

PSHE & Relationships, Sex & Health Education (RSHE)



Intent

Our PSHE & RSHE curriculum follows the PSHE Association's Programme of Study, structured around three core themes: Health and Wellbeing, Relationships, and Living in the Wider World. This ensures coherent sequencing and alignment to statutory RSHE requirements (Relationships Education, RSE, and Health Education)

By anchoring learning in positive, developmentally appropriate, and evidence-based pedagogy, we aim to empower pupils with the knowledge, resilience, and values they need for personal safety, healthy relationships, mental wellbeing, and informed citizenship

Implementation

- **Spiral Curriculum:** Lessons revisit key concepts year-on-year, building complexity and reinforcing prior learning, based on PSHE Association's best-practice model
- **Interactive, student-centered delivery:** Learning is driven by interactive methods, teacher facilitation, and active reflection—rooted in positive messaging, not fear, per PSHE Association principles
- **Statutory coverage mapped:** Our long-term plan ensures full coverage of RSHE statutory content integrated under the core themes, complemented by economic wellbeing and careers components that enhance 'Living in the Wider World'
- **Age-appropriate, whole-school alignment:** Teaching is tailored to developmental stages, introducing foundational concepts (e.g., body safety, emotional literacy) at primary and building toward complex topics (e.g., consent, digital risks, mental health) in preparation for secondary
- **Stakeholder engagement:** Parents are consulted—especially regarding sex education content—and informed choice regarding withdrawal rights under the RSHE guidance is maintained
- **Integration with *myHappyMind*:** As part of our Health and Wellbeing strand, we embed the *myHappyMind* programme to explicitly teach pupils about brain development, resilience, self-regulation, and positive mental health habits. This evidence-based approach reinforces RSHE aims by equipping children with practical tools for managing emotions, developing growth mindsets, and fostering gratitude and empathy—skills that underpin safe relationships, decision-making, and lifelong wellbeing.

Impact

Pupils will:

- Build **resilience and safety awareness**, recognizing risks from online manipulation, gender norms, sexual harassment, and criminal behaviours even in early years.
- Develop **emotional literacy and mental wellbeing**, gaining tools to cope with bereavement, loneliness and bullying, —supported by school-based and external expertise.
- Grow as **responsible digital citizens**, equipped to critically appraise AI content, online harassment, and harmful cultural narratives.

- Establish **safe relationships and personal responsibility**, understanding consent, diversity, equality, and building respectful worldviews.
- Show evidence of **learning progression**, reflective thinking, and real-world application, aligning with the PSHE Association's assessment recommendations