



TRURO SCHOOL



SENIOR SCHOOL

PSHE Policy

A copy of this policy is published in the following areas: The school's website
Reviewed and updated: Autumn 2025
Date for review: Autumn 2026
Created by: Deputy Head (Pastoral)
Reviewed by: Deputy Head (Pastoral) and Head of PSHE

PSHE Policy

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Reviewed: September 2025
Date for review: August 2026
Reviewed by: Head of PSHE

A. Introduction

All Year groups (Year 7 - 13) receive dedicated PSHE lessons as part of the curriculum with our Head of PSHE coordinating a dedicated team of PSHE staff.

Aims of the PSHE curriculum

The school recognises its responsibility in developing pupils' spiritual, moral, social and cultural awareness. In addition, the school is responsible for educating pupils on their future economic wellbeing, including providing independent careers advice and guidance. The Personal, Social, Health and Economic Education (PSHE) programme forms an integral part of how the school meets this responsibility, and development of pupils' SMSC awareness through academic subjects, weekly Chapel services and the day-to-day occurrences in a busy, multi-faith and co-educational Methodist school.

The PSHE programme leads on, and contributes to the work of other areas of the school, to develop pupils':

- self-awareness, self-esteem and self-confidence
- understanding and appreciation of others
- understanding of the world around them on a local, national and global level
- awareness and understanding of online safety including the 4 C's and the risks from being exposed to illegal, inappropriate or harmful content.

In doing so, the PSHE programme and other areas of school life enable pupils to:

- distinguish right from wrong and to respect the law
- encourage pupils to accept responsibility for their behaviour, show initiative and understand how they can contribute to community life
- acquire an appreciation of, and respect for, their own and other cultures in a way that promotes tolerance and harmony between different cultural and religious traditions
- enable all pupils to develop into young adults armed with the necessary knowledge, understanding and skills to thrive in the society they live in

B. Content and delivery of the PSHE curriculum

The PSHE curriculum is reviewed and updated regularly in response to KCSIE updates, contextual safeguarding and trends and patterns identified through the work of the Pastoral Team.

The PSHE curriculum is primarily delivered through dedicated lessons in Year 7 through to Year 13 and these are supplemented by occasional workshops. Year 12 also have Sixth Form Diploma lessons.

Our current PSHE programme can be seen in Appendix 1.

Relationship and Sex Education (RSE) is covered in PSHE lessons and through talks in chapel and assemblies. Throughout the PSHE programme, RSE is one of the key components of the PSHE programme and in the Religious Studies GCSE Full Course the topic of Relationships and Families exploring both Muslim and Christian views. The Year 10 will have a workshop delivered by Brook to support the RSE curriculum. In Year 12 training as part of the Advice, Care, Help and Empathy (ACHE) has two sessions which address the topic of RSE, and the majority of our Lower Sixth follow the ACHE programme. See our separate Relationships and Sex Education Policy.

Appendix 1

PSHE topics by Year groups for 2025-26

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Starting school Friendships Interpersonal skills Consent Use of language Bullying Emotions and worry Self-esteem and resilience Self-harm Puberty Hygiene Unhealthy habits Gambling & addiction Saving & Borrowing Budgeting Bias of digital content Also included in form time: First Aid	Peer pressure Alcohol, drugs & unhealthy behaviours Emotional wellbeing & physical health Identity Prejudice & discrimination Relationships & Families Consent Intimacy Sexuality Sexual health Body image Nudes & the law Puberty shame (incl. period poverty) Deep fakes and Grooming Emergency first aid	Bullying Physical health and its effect on mood Menstrual health Healthy coping strategies Effects of drugs on mood Time management Health check ups GCSE options Aspirations & goals Healthy Relationships (c/o Barnardo's) incl: <i>Gender stereotypes, equality and diversity.</i> <i>Understanding domestic abuse and sexual violence.</i> <i>Healthy/unhealthy behaviours.</i> <i>Managing conflict and respecting boundaries.</i>	Mental health Identity Types of relationship and their legal status Sexual Expectations Safeguarding & Personal Safety Safer Sex Pornography Consent & coercion STIs and contraception Sexual Harassment & Rape Health services – blood and organ donation Impact of drugs & alcohol Drugs & county lines Online safety	Post-16 and Post-18 Options Teenage Parenthood Unintended Pregnancy Fertility and the effects of STI's Sleep Mental Health First Aid Managing exam stress Coercive Control Social Media Career Identity Work Experience Work Attitude and Values Human Rights and international law (incl FGM)	Sustaining Health at Uni Cancer Awareness Body image Substance Use and Misuse Drug Addiction Risks and Consequences of Drugs Impact of Drugs and Alcohol on Sexual Behaviour Personal and Travel Safety Mental and Emotional health Stress and Anxiety Depression Healthy relationships Intimate relationships Separation, divorce and bereavement Unwanted pregnancy Infertility	De-escalating situations Managing harassment Working right and responsibilities Consent Abuse Forced marriage, honour-based violence, FGM
Communication skills Online relationships Evaluating online content		Employability Employment law	Extremism and radicalisation Diversity & identity		Changing Opportunities Employability Strengths, Interests and Skills Info, Advice and Guidance Online presence Alternatives to University Gap Years UCAS Income, expenditure, credit, debt financial products and services Insurance, savings and pensions Managing financial decisions Mortgages Student finance Critical consumerism Consumer Rights	Personal safety Critical engagement with social media Challenging harmful social media Gangs Cybercrime Parliamentary democracy Different electoral systems and forms of government

