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**Personal, Social, Health and Economic Education (PSHE) and Relationships and Sex Education (RSE)Policy**

Personal, Social, Health and Economic Education (PSHE)

Personal, Social, Health and Economic Education is compulsory for Independent Schools and its intentions, implementation and impact are measured against the Independent School Standards (2014) and the Education Inspection Framework (2019). Personal, Social, Health and Econonic (PSHE) education aims to equip students with the skills, knowledge and understanding needed for individuals to lead confident, healthy and independent lives

What is the Intent of PSHE at Willow Park School

The aims of Willow Park school is:

1. To prepare children to be the best they can be in readiness for their steps in the future
2. To create a safe, supportive, and vibrant space for children to develop and achieve.
3. To celebrate each childs uniqueness, individuality, talents and achievements.
4. To build strong and positive relationships with families, specialists and the wider community.
5. To support each child to develop their independence, communication skills and develop the whole child is central at Willow Park.
6. To give staff high quality opportunities and training that will enhance the learning culture for our children.

We aim to move experiences from being an individual to being part of the team, therefore, PSHE is at the heart of the curriculum at Willow Park school In order to ensure students, learn and achieve to their full potential they must respect themselves and each other as well as being tolerant and resilient. The students at Willow Park School often lack confidence in their abilities and need support with their communication.

Therefore, the primary aims of PSHE at Willow Park School are:

- To equip students with the resiliency skills needed for life and work.

- To teach, support and promote self-respect and that of others so an environment for effective learning is created.

- To equip students to the skills, knowledge and experiences needed to be safe within life and work.

PSHE is of vital importance at Willow Park school as academic achievement will not take place if students do not make progress with the above aims. It is also important that we help our students to understand the environmental factors that have an impact on their well-being and safety. It is also our intention to ensure that each student has an equal access to our PSHE curriculum and therefore the ways in which PSHE is implemented can be differentiated to fit a student’s specific needs.

Values in PSHE and RSE Tolerance: Covered through learning about stereotyping and discrimination and the impact this has on individuals and society. Students will also learn about the importance of tolerating difference within individuals and celebrating difference.

Happiness: Mental health and wellbeing is a key area of PSHE. Students learn how to promote positive mental health for themselves and others through strategies, activities and reflection. Students are also given information about services that can help them with their mental health and wellbeing.

Respect: This is an important area when learning about relationships. Respecting the rules of consent is a primary focus as well as learning to respect others and themselves.

Instructions: Goal setting and aspiring for the future are important. Therefore, accessing and engaging the curriculum is key.

Values: Not only are the values of the school covered in depth, but also how these values are applied to the wider world.

Excellence: Through goal setting and helping to develop students future aspirations we hope this will empower them to want to reach their full potential.

Safety: Personal safety and positive risk taking are areas taught. The importance of safe lifestyles are covered as risks associated with sex, drugs, relationships and the internet.

Implementation of the PSHE Curriculum

Kimberley Preston is the PSHE curriculum manager at Willow Park School, and is responsible for the PSHE curriculum at Willow Park School. Working with the teachers and support staff at the school to ensure that PSHE is delivered correctly. Willow Park has followed the guidance from the PSHE association to write a PSHE curriculum for the school.

These PSHE frameworks are centred around the following three themes:

- Heath and wellbeing.

- Relationships

- Living in the wider world

These lessons are not only in line with the PSHE association guidance but also consider the student cohorts need and experiences, as well as events with society that may affect or have impact upon our students. Each lesson is planned with the individual students in mind considering their additional needs. In addition, lessons are planned in accordance with the student’s key stages which ensures that all resources are age appropriate.

What is Relationship Education?

Relationship Education is now mandatory for primary school aged children. Relationship Education aims to teach students about the fundamentals of positive relationships, with reference to friendships, family relationships and relationships with other children and adults. Relationship Education provides children with the building blocks and understanding for the now mandatory Relationships and Sex Education at key stage 3 and 4 (secondary). Parents are not entitled to withdraw their child from Relationship Education.

The aims of relationships education at Willow Park School are to:

• Make, understand, and sustain different types of relationships and recognise who is able to support

• How to respond to and be safe within relationships, and understand individual differences

• Understand the characteristics of a positive and safe relationship such as being respectful kind, considerate and understanding boundaries and personal space

• Understand the features of healthy relationships

• Understand online safety that is appropriate to their age, development and lives

• Improve confidence, self-esteem, self-worth in our students and nurture the development of personal attributes such as honesty, generosity and humility

• Understand positive emotional and mental wellbeing, and understand how relationships can help

• Be able to recognise and report abuse, understand boundaries and how to keep themselves safe online

• Be able to seek support and help to keep themselves safe

• Make sensible and informed decisions to stay safe

All resources used are quality checked by the PSHE curriculum manager to ensure that they are inclusive and non-discriminatory. However discriminatory resources may be used to challenge misconceptions, negative images and messages and stereotypes. PSHE is also embedded into other cross curricular subjects. Due to our students needs much of our curriculum is centred around wellbeing. Therefore, PSHE is of vital importance at the school. If a student needs additional input regarding issues such as relationships, sex education or internet safety then these students can access individual lessons on a 1-1 basis.

These lessons can be organised as a result of safeguarding concerns or concerns arising from staff who make referrals for students who need additional educational input.

What is the Impact of PSHE at Willow Park

The impact of PSHE is measured in several ways. Willow Park School tracks students progression against the relevant frameworks to assess coverage and understanding of curriculum content. Analysis of coverage then informs medium term planning and school improvement Further to this PSHE can be measured by the incident and safeguarding data produced by the school, as the more that students learn about issues such as respect, tolerance and discrimination the less incidents should occur. It is our hope that the school will teach and support its students to become respectful, resilient and tolerant members of society. Positive changes seen in our student’s behaviours and attitudes can be attributed the how PSHE is taught and embedded throughout the school.

Relationship and Sex Education Due to our increasingly complex world, both on and offline, our students are presented with opportunities but also challenges and risk. Our students need to understand and be able to keep themselves safe and healthy and manage themselves appropriately to achieve personally, socially, and academically.

What is Relationship and Sex Education?

Relationship and Sex Education (RSE) aims to teach students about sex and the health aspects of a sexual relationship, as well as the social, emotional and physical aspects of growing up and having relationships

The aims of Relationships and Sex and Education RSE at Willow Park School are to:

● Ensure that learners are able to keep healthy and safe.

● To reduce the risk of learners becoming victims of child sexual exploitation.

● Ensure access for all to quality RSE at a level appropriate to their individual needs.

● Provide a safe and supportive environment in which sensitive discussions can take place

● Prepare learners for puberty, and give them an understanding of sexual development and the importance of health and hygiene

● Help pupils to develop feelings of self-respect, confidence and empathy

● Create a positive attitude and culture around issues of sexuality and relationships

● Explore the links with alcohol and substance misuse and enabling learners to make informed choices

● Reduce the proportion of learners displaying risk taking behaviours

What is the intent of Relationship and Sex education (RSE) at Willow Park School?

We have a duty to our students to ensure that they are all equipped with the knowledge of healthy relationship as well as educating them on the facts about sex. Further to this, many of our students are vulnerable and lack social understanding and this can cause a barrier to them in this aspect of their lives. Therefore, it is our aim to ensure our students are taught the knowledge and laws around sex and relationships to keep themselves and others safe. Parents do have the right to withdraw their children from sex education within the school and should do so by talking to their childs teacher at the beginning of the year. Our RSE programme will be set out into three main elements:

Attitudes and Values:

- Learning the value and importance of relationships

- Learning the value of respect for others

- Exploring, considering and understanding moral dilemmas.

- Critical thinking in decision making

Personal and social skills:

- Managing their emotions

- Developing self-respect and empathy for others

- Learning an appreciation of consequences

- Managing conflict

- Recognising and avoiding abuse and exploitation

Knowledge and Understanding:

- Learning and understanding physical development

- Learning and understanding sexuality, reproduction, sexual health, contraception emotions and relationships

- Learning about the avoidance of unplanned pregnancy

Implementation of RSE at Willow Park school

RSE is taught to each student during their time at Willow Park school following the schemes of work as part of the PSHE program. These lessons are differentiated in terms of key stage to ensure the content and resources are age appropriate. Some students may be referred for discreet bespoke lessons due to safeguarding or other reasons associated with their learning difficulties.

The impact of RSE at Willow Park School

As with PSHE the impact of RSE at Willow Park can be measured and viewed in different ways. Using observations and students work to assess their understanding of the topics covered. Analysis of coverage then informs medium term planning and school improvement. Our intent to ensure that students are aware of abuse which can be measured through our safeguarding and incident statistics, where as their understanding of relationships can be measured through their personal development targets. Qualitatively it is hoped that the impact will be seen through students positive relationships and through the confidence and trust they have in the teachers to ask questions about sex and relationships.

Religion and Belief

At Willow Park School we aim to build positive and informative relationships with all of our students and their families and gain a thorough understanding of their religion and beliefs. Developing relationships with local faith groups and communities will enable us to teach subject areas constructively and effectively.