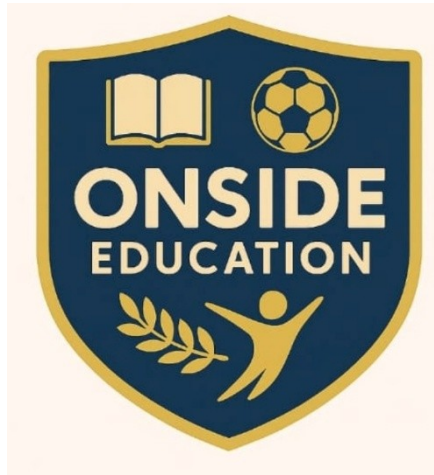




Onside Education

PSHE

**(Personal, Social, Health and Economic
Education) Policy**

Issue Date: Sept 2025

Review Date: Sept 2026

1. Policy Statement

At Onside Education, PSHE forms a central part of the curriculum and contributes significantly to pupils' personal development, safeguarding awareness, preparation for adulthood and emotional wellbeing.

The PSHE curriculum is specifically designed to meet the needs of pupils within an Alternative Provision setting, many of whom have experienced barriers to learning, disrupted educational experiences, social, emotional and mental health (SEMH) needs, adverse childhood experiences, trauma or periods of disengagement from education.

PSHE provides pupils with the knowledge, skills and understanding required to:

- Stay safe physically, emotionally and online.
- Build healthy and respectful relationships.
- Develop emotional literacy and resilience.
- Understand their rights and responsibilities.
- Prepare for adulthood, employment and independent living.
- Participate positively within modern British society.

The curriculum is delivered in accordance with:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance.
- Independent School Standards Regulations 2014 (Part 1 and Part 2).
- Equality Act 2010.
- Keeping Children Safe in Education (Current Edition).
- Prevent Duty Guidance.
- SEND Code of Practice.
- Onside Education Safeguarding and Child Protection Policy.

2. Aims

The PSHE curriculum aims to enable pupils to:

Personal Development

- Develop confidence, self-awareness and self-esteem.
- Build resilience and emotional regulation strategies.
- Understand personal strengths and aspirations.
- Develop positive coping strategies.

Health and Wellbeing

- Understand physical health and healthy lifestyles.
- Promote positive mental health.
- Recognise risk and unsafe situations.
- Access support when needed.

Relationships

- Develop healthy relationships.
- Understand consent and personal boundaries.
- Respect diversity and difference.
- Recognise harmful, exploitative and abusive behaviours.

Living in the Wider World

- Develop employability skills.
- Understand financial responsibility.
- Prepare for adulthood and independence.
- Engage positively in local and wider communities.

3. Curriculum Principles

PSHE at Onside Education is:

- Trauma-informed.
- Relationship-based.

- Safeguarding-focused.
- Inclusive and accessible.
- Adaptive to SEND and SEMH needs.
- Relevant to pupils' real-life experiences.
- Designed to support preparation for adulthood.

Learning is sequenced progressively across Key Stage 3 and Key Stage 4 and adapted according to individual need, EHCP outcomes and personal development targets.

4. Curriculum Overview

PSHE is organised around three core themes:

Health and Wellbeing

Including:

- Physical health.
- Mental health.
- Emotional wellbeing.
- Healthy lifestyles.
- Sleep and nutrition.
- Substance misuse.
- Personal safety.
- Risk management.
- First aid awareness.
- Self-care.

Relationships and Sex Education (RSE)

Including:

- Healthy relationships.

- Consent.
- Respectful behaviour.
- Family relationships.
- Friendships.
- Sexual health.
- Online relationships.
- Child-on-child abuse awareness.
- Sexual harassment.
- Exploitation.
- Coercion and control.
- Seeking support.

Living in the Wider World

Including:

- Careers education.
- Employability.
- Financial education.
- Enterprise.
- Citizenship.
- Democracy.
- British Values.
- Community participation.
- Rights and responsibilities.
- Preparation for adulthood.

5. Safeguarding Through PSHE

PSHE is a key vehicle for safeguarding education.

Pupils are taught how to recognise:

- Abuse.
- Neglect.
- Exploitation.
- Child criminal exploitation.
- Child sexual exploitation.
- Grooming.
- Online risks.
- Radicalisation.
- County lines.
- Domestic abuse.
- Harmful sexual behaviour.
- Peer-on-peer abuse.
- Sexual harassment.
- Sexual violence.

Pupils are taught:

- How to seek help.
- Who trusted adults are.
- How to report concerns.
- How to stay safe online and offline.

6. Online Safety Education

Online safety is embedded throughout the PSHE curriculum.

Pupils are taught about:

- Social media safety.
- Privacy settings.

- Online bullying.
- Digital footprints.
- Online relationships.
- Sharing images online.
- Nude and semi-nude image sharing.
- Online exploitation.
- Misinformation.
- Gaming safety.
- Online scams.

Learning is adapted to reflect emerging risks and current safeguarding trends.

7. Relationships and Sex Education (RSE)

RSE is delivered through a graduated and age-appropriate curriculum.

Content includes:

Relationships

- Healthy friendships.
- Family relationships.
- Respect.
- Boundaries.
- Consent.
- Communication.

Sex Education

- Sexual health.
- Contraception.
- Pregnancy.
- STIs.

- Risk reduction.
- Healthy intimate relationships.

Safety and Protection

- Exploitation.
- Sexual harassment.
- Online risks.
- Grooming.
- Abuse.

Teaching will be delivered sensitively and appropriately, taking account of individual maturity, SEND needs and personal circumstances.

8. Equality, Diversity and Inclusion

Onside Education promotes equality, inclusion and respect for all individuals.

PSHE explicitly teaches respect for all protected characteristics under the Equality Act 2010:

- Age.
- Disability.
- Gender reassignment.
- Marriage and civil partnership.
- Pregnancy and maternity.
- Race.
- Religion or belief.
- Sex.
- Sexual orientation.

Pupils are taught:

- Respect for difference.

- Anti-discrimination.
- Inclusion.
- Equality of opportunity.
- Challenging prejudice.
- Challenging discriminatory language.

Every sanction, placement decision and access arrangement will consider whether reasonable adjustments are required to support pupils with SEND, SEMH needs, disabilities or other protected characteristics.

9. SMSC and British Values

PSHE makes a significant contribution to SMSC development.

Spiritual Development

- Identity.
- Reflection.
- Values.
- Self-awareness.

Moral Development

- Right and wrong.
- Consequences.
- Ethical decision-making.

Social Development

- Relationships.
- Communication.
- Teamwork.
- Community participation.

Cultural Development

- Diversity.
- Faiths and beliefs.
- Cultural awareness.
- Respect for others.

British Values

The curriculum actively promotes:

- Democracy.
- Rule of Law.
- Individual Liberty.
- Mutual Respect.
- Tolerance of Different Faiths and Beliefs.

10. Political Impartiality

Onside Education complies with Part 2 of the Independent School Standards.

Staff will not promote partisan political views.

Where political issues are discussed:

- Balanced viewpoints will be presented.
- Pupils will be encouraged to think critically.
- Debate will be respectful and evidence-informed.

11. Teaching and Learning

PSHE is delivered through:

- Timetabled lessons.
- Group discussions.
- Tutorials.
- Reflection activities.

- Enrichment activities.
- Theme days.
- External providers where appropriate.

Teaching approaches include:

- Scenario-based learning.
- Restorative discussion.
- Problem-solving.
- Role-play.
- Reflection journals.

Staff adapt learning to meet:

- SEMH needs.
- SEND needs.
- Literacy needs.
- EHCP outcomes.
- Safeguarding needs.

12. Managing Sensitive Issues and Disclosures

The PSHE curriculum may lead pupils to disclose safeguarding concerns.

Staff will:

- Listen carefully.
- Not promise confidentiality.
- Record concerns accurately.
- Follow safeguarding procedures immediately.
- Inform the DSL without delay.

Where concerns arise relating to:

- Abuse.

- Exploitation.
- Self-harm.
- Mental health.
- Sexual harassment.
- Child-on-child abuse.
- Criminal activity.

The school's Safeguarding and Child Protection Policy will be followed.

13. Assessment and Monitoring

Assessment is formative and focuses on personal development and understanding.

Evidence may include:

- Pupil voice.
- Discussion participation.
- Reflection activities.
- Personal development reviews.
- Behaviour data.
- Attendance data.
- Safeguarding data.
- EHCP outcomes.
- ILP reviews.

Monitoring is undertaken through:

- Lesson observations.
- Learning walks.
- Work scrutiny.
- Pupil feedback.

- Curriculum review meetings.

14. Roles and Responsibilities

Proprietor

Responsible for:

- Ensuring statutory compliance.
- Monitoring curriculum effectiveness.

Head of Provision / PSHE Lead

Responsible for:

- Curriculum planning.
- Quality assurance.
- Staff support.
- Curriculum review.

DSL

Responsible for:

- Safeguarding oversight.
- Supporting sensitive curriculum content.
- Managing disclosures arising from PSHE.

Staff

Responsible for:

- Delivering PSHE effectively.
- Maintaining safe learning environments.
- Reporting safeguarding concerns.

Appendix A – PSHE Coverage Grid

Topic Area	KS3	KS4
Mental Health	✓	✓
Healthy Relationships	✓	✓
Consent	✓	✓
Online Safety	✓	✓
Child Sexual Exploitation	✓	✓
Child Criminal Exploitation	✓	✓
Substance Misuse	✓	✓
Careers Education	✓	✓
Financial Education	✓	✓
British Values	✓	✓
Equality & Diversity	✓	✓
Sexual Health		✓
Contraception		✓
Preparation for Adulthood	✓	✓

Appendix B – Safeguarding Escalation During PSHE

Concern Arises During PSHE Lesson



Staff Member Receives Disclosure



Record Concern Factually



Report Immediately to DSL



DSL Risk Assessment



Referral (Where Required)

- **Children's Social Care**
 - **Police**
 - **Early Help**
- **Mental Health Services**



Outcome Recorded on Et-Aims