

# PSHE/RSE Curriculum Overview

## What is PSHE and why is it important?

PSHE (Personal, Social, Health and Economic Education) is designed to allow every student equal opportunities to develop the skills and knowledge they need to thrive now and in the future. This includes helping students to deal with critical issues they face every day, such as friendships, emotional well-being and change.

From making informed decisions about alcohol to succeeding in their first job, PSHE helps students prepare for all the opportunities, challenges, life decisions and responsibilities they may face. By the time our students leave Eggar's, they will be fully aware of the 'outside world', be adaptable to changing circumstances, be able to weigh up information and make responsible decisions.

## What do students learn in PSHE?

The PSHE curriculum is defined by 3 themes:

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

These themes are revisited twice in each academic year to help students deepen their knowledge and develop essential life skills.

Within the PSHE curriculum, RSE (Relationships and Sex Education) is also provided to all students as per section 34 of the guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996. RSE aims to assist the emotional, social and cultural development of students. Within this aspect of PSHE, students learn about: relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values. RSE is not about the promotion of sexual activity.

Parents have the right to withdraw their child from the non-statutory/non-science components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this. Requests for withdrawal should be put in writing using the form found in Appendix 3 of the RSE policy and addressed to the Headteacher. A copy of withdrawal requests will be placed on the student's educational record.

## Summary of curriculum content

Our curriculum follows statutory guidance from the Department for Education (DfE) and adopts the thematic approach recommended by the PSHE Association. All lesson resources are provided through the PSHE Association, ensuring students receive high-quality, engaging materials to make informed decisions about their health, finances, relationships and our responsibilities within the wider community.

## Challenge and support in PSHE

In PSHE, students are taught in mixed ability groupings. Teachers set the highest expectations of behaviour for learning and encouraging critical thinking, debating and problem-solving skills from our students.

## How is PSHE assessed?

PSHE is a non-examined subject, students focus on developing the knowledge, skills and confidence they need to navigate life successfully and responsibly in the wider world. Students will receive feedback on effort only throughout the academic year.

## Learning beyond the classroom

Our home learning encourages further development of opportunities to engage with PSHE topics talk beyond the classroom by asking students to:

- Ask for help if they need it – who can they talk to? Are there any other sources of support available?
- Keep up to date with and discuss current affairs – what is happening in the news?
- Encourage further interest in topics – what documentaries could they watch to further their knowledge? Are there local volunteer groups they can help with?