 2: Relationships**

In Key Stage 4, pupils should be taught:

- How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to developing parenting skills
- How to recognize and manage emotions within a range of relationships
- How to recognize risky or negative relationships including all forms of bullying and abuse
- How to respect equality and diversity in relationships
- About the concept of consent in a variety of contexts (including in sexual relationships)
- How to identify and access appropriate advice and support

**Core theme 3: Living in the Wider World**

In Key Stage 4, pupils should be taught:

- About rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy
- How to develop employment, team working and leadership skills and develop flexibility and resilience
- How personal financial choices can affect oneself and others and rights and responsibilities as consumers

**Core theme 4: Fundamental British values**

In Key Stage 4, pupils should be taught:

- The fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs
- To encourage respect for democracy and support for participation in the democratic process, including respect for the basis on which the law is made and applied in England
- To acquire a broad general knowledge of and respect for public institutions and services in England

## Sex and Relationship Education (SRE)

Sex and relationship education is taught through 'core themes' 1 and 2 in the programme of study for PHSE.

### **What is Sex and Relationship Education?**

'It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual orientation or sexual activity – this would be inappropriate teaching.' (DfES guidance, 2012).

Our objectives are to:

- Create a learning environment in which pupils feel able to discuss issues of a sexual nature in an open and supportive way
- Create a learning environment in which there is clear understanding of ground rules, including issues such as confidentiality.
- Enable pupils to understand and respond to the factors that may influence decisions about sexual activity, including the media, and peer group.
- Understand and consider the wider social and legal framework, including family and society's attitudes and the law on sexual activity.
- Ensure that the effectiveness of the programme is regularly assessed, through evaluative marking of pupils' work, learning walks and formal observations.

## Sex and Relationship Education at Atrium Studio

Sex and Relationship Education at Atrium Studio seeks:

- To help our students to make responsible and well informed decisions about their lives.
- To help and support our students through their physical, emotional and moral development.
- To develop the skills and understanding needed to lead confident, healthy and independent lives.
- To examine the nature and importance of marriage and family life, in bringing up children, while also giving due weight to strong and mutually supportive relationships outside marriage.
- To help students to learn to understand human sexuality.
- To signpost to appropriate advice on sexual health.

- To help students to gain the skills and knowledge to protect themselves and their partner from unintended conceptions and sexually transmitted infections including HIV / AIDS.

At all stages, the PHSE and SRE programme will seek to:

- Address the needs of boys and girls equally
- Address the needs of all pupils, including those with special needs
- Build self-esteem
- Develop an awareness of accepting the responsibilities that go with actions
- Provide students with necessary information and further sources of help and advice
- Ensure that students are aware of the legal, moral and social issues affecting sexual activity
- Address values and attitudes, personal and social skills, as well as subject knowledge

### **How is Sex and Relationship Education provided?**

Sex and relationship education at Atrium Studio has been specifically designed to complement the wider work in the PHSE programme.

The majority of PHSE is taught in an allocated time slot on the curriculum, which is delivered by the Principal with support from the Academy and Community Nurse and external agencies. Some aspects are also covered in the Science curriculum at KS4.

The PHSE and SRE programme at Key Stage 4 is as follows:

#### **Identity**

- Body image
- Self-esteem and confidence – Having the strength to deal with situations

#### **Healthy Lifestyles**

- Red Ribbon week – Anti-drugs and substance abuse
- Emotional and mental health – Where to access support
- Anti-bullying week
- First aid – Reacting to danger, airway, breathing and circulation
- Emotional well-being – stress management and management techniques

#### **Diversity**

- Celebrating differences – community differences and similarities
- Race, religion, culture and disability
- How do we challenge prejudice and discrimination – challenging homophobic and racist language
- Safer internet week – risks with social media
- Managing risk – sexual relationships, fire, roads and knives

### **Relationships**

- What is a 'normal' family – family tree
- Responsibilities in society
- Contributing to groups, teams and communities

### **Living in the Wider World**

- Effects of the media
- Dealing with pressure
- Employability

The delivery of PSHE and SRE in the Sixth form is taught through tutorial activities and assemblies. The PHSE and SRE programme at Key Stage 5 is as follows:

- Healthy living: Drugs – Ways to say no to drugs and alcohol
- With Raising self-esteem – Students will study the link between high self-esteem and academic enjoyment and success
- Healthy living: Safe sex, STIS's and the law – Students will identify the dangers of STI's and excessive alcohol consumption
- Healthy living: Managing stress – Students will identify key stressors in their lives and strategies to cope with stress
- 

In addition to the above core themes students in the sixth form will have the opportunity to access the college counsellor to discuss individual concerns and worries.

### **Science delivery of PHSE and SRE**

#### **Science Curriculum**

- Year 9 – Students will cover Sex and Relationships education through 'Apause'. Lessons will be a combination of peer and teacher lead activities. Students will cover the reproductive system, development of the foetus and infertility

## **Who is responsible for PHSE and SRE?**

The Principal is responsible for the provision.

The Academy and Community Nurse provides additional sessions on sexual development, sign posting to sexual health services and teaching about contraception. The nurse also provides a weekly lunch time drop in service at the College for students. Governors having given consent for the provision, by the College Nurse and on the College site, of Emergency Contraception in certain circumstances; this provision is explained and discussed in Key Stage 4 sessions.

## Parents' right to withdrawal

### **Information about parents' right to withdrawal**

Unlike most other elements of the curriculum, the law provides for the right of parents and carers to withdraw their children from some or all of the Sex and Relationship Education provided, except where it forms part of the taught Science curriculum. It remains the practice that parents wishing to exercise this right should put this request in writing to the Principal. If parents have any questions or concerns about the provision of SRE, we encourage them to raise these immediately with the Principal.