TOWERS SCHOOL
AND SIXTH FORM CENTRE

PERSONAL, SOCIAL,HEALTH & ECONOMIC (PSHE)
&
RELATIONSHIPS, SEX and HEALTH EDUCATION (RSHE)
POLICY

Last Reviewed: July 2026
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SLT Responsibility: Assistant Principal – M.Chapman
Approved By: Principal

THE TOWERS SCHOOL & SIXTH FORM CENTRE

PSHE & RSHE POLICY – changes from previous versions

Audit Log

Section of policy	Update	Date
All	Curriculum design wording	July 2026
	Definition of PSHE	July 2026
	Extra info on statutory requirements of schools	July 2026
	RSHE definition and update	July 2026
	Examples of resources for parents	July 2026
	Additional info on Parental right to remove from Sex Ed	July 2026
	PSHE links to other areas	July 2026

THE TOWERS SCHOOL & SIXTH FORM CENTRE

PSHE & RSHE POLICY

Definition of PSHE

The Department for Education defines **Personal, Social, Health and Economic (PSHE)** education as, a non-statutory but crucial school curriculum subject in the UK designed to help children and young people stay healthy, safe, and prepared for life and work by developing skills in wellbeing, relationships, and financial responsibility.

Included within our PSHE programme is statutory RSHE, citizenship and careers education. These topics sit within our Personal Development curriculum and along with other curriculum areas support Social, Moral, Spiritual and Cultural education (SMSC) and British Values.

The PSHE and RSHE policy at the Towers School and Sixth Form Centre is informed by the DfE guidance:

- Keeping Children Safe in Education 2026
- Respectful School Communities
- Behaviour and Discipline in Schools
- Equalities Act 2010
- SEND code of practice: [0 to 25 years]
- Mental Health and Behaviour in Schools
- Preventing and Tackling Bullying including cyberbullying
- Sexual violence and sexual harassment between children in schools
- The Equality and Human Rights Commission Advice and Guidance
- Promoting Fundamental British Values as part of SMSC in schools

<u>Aims of PSHE</u>

The Towers School and Sixth Form Centre aims to teach Personal, Social and Health and Economic Education using a whole-school approach with the aim of creating a community and environment that respects, supports and encourages each pupil.

Under section 78 of the Education Act 2002 and the Academies Act 2010, the PSHE curriculum must

- Promote the spiritual, moral, cultural, mental and physical development of students in school and society.
- Prepare pupils at the school for the opportunities, responsibilities and experiences of later life.

The Towers School and Sixth Form Centre takes a comprehensive approach towards PSHE, providing a programme which offers a diligently devised Scheme of Work across all year groups supporting the development and learning capacity of each pupil.

PSHE makes a significant contribution to the promotion of young people's personal and social development. This is an essential aspect of education, supporting learning across all curriculum areas. Through the promotion of PSHE, skills are developed that our pupils need in order for them to grow and flourish as individuals and members of society. Studying PSHE contributes to helping children and young people to build their personal identities, confidence and self-esteem. It helps them to make career choices, understand managing their finances and what influences their decision making process. PSHE enables them to recognise and manage their emotions and to communicate positively in a range of different scenarios. Overall, the PSHE curriculum The Towers School and Sixth Form Centre supports the 'Personal Development' and 'Behaviour and Attitude' aspects required under the Ofsted Inspection Framework, and contributing significantly to the Safeguarding and Equality Duties, the Government's British Values agenda and the Spiritual, Moral, Social, Cultural (SMSC) opportunities provided to all pupils.

Statutory RSHE and Health Education

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

An amendment to the Children and Social Work Act 2017 made **Relationships and Health Education** at primary; and **Relationships, Sex, and Health Education** at secondary, statutory subjects. This is statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996.

This PSHE policy is also informed by Keeping Children Safe in Education, The Equality Act 2010, Mental Health and Behaviour in Schools, Preventing & tackling bullying, Sexual violence and sexual harassment between children in schools and colleges, Promoting Fundamental British Values as part of SMSC in schools, Education for a connected world, Parental engagement on relationship education, Tackling Child Sexual Abuse Strategy, UK Council for Internet Safety: Sharing of nudes and semi-nudes guidance for schools.

Relationship and Sex Education (Relationships, Sex and Health Education)

Definition of Relationships, Sex and Health Education (RSHE)

From September 2026, all maintained schools in England are required to provide the 2025 (updated) Relationships and Sex Education as set out in the DfE Guidance. For all maintained schools there is also a statutory duty to provide Health Education. This guidance replaces the Department for Education 2019 guidance. There is a current statutory duty for independent schools to provide PSHE and they must meet the Independent School Standards as set out in the Education (Independent School Regulations 2014).

All schools are legally obliged to have an up-to-date policy for Relationships and Sex Education (RSE) that describes the content and organisation of RSE. These details are included within this policy. This PSHE policy is available to parents/carers on request and is also available on the school website. It is our school governors' responsibility to ensure that the policy is developed and implemented effectively. Parents and carers will be advised which sex education elements of PSHE they can withdraw their child from. The Towers School and Sixth Form Centre includes the statutory Relationships, Sex and Health Education within the PSHE curriculum as our pupils need help and advice to help them develop healthy relationships, not just those of an intimate nature, but of all kinds.

We aim to help them understand what a healthy relationship looks like and teach them what is and is not acceptable behaviour. We want to enable our pupils to understand and respect who they are and empower them with a voice which enables them to act according to their beliefs and that supports them throughout their lives.

Safeguarding and Responsibility

PSHE and RSHE work with pupils' real-life experiences and it is key that both staff and pupils are protected in these lessons. A safe and supportive environment is created by the use of ground rules:

- Listen to each other (only one person talks at a time)
- Keep to time
- Challenge the statement; not the individual making it
- The 'right' not to answer questions
- No personal questions to be asked by pupils or teachers
- If giving an example, make it anonymous.
- Everyone has a right to his or her own space.
- Right to Privacy.

Many issues covered in PSHE and RSE are of a sensitive nature. The ground rules provide a safe working environment for both pupils and staff. All staff at The Towers School and Sixth Form Centre receive safeguarding training.

Due to the nature of the topics covered in the PSHE and RSE education programmes, all teachers are made aware of The Towers School and Sixth Form Centre guidelines on confidentiality and disclosure. The boundaries around confidentiality are made explicit to learners. The Senior Designated Safeguarding Lead (DSL) at the school is Mr. R. Gaygan.

He can be contacted at r.gaygan@towers.school or on 07988 655285 if any safeguarding concerns arise. Alternatively, concerns can be raised via the school's whistleblowing policy.

Equality

The PSHE and RSHE policy at The Towers School and Sixth Form Centre promotes respect and value for each individual pupil. The DfE Guidance 2019 (p.15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics." Schools are free to determine how and when they teach pupils about LGBTQIA+ content (Lesbian, Gay, Bisexual, Transgender) and all pupils are taught the LGBTQIA+ content at a timely point as part of the curriculum.

At The Towers School and Sixth Form Centre, we respect the right of pupils, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may differ with our approach to some aspects of RSHE..

SEND

The Towers School and Sixth Form Centre prides itself on its inclusive policy and how we make provision for all pupils' needs. This is no exception for PSHE and RSE. High quality teaching is differentiated and personalised to meet the needs of all pupils.

Assessment

As with any learning, the assessment of pupils' PSHE and RSE is important as it enables the teacher to gauge their progress and it also informs the development of the lessons. Pupil progress is monitored during class work (including class discussions), questionnaires / surveys and peer assessment. Pupil voice is used to adapt and amend material for PSHE and RSHE and ensure it is relevant and effective to both our learners and wider community.

Roles and Responsibilities

The Towers School Academy Trust

The PSHE and RSHE policy will be approved by the Towers School Academy Trust and they will hold the Principal to account for its implementation.

The Principal

It is the responsibility of the Principal to ensure that PSHE and RSHE is taught consistently across the school. It is also their responsibility, or whomever they delegate this task to, to manage any requests to withdraw pupils from non-statutory components of RSHE.

Curriculum Lead Personal Development

It is the responsibility of the Curriculum Lead to develop appropriate planning and resources for staff teaching PSHE and RSHE to follow. It is also their responsibility to ensure the quality of teaching of those aspects of PSHE and RSHE which are covered as part of the core curriculum. RSHE is covered in Core lessons so that students have greater expertise of experienced staff delivering the content.

Heads of Year

It is the responsibility of the Heads of Year to ensure the quality of teaching of those aspects of PSHE and RSHE which are covered as part of Personal Development ('PD')) time. This is incorporated into their role monitoring PD time generally.

PD Teachers / Core Teachers

Those staff timetabled to teach PSHE and RSE as part of Personal Development ('PD') time are responsible for:

- The delivery of PSHE and RSHE in a sensitive way
- Modelling positive attitudes to PSHE and RSHE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents / carers wish them to be withdrawn from the non-statutory components of RSHE

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSE are required to discuss this in advance with Mr. R. Gaygan (Vice Principal).

A copy of this policy can be found in the Child Protection / Safeguarding section of the school's extranet.

Student Managers / Assistant Student Managers

- To ensure they are aware of any potentially sensitive issues upcoming within the PSHE and RSHE curriculum
- To make all relevant parties aware of sensitive information regarding individual pupil's situations which may impact upon their ability to handle sensitive PSHE or RSHE issues

Pupils

There is an expectation that all pupils across Towers School and Sixth Form Centre fully engage in PSHE and RSHE and follow the ground rules (as set by the teacher delivering PSHE / RSE sessions) thus ensuring they treat others with respect and sensitivity.

Parents

All parents have access to the PSHE and RSHE policy and are invited to give feedback directly to the school and participate as part of our consultation process. A sample of RSHE resources can be found here. All resources come from a company called Chameleon and adapted for our students. They are experts in PSHE and RSHE. Their resources are informative and give students the range of issues and options around a topic. This is so our students can make informed decisions.

Parental Right to Withdraw

D.) Parental withdraw from sex education

Parents and carers have the right to request that their child be withdrawn from some or all of sex education. They cannot withdraw from any Relationships or Health Education lessons (Section 21, DfE, 2025, Relationships Education, Relationships and Sex Education (RSE) and Health Education). Before granting any such request we seek to work with parents / carers and, as appropriate, with the pupil to ensure that their wishes are understood and to clarify the nature and purpose of our PSHE curriculum. We will document this process to ensure a record is kept.

Once those discussions have taken place, except in exceptional circumstances, the school will respect the parents' request to withdraw the pupil, up to and until three terms before the pupil turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school will plan to provide the child with sex education.

(DfE, 2025 Relationships Education, Relationships and Sex Education (RSE) and Health Education).

Parents and carers have the right to see sample materials used within the teaching of PSHE and can do so by prior appointment with a member of staff, or at any open evening the school chooses to hold about this curriculum area. If parents are unable to view materials in school, copies will be made available to be viewed online. Parents/carers will be required to confirm that any shared materials will not be downloaded or shared with any third party.

The school gives serious consideration to any comments from parents/carers about the sex education programme and makes a record of all such comments.

A copy of withdrawal requests will be placed in the pupil's educational record. The Principal, or the delegated member of staff, will discuss the requests with the parents and take appropriate action. Alternative work will be given to pupils who are withdrawn from sex education.

This policy supersedes any previous policies relating to withdrawal from sex education at Towers School and Sixth Form Centre.

Visitors

The Towers School and Sixth Form Centre values working with external partners as they enhance the delivery of PSHE and RSHE with specialist knowledge and different ways of engaging our pupils. As part of the PSHE and RSHE educational package, outside visitors will be invited to deliver appropriate sessions to pupils at the school.

All visitors are subject to the Towers School and Sixth Form Centre's Child Protection and Safeguarding policy and the credentials of visiting organisations and any visitors linked to external agencies are always checked. The school also ensures that the teaching delivered by visitors fits with the planned programme of study. The content of lessons, including lead lessons, provided by external agencies is age appropriate and accessible for all pupils and is approved by the school in advance of delivery.

As with all PSHE and RSHE lessons, the Towers School and Sixth Form Centre will ensure that guest speakers / visitors are aware of the confidentiality and safeguarding policy. Any matters reported by visitors to the lead teacher will be dealt with in line with the Safeguarding Policy.

Curriculum Design

Our PSHE and RSHE curriculum is included in Appendix 2 of this policy. The school reserves the right to adapt it as and when necessary, not all topics will be taught as standalone lessons, many may be incorporated into PD class discussions, lead lessons, talks from outside speakers and workshops .

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

How PSHE links to other curriculum areas

PSHE includes statutory Relationships education, Sex Education, Health education (RSHE) and Citizenship. PSHE links to many other subject areas in school.

- Lead Lessons and Personal Development time
- School council
- Student leadership
- Core values
- Mentoring
- External visitors
- Work experience
- School publications
- Fundraising
- The House system
- Sports teams
- Trips and educational visits
- School productions
- School therapy services

We have undertaken the Chameleon student voice survey to help us steer our curriculum. We are also keen to address key issues for our students as they arise within our context and do this through a mixture of Lead lessons and PSHE. We also liaise with the safeguarding team and year team to monitor issues arising in school and where appropriate we adapt the curriculum.

Appendix 1: Parent Form: Withdrawal from Sex Education with RSHE

Name of child: PD Group:

Name of parent: Date:

Reading for withdrawing from sex education within relationships and sex education:

Any other information you would like the school to consider:

Parent Signature:	

Agreed actions from discussion with parents:

Principal Signature:		Date:	

Appendix 2: PSHE / RSHE Curriculum Design

Year 7 Topics	**Year 8 Topics**	**Year 9 Topics**
• What is PSHE? • Travel Safety • Team building • Managing Money • Emotions • Online safety and social media • Anti-bullying • Friendships and relationships • Respect • Families • Community • Challenging stereotypes • Prejudice and discrimination • Body Image • Mental Health • Self Esteem • Bereavement • Female Genital Mutilation • Health and Fitness • Personal Hygiene and oral health • Emotional and physical changes in puberty • Alcohol • Grooming • Tobacco, vaping and cannabis	• Internet safety • Responsibility and criticism • Interpersonal skills • Family disputes • Online bullying • Online relationships • Unhealthy comparisons • Self help • Media influences • Managing Expectations • Extremism • Inclusion • Anxiety and depression • Mental Health stigma • Physical activity and mental health • Relationships • Alcohol • Substances and the media • Taking responsibility for my health • First aid emergencies • Gangs and knife crime • Gambling • Rights and responsibilities • Impacts of fast culture	• Careers / Types • Illegal employment • Factors affecting mental health • Bullying and mental health • Abusive behaviour • Championing the LGBTQ+ community • Debt and financial worries • Mental health support • Problem solving • Positive uses of the media • Communication skills inc consent • Sexting • Positive intimate relationships • Pornography • Relationship loss and change • Family diversity • STIs • Contraception • Unintended pregnancy • Sleep and relaxation • Drugs and the law • Recreational drug use • Substances and emergency aid

		• Substances and communities • Medicine safety • Knife and gang culture

Year 10 Topics ● Growth mindset ● Ambitions ● Work choices at 16 ● Changing job market ● Budgeting skills ● Gambling addiction ● Advertising, social media and regulation ● Social media ● Dark web ● Radicalisation and extremism ● Being a role model ● Values ● Influencing others ● LGBTQ+ history ● Hate crime ● Animal welfare ● Climate change ● Changing mental health ● Supporting others ● Improving self esteem and confidence ● Stress anxiety and depression ● Unhealthy strategies, warning signs and triggers ● Loss and separation in relationships ● Feedback ● Marriage, partnerships and rights ● Romantic relationships ● Safe sex ● Pregnancy and choices ● Being a young parent ● Parenting and teenagers ● Women's safety ● Young people and crime ● Substances and addiction ● Cancer prevention ● Life saving science	**Year 11 Topics** ● Study plan ● Developing resilience ● Preparing for change ● Applying for work or training ● Safety in the workplace ● Sleep, rest and study ● Managing my online profile ● Gender Diversity ● Faith, values and sex ● Freedom of expression ● Sexual relationships ● Rights, responsibilities & the law in sexual relationships ● Sexual assault ● Domestic abuse ● Managing unwanted attention ● Substances & risky sex ● Impact of substance misuse, family & community ● Substances & future life choices ● Emergency first aid ● Safety and body enhancements ● Finding and using health services	