



**WREKIN**  
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**WREKIN COLLEGE**

**PERSONAL, SOCIAL, HEALTH AND ECONOMIC (PSHE)  
EDUCATION POLICY, inc. RELATIONSHIPS AND SEX  
EDUCATION (RSE) POLICY**



# PERSONAL, SOCIAL, HEALTH AND ECONOMIC (PSHE) EDUCATION POLICY, inc. RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY

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## Introduction

To achieve true success, pupils must develop holistically: socially, physically, intellectually, creatively, and emotionally. PSHE (Personal, Social, Health and Economic education) is not merely a peripheral subject at Wrekin College; it is the heartbeat of our curriculum, designed to equip pupils for the complexities of life in the 2020s.

Our PSHE programme, which includes statutory **Relationships and Sex Education (RSE)** and **Health Education**, is compulsory for all pupils. While the school operates with a clear Christian ethos, our teaching is inclusive, factual, and non-judgmental. We recognize the primary role that parents play in these conversations; as such, parents retain a limited right to withdraw their children from the "sex education" components of RSE (excluding those covered in the Science National Curriculum), as detailed in the "Parental Consultation" section of this policy.

## Core Objectives

Through a spiraled and age-appropriate curriculum, we aim to:

- **Nurture Self-Esteem:** Build emotional resilience and a clear sense of individual identity.
- **Foster Respectful Relationships:** Help pupils form satisfying relationships based on mutual respect, consent, and the recognition of the "continuum of harm"—from low-level "banter" to serious abuse.
- **Promote Integrity and Autonomy:** Develop responsible citizens capable of contributing to a just and democratic society.
- **Ensure Safety in a Digital World:** Provide pupils with the critical thinking skills to navigate online spaces, with specific focus on **AI-generated content (deepfakes)**, online harassment, and digital footprints.

## Statutory Framework and British Values

The PSHE curriculum at Wrekin College is a primary vehicle for promoting **Fundamental British Values**:

- **Democracy and The Rule of Law:** Understanding rights, responsibilities, and the legal frameworks of the UK.
- **Individual Liberty:** Encouraging the freedom to make informed, safe choices.
- **Mutual Respect and Tolerance:** Celebrating diversity and respecting those with different faiths, beliefs, or identities.

## Curriculum Breadth

Our programme is responsive to the modern world. Alongside traditional topics such as exercise, nutrition, and substance abuse (including vaping and alcohol), we provide expert-led guidance on:

- **Sexual Health:** Including consent, contraception, and the prevention of STIs.
- **Mental Health:** Strategies for coping with adversity, anxiety, and body image.
- **Safety:** Identifying and protecting oneself from all forms of abuse, including grooming and child-on-child abuse, both in-person and online.
- **Economic Wellbeing:** Developing the financial literacy and career-readiness required for adulthood.

**The aims of the PSHE programme are closely linked with the aims of the school:**

## The Aims of Our School

- **To create** a community in which all members – pupils, staff and support staff – feel valued and involved.
- **To offer** the highest quality of education in a co-educational environment, developing intellectual, physical, aesthetic, moral and spiritual qualities in the school's Christian tradition.
- **To nurture** interesting and balanced young people in a happy and challenging environment, enabling them to fulfil their potential and preparing them for the modern world.
- **To develop** in each pupil self-discipline, a clear sense of right and wrong, responsibility and sensitivity towards others and their views.
- **To recognise** and celebrate individual achievements.

- **To install** a sense of pride in our traditions of conduct, courtesy and appearance.
- **To foster** respect and instil values using the 'R' Mentality.
- **To deliver** a PSHE Programme of Study which (as a minimum) meets **current statutory** government Relationships and Sex Education (RSE) and Health Education curriculum requirements

## Commitment

Wrekin is committed to providing PSHE (inc. RSE) for all pupils in First to Fifth Form (Years 7 to 11). A separate curriculum for the Sixth Form (Years 12 and 13), called 'Life Skills' is organised and facilitated by the Head of Sixth Form.

PSHE is taught by a dedicated team of PSHE teachers during weekly timetabled PSHE lessons following a Programme of Study for each specific year group. Some enhanced delivery of specialist topics is provided by specific in-house staff (e.g. the Health and Wellbeing Centre Nurse Manager is trained to deliver RSE which includes advice on contraception) and/or outside speakers (e.g. Satveer Nijjar delivers Mental Health Awareness talks, Reach Out Arts deliver drama-based workshops on a range of topics, such as anti-bullying, and diversity and inclusion, a local PCSO Youth Engagement Officer delivers talks regarding topics related to British Law, such as gangs and knife crime). For the Sixth Form (Years 12 and 13) a range of lectures are organised throughout the year using visiting experts, organised by the Head of Sixth Form.

The threads of PSHE run through many aspects of school life, including links with specific subject areas:

- **Science and Physical Education** include many aspects of health and keeping safe as well as topical debates;
- **Computer Science** covers many issues related to online safety;
- **Drama and English** cover social and moral issues related to relationships and health;
- **History and Geography** cover many issues related to citizenship, cultural diversity and the environment;
- **Religious Studies** includes many aspects related to relationships, diversity and self awareness.

**It supports and is underpinned by key school policies including those related to teaching and learning, behaviour, equal opportunities, health and safety. (See below.)**

## Pupils' Needs

The PSHE programme is designed to meet the needs of pupils at Wrekin. It is differentiated throughout the year groups to ensure progression through activities that are appropriate to pupils' stages of learning and development. Whilst the planned programme aims to provide sufficient structure and teaching materials, the intention is that it is not entirely prescriptive, providing some flexibility to the teachers so that they can respond to the particular demands of their group as and when the need arises (see paragraph on Equity, Accessibility and SEND).

## Entitlement

Pupils are entitled to PSHE that meets professional standards of practice, including the Government's Relationships Education, Relationships and Sex Education (RSE) and Health Education curriculum, and it is person-centred and impartial. It will be integrated into pupils' experience of the whole curriculum and be based on a partnership with pupils and their parents/guardians. The programme will promote equality of opportunity, inclusion and anti-racist and anti-homophobic positions.

## Management

Mrs McMahon and Mrs Desvaux lead the PSHE programme (Heads of PSHE). Wrekin College maintains a robust vetting process for all external speakers. In line with KCSIE 2025, the Heads of PSHE review all presentation materials and handouts in advance to ensure they are age-appropriate, evidence-based, and aligned with the school's values. A member of the teaching staff will remain present during all externally led sessions.

## Staffing

The Heads of PSHE are responsible for designing the programme and planning the delivery of PSHE (including the Government's Relationships Education, Relationships and Sex Education (RSE) and Health Education curriculum). It is also their role, along with the Deputy Head (Academic), to consider and identify the training needs of staff delivering the subject.

Our PSHE is delivered by a team of specialist teachers, who also deliver academic subjects. Another key teacher for PSHE teaching in the lower school is the Chaplain. All PSHE teachers have a commitment to delivering enjoyable, appropriate and relevant lessons. Teachers enjoy good relationships with their pupils and over time are able to build on these positive relationships to encourage openness and discussion.

## Curriculum

PSHE lessons cover a highly diverse range of topics, which by and large are delivered by PSHE teachers. On occasion whole year groups attend sessions run by outside speakers. Sometimes the Health and Wellbeing Centre staff are involved in delivering or supporting health-related topics. Our school's Relationships Education, Relationships and Sex Education (RSE), Health Education, and drugs education are delivered mainly within the PSHE programme. The team of professionals delivering these units of work are specially trained to consider the sensitive nature of these topics and are competent and confident to do so.

The Programme of Study has been compiled by the Heads of PSHE, based around a 'Long Term Planning Model' recommended by the PSHE Association. Lesson Plans and key resources are largely sourced from the Hodder Education Dynamic Learning PSHE Scheme of Work. The Wrekin PSHE lesson framework exists to act as a guide to the PSHE teacher team. It is intended to allow flexibility in teaching and learning styles for each staff lead, as well as to ensure consistency across the pupil experience.

Details of the content of PSHE are to be found in the departmental scheme of work, but key areas include:

- Child Protection
- Citizenship – what it means and what it requires to be a good citizen in the 21<sup>st</sup> Century
- Health and wellbeing
- Living in the wider world
- Relationships

- Sex education and consent

Specific focus is given to online safety, including the risks of AI-generated imagery (deepfakes), the legal implications of sharing such content, and the 'continuum of harm' that starts with online harassment and 'banter'.

### **Relationships and Sex Education (RSE)**

The aim of RSE is to give pupils the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It will also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It will teach what is acceptable and unacceptable behaviour in relationships. This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

RSE does not encourage early sexual experimentation. It is designed to teach young people to understand human sexuality and to respect themselves and others. It enables pupils to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. The RSE programme is also intended to support pupils after they leave school, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

Knowledge about safer sex and sexual health remains important to ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life. This is delivered in a non-judgemental, factual way and allows scope for pupils to ask questions in a safe environment.

We are mindful that all pupils should feel that the content is relevant to them and their developing sexuality. When teaching about sensitive topics, such as gender identity, the school adopts a cautious and balanced approach. We teach the facts of biological sex as defined in the Equality Act 2010. Where contested viewpoints are discussed, they are presented in an age-appropriate and neutral way, ensuring that pupils understand the range of opinions without the school promoting a single ideological 'truth'. It is recognised that there will be a range of opinions regarding RSE.

### **Resources**

In addition to the Hodder Resource, referenced above, there are many free resources also available for teaching staff, including Public Health England [Every Mind Matters](#) and [PSHE Association](#) websites. Other free-of-charge resources are recommended in Annex B of the government guidance document on PSHE/RSE teaching (see link in introductory section of this policy).

Funding for paid-for resources is allocated in the annual budget planning round in context of whole school priorities and particular needs in the PSHE area. The Heads of PSHE are responsible for the effective deployment of resources.

## **Assessment**

Pupils will be assessed on their prior knowledge at the start of the course (a baseline to ensure a good transition between primary and secondary schooling). Pupils will also be tested on their understanding regularly during the course. As a minimum, this will occur once per term, but is more likely to be more often (e.g. at the end of each topic), in practice (as appropriate, depending on the Programme of Study).

## **Equity, Accessibility and SEND**

Teaching will take into account the age, ability, readiness, and cultural backgrounds of pupils to ensure that all can fully access the PSHE and RSE provision at Wrekin College. A range of different materials will be used and adapted by Wrekin's teachers so they are tailored to the needs of our pupils.

As far as is appropriate, pupils with special educational needs will follow the same PSHE and RSE programme as all other pupils. Careful consideration will be given to the level of differentiation required, and in some cases the content or method of delivery may need to be adapted. Teachers and/or teaching assistants will work with individuals as appropriate in order to facilitate their access to the programme.

## **Staff Development**

Staff training needs are coordinated by the Deputy Head (Academic). The Heads of PSHE will identify and recommend training needs for those staff within the PSHE teaching team. Individual staff may request training by approaching the Deputy Head (Academic). Funding is accessed from school funds. The school will endeavour to meet training needs within a reasonable period of time.

## **Parent Consultation**

Wrekin College operates a policy of full transparency regarding RSHE. Parents are provided with an annual overview of the curriculum and have the right to view all teaching materials and resources used. These materials are available for inspection upon request. While we respect the intellectual property of our resource providers, copyright will not be used as a barrier to parental transparency.

This policy will be reviewed annually and sent, along with the PSHE Programme of Study, to parents every year (early in the Christmas term). This will allow us to keep parents informed and offer a chance for them to help us develop and review the programme offered. Parents will be informed of their rights to withdraw their child from some or all of the sex education delivered as a part of the RSE programme. A record will be kept of any such requests and discussions that take place between school and parents regarding them. It should be noted that such requests only apply until three terms before a child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school must make arrangements to provide the child with sex education during one of those terms. The rest of the relationships and health education is statutory, and parents cannot request withdrawal of their child from these aspects of the curriculum. Further detail can be found in the government guidance on this curriculum (see link in the introductory section of this policy).

## Monitoring, Review and Evaluation

The PSHE programme was reviewed in readiness for the RSE governmental policy changes to be implemented from September 2020 onwards. Since that time, PSHE teaching at Wrekin has been delivered by a dedicated PSHE teaching team, in addition to outside speakers, and teaching of RSE aspects by Health and Wellbeing Centre staff. The PSHE programme is reviewed annually in line with statutory governmental policy changes. The new Curriculum will be regularly reviewed and feedback from teachers, pupils and parents is welcomed. The Programme will undergo an annual review by the Deputy Head (Pastoral) and the Heads of PSHE to ensure that pupil needs are being met and to continue to look for ways to enhance the PSHE teaching at Wrekin.

[Link to PSHE Programme of Study \(inc. RSE teaching\)](#)

[Link to Sixth Form Life Skills Programme of Study](#)

(Note: for access outside of the Wrekin College domain, these links may initially require a user to request for permission to view them.)

This policy is available to parents and carers through the Head's office and the school website.

### **This policy should be read alongside other school policies, including:**

- Anti-Bullying Policy
- Child-on-Child Abuse Policies
- Bereavement Policy
- Complaints Policy
- Controlled Drugs (and substance abuse) Policy
- E-Safety and Online Safety Policies
- Equality and Diversity Policy
- Games and Sporting Activities Policy and Guidelines
- Organisation of the Curriculum and Timetable Policy
- Safeguarding and Child Protection Policy and Guidelines
- Special Educational Needs and Disabilities Act (SENDA) Policy and Accessibility Plan
- Supporting Young Women who become Pregnant Policy
- Transgender Policy
- Welfare and Health Policies - Pupils (includes Alcohol and Smoking Policies)
- Wellbeing and Mental Health Policies and Guidelines - Pupils (includes depression, self-harm, eating disorders and suicide intervention)

### **Other relevant documentation:**

- Keeping Children Safe In Education September 2025
- The Cass Review (2024) and subsequent DfE Gender Questioning Guidance
- Working Together to Safeguard Children 2023 (updated 2024/25)
- Parents' Handbook
- Pastoral Deputy Head's Job Description
- The School's Aims and Code of Conduct

- Pupil Handbook (accessible to Wrekin Pupils via the eLearning Hub)
- Tutors' Job Description

This policy has been written with reference to these two documents (accessible via the links provided):

1. The statutory government guidance entitled '[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#)' 2021; and
2. [The Equality Act 2010 and Schools](#)