



# Personal, Social, Health & Economic (PSHE) Education Policy

**Approved by:**

Education Committee

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## 1. Aims

The aims of Personal, Social, Health and Economic (PSHE) education at RGS High Wycombe are to provide an engaging, broad, and rigorous foundation for developing the whole student. Our provision goes beyond safeguarding physical and mental wellbeing; it actively prepares students for independent adult life so that every RGS student leaves school ready to operate successfully in the wider world.

The aims of Personal, Social, Health and Economic (PSHE) education in our school are to help students:

- Gain the knowledge and skills necessary to make safe and informed decisions
- Understand how to stay healthy and active
- Positively contribute to school life and life in the wider community
- Develop an understanding of democracy and how to voice their views

Our PSHE curriculum is firmly rooted in the RGS ethos and Character Education strategy, ensuring that virtue development and wellbeing remain at the very forefront of the school's vision. The PSHE curriculum is explicitly designed to integrate our core values into every module across all year groups:

- Respect: Offering kindness, empathy, and acceptance of our differences.
- Integrity: Acting with courage, humility, and honesty.
- Aspiration: Approaching each day with an open and curious mind, determination, and resilience.
- Practical Wisdom: Leading selflessly, serving compassionately, and embracing innovation so students can reflect critically and speak with confidence.

## 2. Statutory requirements

PSHE is a non-statutory subject. However, there are aspects of it that we are required to teach.

- We must teach relationships and sex education (RSE) under the [Children and Social Work Act 2017](#), in line with the terms set out in [statutory guidance](#)
- We must teach health education under the same statutory guidance

## 3. Content and delivery

### 3.1 What we teach

As stated above, we are required to cover the content for relationships and sex education, and health education, as set out in the statutory guidance (linked to above).

Refer to our relationships and sex education policy for details about what we teach, and how we decide on what to teach, in this subject. This policy can be found on the RGS Website ([link?](#))

For other aspects of PSHE, including health education, see the Curriculum Map in [Appendix 1](#) for more details about what we teach in each year and Key Stage.

### 3.2 How we teach it

- Each year group (Year 7 - 13) are taught a single period (35 minutes) of PSHE per week in dedicated PSHE lessons.
- Year 12 and 13 lessons can be supplemented with outside speakers as part of the 'Lecture Series.' These take place during the timetabled PSHE lessons.
- Our PSHE provision is heavily folded into the wider school offer and Character Education strategy. This is supported by form-time activities, drop-down days (such as whole-school Remembrance Day), guest speakers, and assemblies.
- The curriculum is regularly enriched by guest speakers, including alumni who visit the school to talk about their careers and specific pathways, and students are prepared for external work experience placements
- The subject is taught by staff who have opted into teaching the subject and who have particular expertise in each area. For example, they may be a pastoral lead or have undertaken specific training.
- PSHE lessons are well sequenced, planned and delivered and are naturally inclusive due to the quality of teaching. Targeted students are taken out of mainstream PSHE lessons in KS4 and taught in small groups in the SEN Department. Additionally, accessible materials and confidential advice are posted on Google Classroom as part of good practice.
- We consistently explore highly relevant, nuanced dilemmas rather than binary issues. Prejudices are challenged through effective behaviour management so that students feel safe to express their views, whilst being encouraged to act as active defenders and allies. Teachers opt into teaching PSHE and are offered training on how to deliver content in an unbiased manner. Controversial topics and difficult questions from students are approached impartially, with clear guidance provided to ensure that teachers' personal beliefs and attitudes do not influence the content deliver
- Staff do not have the right to opt out of teaching RSE; however, any staff who have concerns about teaching specific areas are encouraged to discuss this with the Head of PSHE. Staff selected to teach RSE are always consulted before teaching this topic. Training is available for teachers upon request.
- Lessons demand that students adopt different roles through negotiation, debate, and distinguishing fact from fiction. Teachers are supported with a wealth of resources available through the PSHE Association. The school has also purchased a full set of resources from Cre8tive to support teachers planning.
- Our assessment is primarily ipsative, measuring a student's personal growth. We use a "Pre and Post" data model: students complete a 10-statement baseline confidence assessment (rated 0-10) and re-rate themselves on the same statements in the final 'Character and Assessment' lesson of each unit. Formative assessment is "live", using a variety of feedback strategies including but not limited to low-stakes retrieval quizzes and verbal "Make The Difference" (MTD) moments to correct misconceptions.
- Attitude to learning in PSHE is reported to parents/carers at regularly data points in line with the school reporting calendar

## 4. Roles and responsibilities

### 4.1 The governing board

The governing board will approve the PSHE policy and hold the headteacher to account for its implementation.

The governing board has delegated the approval of this policy to the Education Committee of the Governing Board.

### 4.2 The Headteacher

The Headteacher is responsible for ensuring that PSHE is taught consistently across the school.

### 4.3 Staff

Staff are responsible for:

- Delivering PSHE in a sensitive way
- Modelling positive attitudes to PSHE
- Monitoring progress
- Responding to the needs of individual students

### 4.4 Pupils

Pupils are expected to engage fully in PSHE and, when discussing issues related to PSHE, treat others with respect and sensitivity.

## 5. Monitoring arrangements

The delivery of PSHE is monitored by the Head of PSHE through:

- Analysis of the "Pre and Post" module assessment data to tangibly track student progress.
- Triggering a "remediation loop" (such as adapted lesson planning or targeted "top-up" sessions) if data identifies class-wide or cohort-wide gaps in statutory safeguarding topics like consent, mental health, or online safety.
- Conducting student voice surveys, including targeted surveys for SEND students, to ensure content remains accessible, relevant, and engaging.
- Learning walks during lessons.
- Feedback from PSHE Teachers during departmental meetings.

This policy will be reviewed by the Assistant Head Pastoral every 3 years. At every review, the policy will be approved by the Education Committee of the Governing Board.

## 6. Links with other policies

This policy links to the following policies and procedures:

- Relationships and sex education (RSE) policy
- Behaviour policy.

## Appendix 1: Curriculum Map DRAFT PSHE Curriculum Map 2026 / 27

Year 7		
Module 1: Health & Wellbeing (Theme: Honesty)	Module 2: RSE (Theme: Kindness)	Module 3: Wider World (Theme: Determination)
Intro lesson and Character	Intro lesson and Character	Intro and Character
Transition: Moving to secondary	Diversity: Identity & Rights	Aspirations: Strengths
Transition: Managing emotions	Diversity: British Values	Skills: Teamwork
Safety: Personal Safety (Street Smarts)	Prejudice: Stereotypes	Skills: Enterprise
Safety: First Aid (DR ABC)	Bullying: Types & Cyber	Careers: Stereotypes
Safety: Travel (Road, Rail & Water)	Bullying: Upstander/Bystander	Careers: Broadening Horizons
Puberty: Physical & Emotional	Friends: Positive Qualities	Goals: Academic Setting
Puberty: Menstrual Wellbeing	Friends: Managing Conflict	Money: Intro to Saving
Puberty: Sleep & Dental	Online: Friendships	Money: Needs vs. Wants
Health: Diet & Energy	Relationships: Self-worth	Money: Budgeting Basics
Health: Unwanted Contact	Consent: Personal boundaries	Consumerism: Ethical
Safety: Intro to nicotine/vaping risks	Respect: Assertive Comms	Digital: Value (Gaming)
Character & Assessment Lesson	Character & Assessment Lesson	Character & Assessment Lesson

Year 8		
Module 1: Health & Wellbeing (Theme: Courage)	Module 2: RSE (Theme: Acceptance)	Module 3: Wider World (Theme: Curiosity)
Intro and Character	Intro & Character	Intro & Character
Influence: Healthy Friends	Discrimination: Racism	Community: Equality
Influence: Assertiveness	Discrimination: LGBTQ+	Careers: Discrimination
Gangs: Group Think	Identity: Gender/Orientation	Work: Emp/Self-Emp/Vol
Gangs: Knife Crime	Identity: Sexism	Work: Gig Economy
Gangs: County Lines	Relationships: Partnerships	Digital: Fake News
Health: Cancer Awareness & Self-Exam	Consent: The Law	Digital: Online Reputation
Safety: Allergies & EpiPens	Consent: Online Comms	Digital: Cybercrime
Safety: FGM, Virginity Testing & The Law	Sexting: Risks	Digital: Gambling/Loot Boxes
Health: Body Image & Social	Sexting: Law & Requests	Digital: Targeted Ads
Drugs: Class A/B & Law	Contraception: Intro	Money: Value for Money
Drugs: Risk in Social Settings	Relationships: Breakups	Careers: Future Skills
Character & Assessment Lesson	Character & Assessment Lesson	Character & Assessment Lesson

Year 9		
Module 1: Health & Wellbeing (Theme: Resilience)	Module 2: RSE (Theme: Empathy)	Module 3: Wider World (Theme: Humility)
Intro & Character	Intro & Character	Intro & Character
Influence: Healthy Friends	Relationships: Family Structure & Legal Rights	Options: GCSE Process
Influence: Assertiveness	Relationships: Conflict	Options: Decision Making
Gangs: Group Think	Relationships: Divorce	Careers: Post-16
Gangs: Knife Crime	Intimacy: Readiness	Employability: Enterprise
Gangs: County Lines	Consent: Alcohol/Capacity	Employability: Rights
Health: Testicular Self-exam	Contraception: Condoms	Online: Personal Brand, Deepfakes and AI
Health: Breast Awareness	STIs: Testing	Online: Email Etiquette
Safety: FGM Awareness	Pornography: Reality	Money: Savings
Health: Body Image & Social	Pornography: Impact	Money: Debt & Scams
Drugs: Class A/B & Law	Sexting: Nudes & Law	Goals: Long Term
Drugs: Risk in Social Settings	Relationships: Respect	Character & Assessment Lesson
Character & Assessment Lesson	Character & Assessment Lesson	

Year 10		
Health & Wellbeing (Theme: Compassion)	Relationships (RSE) (Theme: Honesty)	Wider World (Theme: Courage)
Intro & Character	Intro & Character; Media: Pornography vs Reality	Intro & Character
MH: Reframing Negative Thinking	Consent: Coercion, Strangulation & The Law	Work Exp: Rights & Responsibilities
MH: Spotting Signs in Others	Image Based Abuse (Revenge Porn), Deepfakes & AI	Work Exp: Health & Safety
MH: Challenging Stigma	Relationships: Stalking & Harassment	Work Exp: Professionalism
MH: Suicide Awareness & Prevention	Extremism: Radicalisation Process	Work Exp: Preparing for Placement
Drugs: Alcohol & Decision Making	Extremism: Incels & Misogyny	Finance: Understanding a Payslip
Drugs: Poly-Drug Use (Mixing)	Identity: Gender & Trans Awareness	Finance: Gambling & Betting
Safety: Gangs & County Lines	Sexual Health: STIs & Protection	Citizenship: Fake News
Character & Assessment Lesson	Character & Assessment Lesson	Citizenship: Data & Privacy

Year 11		
Health & Wellbeing (Theme: Determination)	Relationships (RSE) (Theme: Acceptance)	Wider World (Theme: Humility)
Intro & Character & Post-16: A-Level vs Apprenticeship	Intro & Character	Intro & Character
Applications: Personal Statement	Values: Assertiveness in Relations & Abuse: Gaslighting, Control & Physical Harm	Independence: Registering with GP
Applications: CV Writing Workshop	Abuse: Honour Based Violence	Health: Self-Exam (Cancer) & Vaccinations
Interviews: Technique & Questions	Families: Fertility, Pregnancy, Endometriosis, PCOS, and Menopause	Health: Cosmetic Procedures
Work: Rights, Pay & Unions	Families: Parenting & Adoption	Health: Blood & Organ Donation
Work: Workplace Etiquette	Sexual Health: Accessing Clinics	Exams: Sleep & Nutrition
Character & Assessment Lesson	Character & Assessment Lesson	Character & Assessment Lesson