



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

Policy Review Date: September 2026

Next Review Date: September 2028

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Governor Responsible: Ms Heather Ward

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Policy Intent

This policy outlines Georgian Gardens Primary School's approach to Personal, Social, Health and Economic (PSHE) education, including Relationships Education, Health Education and Sex Education.

At Georgian Gardens, we believe that high-quality PSHE education equips children with the knowledge, understanding, skills and attributes they need to thrive both now and in the future. Our PSHE curriculum supports pupils to develop healthy relationships, emotional literacy, resilience, self-awareness, physical wellbeing and an understanding of their responsibilities as members of society. It prepares children for the opportunities, responsibilities and experiences of later life, whilst promoting their personal development, safeguarding and wellbeing.

Our PSHE curriculum is underpinned by our school values:

- Ready
- Respectful
- Safe
- Kind

These values support pupils in becoming confident, responsible and respectful members of the community.

Aims of PSHE Education

Through our PSHE curriculum, pupils develop the knowledge, skills and attributes needed to lead safe, healthy and fulfilling lives. We aim to support children in building positive relationships, understanding and managing their physical and emotional wellbeing, recognising and responding to risk, becoming responsible digital citizens and preparing confidently for the opportunities and responsibilities of later life.

PSHE education supports the statutory requirements outlined in:

- The Education Act 2002
- The Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (2025)

All pupils receive:

Statutory Relationships Education

Including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online safety
- Being safe

Statutory Health Education

Including:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health protection and prevention
- Basic first aid
- Changing adolescent body

Sex Education

Although not statutory in primary schools, Georgian Gardens provides age-appropriate Sex Education within Year 5. This supports children in understanding conception and reproduction and prepares them for secondary school. Parents retain the right to withdraw their child from Sex Education elements that are beyond the National Curriculum Science Programme of Study. Please see our Relationships and Sex Education (RSE) Policy for further information.

Curriculum Design

Our curriculum follows the PSHE Association Curriculum Model and Programme of Study and has been adapted to meet the needs of our pupils and community. It follows a spiral curriculum model in which key concepts are revisited and developed throughout the primary years.

The curriculum includes the following themes:

- Mental health and wellbeing
- Friendships and relationships
- Families
- Physical health
- Keeping safe
- Online safety and digital citizenship
- Economic wellbeing
- Diversity and inclusion
- Puberty and sex education
- Drug education
- First aid
- Artificial intelligence and digital literacy
- Preparation for transition and future aspirations

The school follows the following sequence:

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	My school values People who help us PANTS (private parts) Dental Health 1	Friends Co-operating with others Finding solutions	Feelings Strategies I can use to help myself	Worries Feelings and my body Verbalising feelings	Finding a solution to conflicts	Making healthy choices Dental health 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 3	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Me, my body and growing up	Safe connections online	Families and growing together
Year 4	Mental health and wellbeing	Money matters and news literacy	Families and growing together	Exploring ways to manage risk	Forming respectful relationships	Me, my body and growing up
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Changes in puberty (and sex education) Respecting boundaries	Safe connections	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Identity, Influence and Digital Citizenship	Drug education: assessing risk and managing influences	Developing our understanding of AI	Looking to the future

Teaching and Learning

PSHE is taught through regular, timetabled lessons using a range of evidence-informed approaches, including discussion, enquiry, collaborative learning, role play, reflection and problem-solving activities. Lessons are designed to be engaging, inclusive and age-appropriate, enabling pupils to develop knowledge alongside the skills and attributes needed to apply their learning in everyday situations. We use high-quality resources from the PSHE Association and carefully selected external organisations where appropriate.

Safe Learning Environment

We are committed to creating a safe, supportive and inclusive environment in which pupils feel confident to participate in discussion and ask questions. Ground rules are established and revisited regularly to promote respectful dialogue and ensure that all viewpoints are heard. Pupils are never expected to disclose personal experiences and teachers use recognised distancing techniques when exploring sensitive issues. Teaching takes account of pupils' age, stage of development, additional needs, culture, faith and family circumstances to ensure that learning is accessible to all.

Safeguarding and Confidentiality

PSHE education makes an important contribution to the school's safeguarding responsibilities. Staff recognise that pupils may disclose information during lessons and understand the procedures that must be followed should this occur. Pupils are made aware that teachers cannot offer complete confidentiality and that concerns relating to a child's safety or wellbeing must be passed to the Designated Safeguarding Lead. All safeguarding concerns are managed in accordance with the school's Child Protection and Safeguarding Policy.

Parent Partnership

Georgian Gardens Primary School values the important role that parents and carers play in children's personal development and wellbeing. We are committed to working in partnership with families by providing information about the curriculum, sharing resources where appropriate and responding openly to questions or concerns. Parents are informed in advance of Sex Education teaching and retain the right to withdraw their child from the non-statutory elements of Sex Education in accordance with current legislation.

Monitoring and Evaluation

The PSHE curriculum is monitored and evaluated by the PSHE Subject Leader and senior leaders to ensure that it remains relevant, effective and responsive to pupil need. Evaluation activities include pupil voice, staff feedback, lesson visits, planning reviews and work scrutiny. Findings are used to inform future curriculum development and staff training.

Linked Policies

This policy should be read alongside:

- Relationships and Sex Education Policy
- Safeguarding and Child Protection Policy
- Behaviour and Relational Policy
- Anti-Bullying Policy
- Equality Policy
- Online Safety Policy
- SEND Policy and SEND Information Report
- Attendance Policy
- Health and Safety Policy
- Confidentiality Policy