

# iCollege PSHE

## Personal, Social, Health and Economic Education

### Relationships and Sex Education (RSE)

As you may already be aware, in recent years there have been changes to requirements for the delivery of Relationships and Sex Education (RSE). Since 2020, Relationships and Sex Education (RSE), along with Health Education, now forms part of the statutory National Curriculum. We have included our policy for your reference and will contact parents and carers before approaching RSE topics with learners.

For more information, you may find it helpful to explore the Primary or Secondary Government Guide for Parents' links below.

#### Useful links

[Primary Government Guide for Parents](#)

[Secondary Government Guide for Parents](#)

[CS9 Relationships and Sex Education Policy](#)

### iCollege PSHE Programme

In PSHE, students will develop the knowledge, skills, and attributes they need to manage their lives, now and in the future. These skills and attributes help them to stay healthy, safe, and prepare them for life and work in the modern world. PSHE helps students to achieve your academic potential, and leave school equipped with skills they will need throughout later life.

#### iCollege's overarching aims for PSHE:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for stages in their lives including puberty, adolescence and adulthood, and give them the knowledge, skills and attributes they need to make informed decisions about their wellbeing, health and relationships.
- Enable students to develop the capacity to make sound decisions when facing risks, challenges and complex contexts.
- Give pupils the correct vocabulary and accurate information so that they can learn about their bodies and sexual and reproductive health in ways that are appropriate to their age and maturity.
- Ensure students understand that they have rights over their own bodies and how to report concerns and seek advice if they feel or know something is wrong and

understand consent

- Enable students to know how and when to ask for help, and to know where to access support.
- Gives pupils opportunities to reflect on values and influences (such as from peers, media, faith and culture) that may shape their attitudes, and nurtures respect for different views.
- Foster gender equality and LGBT+ (lesbian, gay, bisexual, trans) equality and challenges all forms of discrimination in lessons and in every-day school life.
- Help build students' self-efficacy and resilience
- Meet the needs of all pupils with their diverse experiences, including those with special educational needs and disabilities.

### **iCollege PSHE curriculum**

Our PSHE curriculum is delivered weekly through PSHE lessons, the National Curriculum (Science), visiting speakers and specialists, and participation in nation-wide PSHE-themed weeks/days; it is also embedded into other areas of the curriculum and day-to-day life of the schools. Topics are grouped into three themes: Health and Wellbeing, Relationships and Living in the Wider World.

We follow the recommendations laid out by the [Department for Education](#) and the [PSHE Association](#).

We have provided details of our intended curriculum in the following documents. We may need to adapt our curriculum as and when necessary.

[Primary PSHE Curriculum](#)

[Secondary PSHE Curriculum](#)

PSHE Policy

### **Your PSHE Team**

iCollege has an enthusiastic and dedicated PSHE team.

Careers & PSHE Leader and Teacher Independence and Intervention - Ali Haynes

Primary Curriculum Lead - Siobhan Harvey

PSHCE Teacher Integration and Independence - Emma Swain

PSHCE Teacher Intervention –Simon Tully

PSHCE Teachers at Pod and Pod Plus - Ian Jones, Charlotte Ross & Jo Farley  
(Lead Teacher)