Personal, Social, Health, Relationship Education Policy 2026-2027

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This policy has been written with reference to the following documents:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education: DfE statutory guidance (September 2026).
- Equality Act 2010.
- Keeping Children Safe in Education 2026.
- The National Curriculum for Science, where applicable.
- The Trust's safeguarding and child protection policy.
- The NCL PSHRE Principles

Terminology used:

- PSHRE: The school's wider Personal, Social, Health and Relationships Education programme.
- RSHE: The statutory Relationships, Sex and Health Education requirements.
- Sex education: The specific elements of education about sexual activity and sexual health, which are subject to parental withdrawal rights as set out in the statutory guidance.

1. Consultation

Borough wide consultation has taken place via the Newham PSHRE consultation group with: Pupils, Parents, Community Groups, Faith Groups, Local Councilors, Teachers, OFSTED, School Governors, LA and Professional Associations.

School consultation has also taken place with parents, teachers, governors and students. Results and further details of these consultations, including the outcomes, can be found here. Letters will be shared with parents that outline sensitive curriculum content approximately 1 month before it is taught.

Policy statement- Aims and objectives of PSHRE

It is the intention of Lister Community School to teach high quality, age appropriate, pupil-sensitive, evidence based PSHRE, which demonstrates a respect for the law and all communities that call Newham home. PSHRE in Lister Community School should help pupils to learn about themselves and the world they live in, giving them the skills, understanding and information they need for life. This will help them to stay safer and to flourish, not just in childhood, but into adulthood and for the rest of their lives.

At Lister Community School, PSHRE plays an important role in supporting our vision of developing intelligent, capable, kind, resilient and happy young adults. Our curriculum reflects our commitment to being ambitious for all and caring for all, ensuring that every pupil has the knowledge, understanding and skills to make informed decisions, build positive relationships and contribute positively to society.

PSHRE supports the development of the Lister Graduate: someone who aims for excellence, is kind, polite and considerate, and takes responsibility. Through the curriculum, pupils are encouraged to develop respect for themselves and others, demonstrate kindness and empathy, take responsibility for their actions and understand their role in creating a safe, respectful and inclusive community.

1. Statutory content: RSHE

By law, secondary schools are required to teach relationships, sex and health education, alongside national curriculum science with-in the context of safeguarding. Here at Lister Community School, we acknowledge that parents are a child's first and most effective teacher, and so we will ensure that we have annual meetings with parents and carers to present our PSHRE curriculum as well as hear from them about any concerns or questions they have. We are clear that our aim is to educate students about these important subjects alongside parents.

National Curriculum Science

At Key stage 3 and 4, the national curriculum for science includes a recap about menstruation and puberty, teaching about human reproduction and birth, including different contraception methods in KS4, and includes drugs education and the study of sexually transmitted infections (STIs), including HIV. At Lister Community School we choose to teach Science in line with the National Curriculum.

There continues to be no right to withdraw from national curriculum science.

Health Education (Physical Health and Mental Wellbeing)

The aim of the curriculum is to give pupils the information that they need to make good decisions about their physical and mental health and wellbeing. Pupils will recognise what is safe and what could put them and others at risk, and how to seek support at the earliest stage from appropriate sources.

There is no right to withdraw from health education

Relationships Education

In secondary school, relationships education builds on what has been learnt at primary school concerning positive relationships and progresses to talk about intimate relationships. Lessons will be evidence based, age and culturally appropriate, based on the law and sensitive to the needs of pupils.

There is no right to withdraw from Relationships Education

Non-statutory PSHRE
Sex Education that goes beyond national curriculum science

All secondary schools must teach sex education that is outside of the national curriculum science, but parents can withdraw their children from sex education. Sex education at Lister Community School will be taught by trained staff in an age appropriate and sensitive way and giving due regard to the law. We believe the teaching of sex education alongside relationship education will help to ready students for their life in 21st century Britain.

The right of parents to withdraw their children from non-statutory sex education

Parents and carers have the right to request that their child is withdrawn from some or all of the sex education content delivered as part of non-statutory PSHRE. There is no right to withdraw pupils from statutory Relationships Education, Health Education or National Curriculum Science. Parents wishing to withdraw their child should submit their request to the Headteacher. The Headteacher will arrange a discussion with the parent/carer and, where appropriate, the pupil, to explain the purpose and content of the education and consider the request in accordance with statutory guidance. In exceptional circumstances, the Headteacher may refuse a request for withdrawal, for example where there are safeguarding concerns or a pupil's specific vulnerability. From three terms before a pupil turns 16, they have the right to choose to receive sex education, even if their parent/carer has previously requested withdrawal. Where a pupil is withdrawn from sex education, the school will provide appropriate and purposeful alternative education during the period of withdrawal. All requests and decisions will be documented.

Safeguarding

Safeguarding is central to the delivery of PSHRE at Lister Community School. The curriculum supports our wider commitment to keeping children safe by equipping students with the knowledge, understanding and confidence to recognise risks, establish healthy boundaries, make informed decisions and seek help when necessary.

All staff delivering PSHRE must understand and follow the school's safeguarding and child protection procedures, in line with Keeping Children Safe in Education 2026.

Staff must be aware that sensitive discussions may lead to disclosures of abuse, exploitation, self-harm or other safeguarding concerns. Any concerns or disclosures must be reported promptly to the Designated Safeguarding Lead (DSL) or their deputy, in line with our Safeguarding Policy.

Pupils will be made aware that staff cannot promise confidentiality where a safeguarding concern is raised.

The curriculum will address child-on-child abuse, sexual harassment, sexual violence, harmful sexual behaviour, exploitation and online harms. Pupils will be taught how to recognise concerning behaviour, how to report it and where to access support.

The school will maintain a safe and supportive learning environment through the use of agreed ground rules, distancing techniques, anonymous question opportunities and appropriate signposting to support services.

2. Equality, Diversity and Inclusion

Lister Community School is committed to ensuring that all pupils receive an inclusive, accessible and high-quality PSHRE education that reflects and respects the diversity of our school community and the wider society in which we live.

The school will comply with the Equality Act 2010 and ensure that pupils are not unlawfully discriminated against because of any of the nine protected characteristics: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.

Our PSHRE curriculum will actively promote equality, respect and understanding. Pupils will be supported to recognise and challenge prejudice, discrimination, stereotypes and bullying in all its forms. Teaching will encourage pupils to appreciate difference, develop empathy and treat others with kindness, dignity and respect.

The curriculum will reflect the diversity of modern Britain and include age-appropriate teaching about different family structures, relationships and experiences. Pupils will learn about healthy relationships, including same-sex relationships, and develop an understanding of the importance of equality, respect and acceptance.

Teaching will be inclusive and accessible to all pupils, including those with Special Educational Needs and Disabilities (SEND). Appropriate adaptations and support will be provided to ensure that all pupils can engage meaningfully with the curriculum and develop the knowledge and skills they need to keep themselves and others safe. Particular consideration will be given to the needs and vulnerabilities of pupils who may require additional support to understand relationships, boundaries, consent and personal safety.

We recognise that pupils bring a wide range of backgrounds, experiences, beliefs and perspectives to PSHRE lessons. Staff will create a safe and respectful learning environment in which pupils can ask questions, explore different viewpoints and develop their understanding without fear of discrimination or judgement. Teaching will be sensitive to the needs of individual pupils while ensuring that statutory content is delivered accurately and in accordance with the law.

Lister Community School believes that everyone has a responsibility to contribute to a safe, inclusive and caring community. Through PSHRE, we aim to develop young people who are kind, thoughtful, respectful and responsible, and who celebrate differences and treat others with dignity. These expectations reflect our school values and the qualities we want every Lister graduate to demonstrate.

Monitoring, evaluation and assessment

RSE at Lister is taught through a range of methods:

1. PSHRE sessions delivered by trained staff (including, where appropriate, Inclusion staff)
2. Enrichment sessions with external organisations
3. Special events and assemblies

To ensure that the teaching and learning in PSHRE in our school is of the highest standard, it will be monitored by our Head of PSHRE Jennifer Skuse. This monitoring includes:

- Review of curriculum maps and statutory coverage (annually)
- Review of lesson resources and external provision (annually)
- Student voice and feedback (Termly)
- Staff feedback on curriculum delivery (annually)
- Review of safeguarding trends and emerging local issues (half-termly)
- Review of student knowledge and misconceptions (throughout the year)
- Evaluation of the impact of the curriculum (annually)

The school identifies students' prior knowledge through a 'do now' activity that gauges pupils' starting point in terms of their existing knowledge, skills, attitudes and beliefs. At the end of the topic, module, or lesson an activity is carried out which allows pupils to demonstrate the progress they have made and knowledge gained. For example, pupils do a 'mind-map' of everything they know, think or believe and questions they have about the new topic. At the end of the module they take a different coloured pen and revisit their original mind-map, adding to it, correcting previous misconceptions, answering their original questions and so on. The school is also implementing assessments at the end of each unit. These assessments provide data relating to student knowledge as well as confidence in a topic. Data is evaluated and informs further teaching.

PSHRE and SMSC is also assessed through student feedback.

The Safeguarding in the Curriculum Group meets once a half-term to identify local and national trends that may necessitate a change to the curriculum. Findings from any safeguarding incidents, student voice and local safeguarding trends inform future curriculum planning.

4. Resources

Lister Community School will use a range of high-quality, age-appropriate and evidence-informed resources to support the delivery of its PSHRE curriculum. Resources will be selected to ensure that teaching is accurate, relevant, inclusive and appropriate to the age, maturity and needs of our pupils.

The school will draw on guidance and resources from recognised organisations, including the Newham PSHRE Steering Group and the PSHE Association, alongside other trusted educational and professional organisations.

Where external organisations or specialist providers contribute to the delivery of PSHRE, the school will ensure that:

- Providers have appropriate expertise, knowledge and experience relevant to the subject matter they are delivering.
- Appropriate safeguarding checks and due diligence are completed before providers work with pupils.
- The content, lesson plans and resources used by external providers are reviewed by the school in advance to ensure they are accurate, age-appropriate and aligned with the school's values and curriculum.
- Providers understand and follow the school's safeguarding procedures, including how to respond to and report any disclosures or concerns.
- Staff are appropriately involved in and oversee sessions delivered by external providers.
- The school evaluates the quality and impact of external provision to ensure it meets the needs of pupils and supports the aims of the PSHRE curriculum.

The school retains overall responsibility for the quality, content and delivery of all PSHRE education, including sessions delivered by external organisations.

The Head of PSHRE is responsible for ensuring that teaching resources are regularly reviewed and updated to reflect changes in statutory guidance, legislation, current issues and the needs of our pupils. Resources will be reviewed to ensure that they promote equality, respect and inclusion and do not reinforce stereotypes or discriminatory attitudes.

Parents and carers are encouraged to engage with the school's PSHRE curriculum. Information about the curriculum and representative examples of teaching materials will be made available. All materials used to deliver statutory Relationships, Sex and Health Education (RSHE) will be available for parents and carers to view on request. Parents and carers wishing to view resources or discuss the curriculum should contact the school to arrange this.

The school will regularly review its resources and external partnerships to ensure that the PSHRE curriculum remains relevant, effective and responsive to the changing needs of our school community.

Safe and effective practice:

We will ensure a safe learning environment by:

- Establishing ground rules at the start of the year (and at the start of particularly sensitive lessons);
- Ensuring distancing techniques are used (for example, avoiding the use of specific names and

personal stories when discussing sensitive issues);
- Ensuring a safe handling of questions (for example, the use of anonymous questions on post it notes);
- Protecting students who may have higher vulnerability (working closely with the SENCO and Deputy SENCOs);
- Signposting further help and support (including how and what will happen next).
- Teachers and pupils will co-construct the class ground rules.
- All staff teaching RSE will be supported by the Head of PSHRE and will receive CPD sessions where appropriate. All staff in the school will be presented with the whole school annual PSHRE strategy.

5. Curriculum map and links

Curriculum maps which demonstrate all content covered can be found in the Curriculum section of the school website. This is reviewed and updated each year. An overview of our curriculum can be found below and mirrors the topic list provided by the DfE . Lister Community School regularly reviews the curriculum and sequences it so that students receive relevant information before they are likely to encounter particular situations.

Curriculum Area	***Content***
Families and Relationships	Different family structures, marriage, civil partnerships and positive relationships.
Respectful relationships	Friendship, boundaries, consent, communication, conflict and respect.
Online relationships	Social media, online safety, image sharing, pornography, online exploitation and digital consent.
Sexual health (KS4 only)	Sexual activity, contraception, STIs, pregnancy and accessing appropriate health services.
Consent and abuse	Sexual harassment, sexual violence, domestic abuse, coercive control, grooming and exploitation.

Equality and diversity	Protected characteristics, discrimination, stereotypes, prejudice and respect.
Physical health	Puberty, personal hygiene, healthy lifestyles, drugs, alcohol, smoking and vaping.
Mental health	Emotional wellbeing, mental health difficulties, self-harm, seeking help and accessing support.
Safety	FGM, forced marriage, harmful practices, exploitation and recognising unsafe situations.
Wider life skills	Financial decision-making, careers, independence, responsibility and preparing for adulthood, as appropriate within the wider PSHE programme.

Head of PSHRE

Any queries about this policy should be addressed to Jennifer Skuse