



**Personal, Social, Health and Economic Education (PSHE),
Mental Health (MH)
And Sex and Relationship Education (SRE) Policy
2021-22**

Statement of intent

Benfield believes that a strong PSHE, Mental Health and SRE education is important to help our pupils develop into well-rounded members of society, who able to make a positive contribution to their community. At Benfield, our PSHE curriculum is strongly tied to our sex and relationship education (SRE) and pastoral care programme.

The vision for students, staff and others linked to the NEAT is to always look to achieve our personal best in every aspect of school life.

- Our school is one where everyone is encouraged and supported to achieve their personal best.
- Our school is welcoming, inclusive, has a real community feel and is a place where everyone is valued.
- Our pupils and staff treat each other equitably, fairly, with kindness and with mutual respect. At all times, staff and pupils are encouraged to show a high regard for the needs and feelings of others through their actions and words.
- Our pupils and staff are enterprising and approach challenges with a 'can-do' attitude.
- The needs and interests of all pupils, irrespective of gender, culture, ability or aptitude, will be promoted through an inclusive and varied PSHE /MH curriculum at our school.
- Our environment is safe and clean with everyone sharing responsibility for it.
- Our culture is one of continuous improvement, creativity and enthusiasm.
- Parents and carers will be informed about the policy via the school's website where it, and the PSHE and MH curriculum, will be available to read and download.
- This policy will be used alongside the SMSC policy in order to ensure a comprehensive PSHE/ MH/ SRE education.

Key roles and responsibilities

- The governing body has overall responsibility for the implementation of the schools PSHE/ MH/ SRE Policy.
- The governing body has overall responsibility for ensuring that the PSHE/ MH/ SRE Policy, as written, does not discriminate on any grounds, including but not limited to, ethnicity/national origin, culture, religion, gender, disability or sexual orientation.
- The governing body has overall responsibility for reviewing the PSHE/ MH/ SRE Policy annually.
- The head teacher has responsibility for handling complaints regarding this policy, as outlined in the school's Complaints Policy. The head teacher will be responsible for the day-to-day implementation and management of the PSHE/ MH/ SRE Policy.
- The PSHE lead is responsible for liaising with other staff and professional agencies to devise a suitable scheme of work to ensure a comprehensive PSHE/ MH/ SRE education that achieves the aims laid out in this policy.
- As required by statutory guidance, the governing body and head teacher will consult with parents to ensure that the PSHE /MH and SRE policies reflect the needs and sensibilities of the wider school community.

- Benfield School will work with parents and carers throughout the year and will ensure that parents are routinely kept informed about their right to withdraw their children from PSHE/ MH and SRE education.
- We will ensure that pupils are also involved in the creation of this policy through termly feedback and suggestion forms and/or class discussions.

Aims of the PSHE/ MH/ SRE curriculum

Pupils will learn to:

- Understand what constitutes a healthy lifestyle.
- Understand safety issues, both in real life and online.
- Develop responsibility and independence within school, which they will take forward into society in their working lives.
- Respect other people, in particular, learning to respect the different cultural/ethnic/religious/gendered viewpoints of others in our school community and the wider world.
- Understand what constitutes 'socially acceptable' behaviour at school and in society.
- Be a constructive member of society.
- Understand democracy, Law and British Values
- Develop good relationships with peers and adults.
- Develop self-confidence, self-esteem and self-worth- understanding Mental Health
- Make positive, informed choices as they make their way through life.
- Understand that they have a right to speak up about issues or events, and to respect other's right to do the same.

Teaching methods and learning style

A range of teaching and learning styles will be used to teach PSHE/ MH and SRE.

- Teaching will be pupil-led and there will be an emphasis on active learning techniques such as discussion and group work.
- No crude language.
- No raised voices/shouting.
- No talking over people.
- Show respect for another's views, even when disagreeing with them.
- Keep comments subject-specific, as opposed to personal.
- 'Ice-breaker' activities and clear ground rules regarding discussions will be put in place in order to ensure a safe, supportive and positive learning environment. Examples of discussion guidelines may include rules such as:
- Pupils will learn research and study techniques and have the opportunity to engage in investigations and problem-solving activities.
- All pupils will be encouraged to take part in charity work and volunteering, as well as organising school events such as assemblies and open evenings.
- We will use visiting speakers, such as health professionals and the police, to broaden the curriculum and share their real life experiences.
- We will consult with the local community on matters related to PSHE/ MH and SRE to ensure that local issues are covered in lessons.
- Pupils' questions will, unless inappropriate, be answered respectfully by the teacher.

Timetabling and cross-department involvement

We will use direct teaching via timetabled lessons / bespoke session.

- PSHE will be taught in discrete curriculum time, delivered by form tutors and other staff.
- We will ensure cross-curricular learning through discussion between departments, for example, the physical education department, form teachers and other relevant areas.
- There is an element of PSHE in pastoral care and we will ensure that PSHE and pastoral care teams work together to ensure that pupils feel comfortable indicating that they may be vulnerable and at risk.
- For vulnerable students they will have access to pastoral support plans for in-depth small group work to support development and knowledge of issues surrounding them. This will aid a reduction in barriers to their learning.

Reporting and confidentiality

- Every lesson should reinforce that, if pupils have any personal concerns or wish to talk about any of the issues raised in the lesson; they should feel comfortable consulting their PSHE teacher or another member of staff about this.
- Pupils will be encouraged to have an open dialogue regarding any such issues with the PSHE teacher but must understand that their teacher may not be able to keep certain information confidential, for example, where there are safeguarding issues raised. When a pupil does wish to speak to a teacher about any such issue, the teacher should ensure that the pupil is aware of this responsibility.

Tailoring PSHE/ MH/ SRE

- Discussion and other activities will be used in initial PSHE lessons in order to ascertain 'where pupils are' in terms of their knowledge and understanding of various subjects. The teaching programme will then be adjusted to reflect the composition of the class with regard to this. A NEAT audit will also be kept up to date to know where the baseline for year 7 lies.
- Teaching will take into account the ability, age, readiness and cultural backgrounds of all young people in the class and will be tailored accordingly.
- Adaptations will be made for those for whom English is a second language to ensure that all pupils can fully access PSHE/ MH and SRE educational provision.
- All pupils with special educational needs will receive PSHE/ MH/ SRE education, with content and delivery tailored to meet their individual needs.

Key stage 1 and 2 programme of study

NEAT Primaries

The programme will cover:

- What is meant by a healthy lifestyle?
- How to maintain physical, mental and emotional health and wellbeing.
- How to manage risks to physical and emotional health and wellbeing.
- Ways of keeping physically and emotionally safe.
- Managing change, including puberty, transition and loss.
- How to make informed choices about health and wellbeing and to recognise sources of help with this.
- How to respond in various emergencies.
- Identifying different influences on health and wellbeing.
- How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts.
- How to recognise and manage emotions within a range of relationships.
- How to recognise risky or negative relationships including all forms of bullying and abuse, as well as how to respond to these and ask for help.
- How to respect equality and diversity in relationships.
- Respect for the self and others, and the importance of responsible behaviours and actions.
- Rights and responsibilities as members of families, other groups and ultimately, as citizens.
- Different groups and communities, and how to respect equality and be a productive member of a diverse community.
- The importance of respecting and protecting the environment.
- Where money comes from, keeping it safe and the importance of managing it effectively.
- How money plays an important part in people's lives.
- A basic understanding of enterprise.

Key stage 3/ 4 and 5 programme of study

Benfield School

The programme of study will cover:

- Peer on peer abuse
- Up-skirting
- Sexual harassment
- Facts about drugs and alcohol.
- Contraception and safer sex.
- Sexually transmitted infections and AIDS.
- Safety in the home and on the street.
- Online safety.
- Healthy eating and the importance of exercise.
- Eating disorders.
- The political system of democratic government in the UK, including voting and how Parliament works.
- The justice system and the police.
- Money management, debt and budgeting.
- Responsibility and lifestyles.
- Mental health.
- How to manage transitions, for example managing loss, including bereavement, separation and divorce.
- How to maintain physical, mental and emotional health and wellbeing including sexual health.
- Parenthood and the consequences and responsibilities of teenage pregnancy.
- How to assess and manage risks to health and how to stay, and keep others, safe.
- How to identify and access help, advice and support.
- How to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco, maintaining a balanced diet, physical activity, emotional health and wellbeing and sexual health.
- How to respond in an emergency, including administering first aid.
- The role and influence of the media on lifestyle.
- How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and how to develop parenting skills.
- How to recognise and manage emotions within a range of relationships.
- How to deal with risky or negative relationships, including all forms of bullying and abuse, sexual and other violence and online encounters.
- The concept of consent in a variety of contexts (including in sexual relationships).How to respect equality and be a productive member of a diverse community.
- How to identify and access appropriate advice and support.

Assessment

- Pupils' knowledge and understanding is assessed through formative assessment via question and answer sessions, discussion groups, quizzes and for timework, which will be displayed in classrooms.

PSHE/ MH/ SRE Lead

The coordinator will:

- Raise awareness amongst teachers and other staff of their contribution to the pupils' personal and social development.
- Agree the overall aims, objectives and priorities of the PSHE/ MH/ SRE curriculum.
- Establish a shared view of best practice to which all pupils are entitled.
- Develop and review this policy.
- Agree the priorities for pupils' personal and social development.
- Identify the major opportunities for meeting these priorities across the curriculum.
- Provide appropriate support and training for departmental staff.
- Monitor the PSHE/ MH/ SRE programme including the use of outside agencies.
- Evaluate the PSHE/ MH/ SRE programme via an annual pupils' questionnaire.
- Carry out a continuous process of review and development of the programme as part of the annual cycle of school improvement.
- Attend relevant courses and network meetings.

Last review date: 12.12.21

Person Responsible: Sarah Wardle (Assistant Headteacher/PSHE lead)

Richard Carr (Headteacher)