CHISLEHURST SCHOOL FOR GIRLS

Policy Document

Policy Name: PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION POLICY (PSHE) AND RSHE POLICY 2026-27

Date of Last Review: May 2026

Date of Next Review: May 2027

SLT Responsible: Ms A Singer, Assistant Headteacher (Personal Development and Equality)

Other Staff Contribution: Senior Leadership Team/Guidance Team, Safeguarding Team



2026-27 PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION POLICY (PSHE) AND RELATIONSHIPS AND SEXUAL HEALTH EDUCATION (RSHE) POLICY

Introduction

Whole-school PSHE is delivered through weekly PSHE lessons by form tutors. PSHE is also delivered through our whole school assembly programme and tutorial plan (form time) including 'Thought for the Week'. It is also delivered by Enhancement Days that run throughout the year. PSHE compliant with all aspects of Government Guidance (July 2025). PSHE is closely linked to the work of the Guidance and Safeguarding Teams across the school and student/ staff and parent voice interest groups. PSHE themes are embedded across the whole school curriculum and links to Citizenship, Careers, Finance, Safeguarding, Wellbeing and Relationship and Sexual Health Education are threads that run through curriculum areas throughout the school. PSHE content is shared with Parents/ Carers on the school website and through the weekly newsletter. Parents/ Carers are informed of specialist speakers prior to the PSHE session. Students are given leadership roles within lessons as 'PSHE Ambassadors' and PSHE is re-enforced and rewarded by Year Co-ordinators in their weekly briefings and is celebrated in the Termly Headteacher's Whole School Reward and Recognition Assemblies.

Statement of Intent:

Students are offered a range of opportunities to enhance their wider education.

Students are equipped with the knowledge and understanding to live safe, productive, healthy, happy and balanced lives.

This policy is in full respect of the Equality Duty Act of 2010. We are alive and aware of current issues, such as everyday sexism, misogyny, homophobia and racial/ gender stereotypes and take positive action to build a culture where there is respect for all, and any occurrences are identified and tackled. We acknowledge that staff have an important role to play in modelling positive behaviours. We will ensure that all teaching is sensitive and age appropriate in approach and content.

Roles and Responsibilities

Governors – monitor and review this policy through Curriculum Committee.

Headteacher - ensures structures are in place to support the implementation of the policy and that the school meets all legal requirements.

Assistant Headteacher: monitors delivery of whole-school PSHE and ensure that the school meets all legal requirements. Line Manages Director of Studies to ensure successful implementation.

Director of Studies: ensures that PSHE lessons are updated in line with guidance from Assistant Headteacher. Ensures that PSHE is delivered effectively by Form tutors, following set schemes of work through monitoring.

Form tutors: deliver high quality PSHE lessons at key stages 3,4 and 5 in line with schemes of work.

Monitoring and Evaluation

PSHE is monitored through lesson observation and book looks. Student voice is given through whole school -council meetings and the lessons, schemes are adapted accordingly. Assistant Headteacher will monitor the policy, PSHE strategy and schemes to assess for efficacy and ensure these are up to date. Students show progress in the PSHE exercise books by creating mind maps at the start of each unit and updating these with a different colour pen to show new knowledge and skills acquired.

Relationships and Sexual Health Education

Chislehurst School for Girls recognises the values of all consensual relationships, valuing the importance of different types of families and personal choice. We work towards providing safeguarded relationships that are free from all types of abuse. We work with parents and external services to ensure that features of loving relationships are taught and understood by students and staff. We value diversity in relationships and challenge homophobia and transphobia. Our policy and

procedure is complaint with DfE guidance on Relationships and Sexual Health Education (July 2025)

Parental Responsibilities & the Right to Withdraw

Parents are informed by letter on the contents of the PSHE curriculum, incorporating the Sex Education elements and are advised of their right to withdraw (section 214 of the 1993 Education Act). Parents can also view examples of current resources on the school website. Parents are not permitted to withdraw students from Relationships or Health Education contained in PSHE as per DFE Guidance. Parents wishing to withdraw students from Sex Education elements before the age of 16, should put this in writing to the Assistant Headteacher at the beginning of the academic year, who will take appropriate action. Where students are withdrawn from any area of Sex education, the school will provide and monitor an appropriate and alternative form of education during the withdrawal period.

Confidentiality and Exposure

The Child Protection Policy refers in detail, the procedure for any safeguarding disclosures made in light of learning in PSHE lessons. Teachers must report these to the Safeguarding Team. If a teacher learns that a student may be in a sexual relationship or is thinking of entering a sexual relationship under the age of 16, appropriate safeguarding issues and parental notification must be considered and any discussions around this should be referred to the Safeguarding Team by the PSHE/ form tutor or member of the Guidance Team. Teachers must ensure that students have a full knowledge of any risks involved. Students that find a particular unit or lesson difficult due to personal circumstance or experience should be exited to the pastoral rooms for time out. Students will be given prior notice if a session or speaker will be delivering on a sensitive topic in advance and made aware of the option to be withdrawn if they feel they will be upset. Parents will also be made aware by letter that should they consider a particular topic or speaker too sensitive for their daughter or son, so that alternative provision can be arranged for this session.

Substance Misuse Education

PSHE contains several age-appropriate units on substance misuse, covering tobacco, alcohol, solvent abuse, vaping, legal highs and illegal drug taking. This includes the use of edibles. These areas are taught to educate students on risk and equip them with essential life skills. Teachers of Drug Education do not need to be figures of authority on drugs. Please refer to the Behaviour for Learning Policy for Guidance on procedures for student suspected drug use or possession and to the Safeguarding

Team if drug taking is suspected following discussions or written work produced in PSHE lessons.

Implementation

The PSHE and RSHE curriculum is set out as outlined in Appendix A. These areas incorporate the nine overreaching concepts Lessons also include reference to at least one of the nine Protected Characteristics under the Equality Act 2010. Students listen to at least one speaker each half-term. Students cover all aspects of Safeguarding in the curriculum, including online safety as set out in Keeping Children Safe in Education (Sept 2022) and cover careers and financial education. Students are taught how to stay safe and protected and how to promote both Physical and Mental health and wellbeing, including links between these. They are taught their own risks, rights and responsibilities implicitly as part of whole school Citizenship. They are taught to respect Protected Characteristics within Equality, Diversity and Inclusion lessons. Students are encouraged to express personal views in a spirit of acceptance and tolerance during debates. Students that express views that are emotionally harmful to others should be exited to Pastoral rooms and appropriate sanctions and restorative/ educational meetings should be applied in line with the Behaviour for Learning Policy. Students work in PSHE workbooks and folders. They frequently reflect on their experiences in debates and listening to speakers.

Assessment: Students create topic knowledge mind maps at the beginning of each unit. They then add knowledge gained in the unit to their mind maps in a different colour pen at the end of the unit, so that progress is tangible and visible.

Areas of study are taught with sensitivity and respect for all, with care to ensure that no child is stigmatised due to their background e.g. single parent families, LGBTQ+ parents, adoptive/foster parents, families headed by grandparents and students supported by other structures such as Looked After Children. Our curriculum is inclusive of students religious, non-religious, economic and cultural backgrounds, their ability profiles and sexual/ gender orientation. We have considered student age, level of emotional maturity and physical development when developing areas of study in different year groups. Students expand upon topics studied lower down in the school in an age-appropriate way, through this spiralled curriculum. Students access the PSHE curriculum in the Lighthouse (SEND provision) and in the Pastoral room/ Disruption Free learning room. Measures have been taken to ensure that students in alternative provision have access to PSHE and RSHE. Attendance to PSHE lessons, whole school assemblies and form time is monitored and tracked in line with the Attendance/ BFL policy.

Appendix A: Brief Curriculum Overview:

Year Group	Half -Term 1	Half- Term 2	Half -Term 3	Half-Term 4	Half-Term 5	Half- Term 6
Year 7	**Life Beyond School: Managing Change** 1/ What is PSHE? 2/ Getting to know people 3/ What is Loneliness? 4/ Careers and your future 5/ What is relaxation? 6/ Financial Education 7/ Peer pressure SPEAKER – ROAD SAFETY	**Health and Wellbeing** 1/ Introduction to Puberty 2/ Girl's Puberty – periods 3/ Boy's Puberty 4/ Personal Hygiene 5/ Growing up 6/ Self-esteem 7/ Tooth decay and dental health SPEAKER: BROMLEY NURSING TEAM	**Staying Safe on and offline** 1/ Avoiding Gangs and Criminal Behaviour 2/ Staying Safe Online 3/ Online Gaming, Grooming and Addiction 4/ Alcohol and Risk 5/ Nicotine and Smoking 6/ Why has vaping become so popular? 7/ Energy drinks and caffeine 8/ Knife Crime and Society SPEAKER: POLICE LIAISON CRIME AND CONSEQUENCE	**RSHE** 1/ Consent and boundaries 2/ Respect and Relationships 3/ What makes a good friend? 4/ Friendships and Online Relationships 5/ Being Positive 6/ Pressure, Indluence and Friends 7/ What does it mean to be a man today? SPEAKER: WOMEN'S RIGHTS AND CONSENT	**Diversity and Equality** 1/ What is your identity? 2/ Multi-cultural Britian 3/ The Importance of being Kind 4/ Breaking down stereotypes 5/ Learning Disabilities 6/ Prejudice and Discrimination 7/ Islamophobia SPEAKER: REBECCA BARKER – BLACK EXCELLENCE IN BUSINESS	**Rights, Responsibilities and British Values** 1/ Why is politics important? 2/ How is the country run 3/ The role of the Prime Minister 4/ The Monarchy and King Charles III 5/ Political debates and parliament 6/ Elections and campaigning 7/ Forming a political party SPEAKER: MR LOUIE FRENCH MP
Year 8	**Life Beyond School:** 1/ Employability and Enterprise skills 2/ Proud to be me 3/ Careers and Aspirations 4/ Self- Esteem and the Media 5/ The importance of being happy 6/ What makes me angry 7/ The importance of Careers SPEAKER: SELF-ESTEEM	**Health and Wellbeing** 1/Health and Wellbeing 2/ What is Mental Health? 3/ Positive Body Image 4/ Child Abuse 5/ Types of Bullying 6/ Healthy Eating and Cholesterol 7/ Stress Management SPEAKER: BROMLEY NURSING TEAM	**Staying Safe Online and Offline** 1/County Lines – What is it? 2/ County Lines- Who is at risk? 3/ Substance Misuse 4/ Cyber Bullying 5/ Online Grooming 6/ Alcohol Safety 7/ Child Exploitation and Online Protection SPEAKER: SUE GRAHAM - DRUGS	**RSHE** 1/ Relationships and Sex Education 2/Being Yourself and Self-Love 3/ Healthy, Respectful Relationships 4/ What is love? 5/ Dealing with Conflict? 6/ Periods and Menstrual Cycle 7/ Introduction to Contraception 8/ Sexual Orientation SPEAKER: WOMEN'S RIGHTS AND CONSENT	**Diversity and Equality** 1/ Equality Act 2010 2/LGBTQ+ What is it? 3/ LGBTQ+ Rights across the world 4/ Gender Equality 5/ Ablism and Disability Discrimination 6/ Removing the Barriers – Equality for All 7/ Racism and Discrimination in Society SPEAKER: REBACCA BARKER: BLACK EXCELLENCE IN BUSINESS	**Rights, Responsibilities and British Values** 1/ Desert Island – Living 2/ Desert Island – Building a Community 3/ Desert Island - Making Decisions 4/ Desert Island- Criminals, Law and Society 5/ How Laws are made 6/ Prison, Reform and Punishment SPEAKER: POLICE LIAISON – CRIME AND THE LAW
Year 9	**Life Beyond School**	**Health and Wellbeing**	**Staying Safe Online and Offline**	**Health and Wellbeing** 1/ STIs	**RSHE** 1/ Sex, consent and the Law	**Rights, Responsibilitie**

	1/ From Failure to Success 2/ What are Deepfakes? 3/ First Aid 4/ Saving and Managing your money 5/ Labour Market Information 6/ Finance, Budgeting and Employment 7/ Social Media and Online Stress SPEAKER: DEEP FAKES	1/ How self-esteem changes 2/ Personal Safety in unfamiliar personal or work settings 3/ What is a vulva? 4/ Bullying in all its forms 5/ Dealing with Grief and Loss 6/ Media and Airbrushing 7/ Cancer prevention and Healthy Lifestyles SPEAKER: MENTAL HEALTH THEATRE PRODUCTION	1/ What is a Drug? 2/ Different types of addictions 3/ Cannabis Products 4/ Drugs Classification 5/ Party Drugs and Illegal Drugs 6/ The War on Drugs 7/ Volatile Substance Abuse SPEAKER: MODERN SLAVERY	2/ Treating STIs and the clinic 3/ Contraception Explored 4/Contraception - condoms 5/ Contraception Explored further 6/HIV and AIDS 7/ HIV and discrimination SPEAKER: CONTRACEPTION	2/ FGM and the Law 3/ Relationships and Partners 4/Domestic Abuse and Domestic Violence 5/ Sextortion 6/ Delaying Sexual Activity 7/Sexual Harassment and Stalking SPEAKER: CONSENT	**s and British Values** 1/Conspiracy Theories and Extremist Narratives 2/Forms of Extremism 3/ What is Terrorism 4/ War and Conflict 5/ The Radicalisation Process 6/How does counter-terrorism work? 7/ Anti-Semitism EXTERNAL SPEAKER: BROMLEY REFORM SYNAGOGUE – ANTI-SEMITISM
Year 10	**Life Beyond School** 1/ TikTok and Insta Generation 2/ Targeted Advertising and your data 3/What is Marriage? 3/ Rights and Responsibilities 4/ Consumer Rights 5/ Employment Rights 6/ How to write a cheque SPEAKER: DEEP FAKES	**Health and Wellbeing** 1/Child Sexual Abuse 2/ Screen Time 3/ Mental Health Illnesses 4/ Self-harm 5/Suicide (thoughts and feelings) 6/ Promoting Emotional Wellbeing SPEAKER: MENTAL HEALTH THEATRE PRODUCTION	**Staying Safe Online and Offline** 1/ Honour Based Violence 2/ Forced Marriage and Breast Ironing 3/ Online Gaming and Gambling 4/ Social Media Validation 5/ Modern Slavery 6/ Keeping your Data Safe 7/Illegal Online Behaviours including Drug and Knife supply SPEAKER: POLICE LIASON – KNIFE CRIME	**RSHE** 1/ Pleasure and Delaying Sexual Activity 2/ Campaigning against FGM 3/ Sexting and Nudes 4/ Online Pornography (Myths and Reality) 5/ Porn and its impact on society 6/ Unhealthy relationships, Sexual Assault and Rape 7/ Sexualisation and the Media SPEAKER: FGM	**Diversity and Equality** 1/ International Organisations 2/ Peace, War and Conflict 3/ Human Rights during War 4/ Aid and Supporting other countries 5/ Striking and Trade Unionism 6/ Women's Rights and Equality 7/ Fair Trade and Free Trade SPEAKER: WOMEN'S RIGHTS	**Rights, Responsibilities and British Values** 1/ Critical Thinking and Fake News 2/ Hate Crime in the UK 3/ British Values and Identity 4/ Mutual Respect and Tolerance 5/ Individual Liberty 6/ What are Human Rights? 7/ Democracy Explored EXTERNAL SPEAKER: MR LOUIE FRENCH MP
Year 11	**Your Future and Beyond** 1/ Screen Addiction and Studying 2/ Post 16 Options 3/ Exam Stress and Anxiety 4/ Social Media versus Real Life 5/ CV Writing 6/ Writing a Personal Statement	**Health and Wellbeing** 1/ Organ and Blood Donation 2/ Teenage Pregnancy Choices 3/ Abortion Laws, Morals and Ethics 4/ Parenthood for Teenagers 5/ Testicular and Prostate Cancer	**Staying Safe Online and Offline** 1/ Virtual Reality and Live Streaming 2/ Online Reputation and Digital Footprint 3/ Group chats and Anti-bullying 4/ Cosmetic and Aesthetic Procedures	**RSHE** 1/ Peer on peer abuse 2/ Fertility and what affects it 3/ Alcohol, Parties and Bad Choices 4/ Importance of Sexual Health 5/ Re-visiting STIs 6/ Re-visiting Contraception 7/ Respect, Love and Relationships	**Exam Season Preparation** 1/ Revision Techniques 2/ Exam Wellbeing	

	EXTERNAL SPEAKER/ FAIR: CAREERS FAIR	6/ Breast Cancer, Cervical Cancer and Screening 7/ Ai generated Sexual Activity and the Dangers EXTERNAL SPEAKER/ FAIR: CAREERS FAIR	5/ New Psycho-active substances 6/ Festivals and Nitrous Oxide 7/ Substance Addiction SPEAKER: REVISION	SPEAKER: RESPECTFUL RELATIONSHIPS		
Year 12	**Forming Respectful Relationships** 1/ Importance of Building Respectful Relationships 2/ Importance of Family and Friends 3/ Online Dating and Personal Safety 4/ Exploring Emotional Intimacy 5/ Avoiding Toxic Friendships 6/Power differences in Relationships SPEAKER: DR, MICHAEL TALBOT- THE MIDDLE EAST	**Exploring Personal Finance** 1/ Financial Resilience 2/ How to pick a Bank 3/ Saving Options 4/ How to use credit cards 5/Mortgage Deals 6/ How debt spirals 7/Planning for Retirement SPEAKER: BANK OF ENGLAND	**Positive Wellbeing** 1/ Dealing with Depression 2/ Stress and Performance 3/ Dealing with anxiety 4/ Coercion and Controlling Behaviour 5/ Promoting Emotional Wellbeing 6/ Resilience and Growing Up SPEAKER: ANXIETY	**Long Term Career Planning** 1/ Career Challenges and how to deal with setbacks 2/ Decision Fatigue and Career Planning 3/ How can AI help me with me Career Journey? 4/Learning from Career Journeys 5/ Long term Career Goals and Planning 6/ Starting a Business as a Teen 7/ Work-Life Balance and Career Planning SPEAKER :CAREERS AND AI	**Revisiting Sexual Health** 1/ Porn and its impact on Society 2/ Masculinity and Misogyny 3/ Alcohol, Parties and Bad Choices 4/ Importance of Sexual Health 5/ Contraception Explored 6/ Re-visiting STIs 7/ Respect and Relationships SPEAKER: MASCULINITY AND MISOGENY	**Life after School and Religion** 1/ Abortion 2/ Euthanasia 3/ Animals 4/ Death and the Afterlife 5/ The Universe 6/ Crime and Punishment SPEAKER: WHAT DO I BELIEVE?
Year 13	**Exploring Future Options** 1/ Planning for the Future 2/ Choosing a Degree Subject 3/ Why are Uni Open Days important? 4/ University Clearing and Setbacks (Clearing) 5/National Apprenticeship Week 6/ Understanding Different Job Markets 7/ How to find a job SPEAKER: DR MICHAEL	**Sexual Health and Self-Concept** 1/ Managing Life's Phases 2/ Body Image and Pressure to Conform 3/ Appearance Versus Reality 4/ Body Modifications 5/ Importance of Sexual Health 6/ Sexual Health Misconceptions SPEAKER – BANK OF ENGLAND	**Contraception and Parenthood** 1/ Routes to Parenthood 2/ Unintended Pregnancies 3/ Fertility and what impacts it 4/ Pregnancy, Motherhood and Employment 5/ Menstrual Charting (Young men in Sixth Form to do Fatherhood) 6/ Consent and Boundaries (Young men taught separately) 7/ Revisiting Contraception SPEAKER: CONSENT	**Human Rights and Social Justice** 1/ Religious Freedom 2/ Wealth 3/ Charity and Giving to the Poor 4/ Punishment 5/ Exploitation of the Poor SPEAKER: CHARITY	**Exam Season Preparation** 1/ Revision techniques 2/ Exam Wellbeing	

	TALBOT – THE MIDDLE EAST					

PSHE delivered during drop-down Enhancement days

	Yr 7	Yr 8	Yr 9	Yr 10	Yr 11
ED1 Oct'26	Healthy lifestyles and weight gain, Personal Safety Public Places and Water	Relationships cohabitation, marriage, civil partnerships Ending Relationships	AI chatbots, Online and Offline Bullying, Use of Deepfakes in Politics	Role of GPs, Pharmacists and Healthcare workers, Anti-microbial Resistance	Health before, during and after pregnancy, Menstrual and Gynaecological health, Virginity testing, Vaginoplasty, Hymenoplasty
ED2 July '27	Forensics Day (Ethics)	Holocaust Day (Child of Survivor visit)	Expressive Arts Fashion Design and Theatre Skills	Technology – museums Trip	
ED3 July '27	Trips	Trips	Trips	Trips	

	Yr 12	Yr 13
ED1 Oct '26	Gender and Misogyny The Manosphere	Gender and Misogyny The Manosphere
ED2 July '27	Careers, Life skills and Media	
ED3 July'27	UCAS	

<u>Overarching concepts developed through the curriculum.</u>

- **Self-concept:** Developing self-worth, positive body image, and self-esteem.
- **Mental Health and Wellbeing:** Understanding emotional health, managing feelings, and building resilience.
- **Relationships:** Fostering healthy relationships, understanding consent, and recognizing abuse.

- **Physical Health:** Understanding bodily changes, puberty, and personal safety.
- **Risk and Safety:** Managing risks, including online safety, scams, and legal/illegal substances.
- **Economic Wellbeing and Careers:** Financial education, understanding debt, and career choices.
- **Citizenship and Identity:** Exploring diversity, equality, and British values.
- **Digital Literacy:** Critically engaging with online content and recognizing online harms.
- **Equality and Rights:** Understanding rights, privacy, and consent

Staff Training

Staff receive frequent training on specific content within the PSHE curriculum and pedagogy on how to deliver PSHE within the staff training calendar. Staff are supported by the Guidance team and SLT in all areas of PSHE delivery. Top tips on PSHE delivery and content are given to staff in weekly staff briefings.

Related Policies:

Safeguarding Policy 2026-27

Behaviour for Learning Policy 206-27

Anti-Bullying Policy 2026-27

Equality, Diversity and Inclusion Policy 2026-27

SMSC, British Values Policy 2026-27

Teaching and Learning Policy 2026-27