Godolphin & Latymer

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

Reviewed by: MH/JSM October 2026
Approved by: Education Committee November 2026

Next review by: October 2027

1 Introduction

1.1 The PSHE and Citizenship programme is an integral and important part of the education programme at our school. This programme aims to foster the personal, moral, spiritual, social and cultural development of our pupils, as well as helping to enhance their ability to cope with life and its demands. It aims to give pupils the knowledge and skills to make informed and ethical decisions about their wellbeing, health and relationships. It aims to inspire and encourage our pupils to become kinder, more confident, more thoughtful and more responsible citizens in the communities in which they live and work.

2 PSHE

2.1 PSHE aims to help our pupils develop their understanding and knowledge of:

- Health issues: drugs, sex education, mental health, healthy lifestyle, and work/play balance;
- Personal issues: goal setting, self-awareness, self-esteem, relationships, emotional well-being, safety and safeguarding;
- Social issues: relationships including family, friends, workplace, teams, equality and respect for others; and
- Emotional literacy: supporting personal and social development by encouraging resilience, positive self-esteem and confidence. The moral and ethical aspects of issues are discussed to enable pupils to explore their own feelings and thoughts, as well as developing emotional empathy.

3 Citizenship

3.1 Citizenship education aims to develop an increasing awareness and a better understanding of:

- What constitutes the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs;
- Personal finance and the notion of worth and value; and
- The Equality Act of 2010 with particular regard to the 'protected characteristics' listed in the Equality Act: age; disability; gender reassignment; marriage and civil partnership; pregnancy and maternity; race; religion or belief; sex; and sexual orientation; and

3.2 Responsibility within the communities that our pupils interact with both on a smaller scale (such as family), as well as the larger scale (national and global issues), including how pupils can contribute positively to their local community and to society more widely. See Appendix 1 for more details.

4 The Programme

4.1 PSHE and Citizenship teaching takes place both in designated 55 minute lessons and during the 25 minute form time. Time allocated specifically to PSHE within the timetable is as follows (see also Appendix 2 for more details of the content):

Year	Allocation of time to PSHE	PSHE taught by:
7	1x 55 minute lesson with whole form	Form Tutor
8	1x 55 minute lesson in groups of 20/22 pupils	PSHE teachers
9	1 x 25 minute lesson with whole form; Relationships and Sex Education (RSE) delivered in 1 x 55 minute lesson on an 8 week rotation.	Form Tutor; two specialist teachers for RSE
10	1x 55 minute lesson with whole form	PSHE teachers
11	1x 55 minute lesson in groups of 15/16 pupils; rotation of modules on First Aid, Skills for life (finance, budgeting, meal planning, blood donation), mindfulness/yoga, and Relationships and Sex Education (RSE).	Specialist teachers
VI form	Sessions of Relationships and Sex Education, Drug and Alcohol Awareness, online safety, skills for life with a focus on university and the world of work, occasional sessions of mindfulness and managing stress positively; P.E. includes yoga; Tuesday lecture programme, year group assemblies and form activities often supplement issues pertinent to PSHE.	School nurse, visiting speakers, PE staff/specialists

4.2 A variety of teaching styles encourages the pupils to be active participants and interact with one another in the lessons as much as possible. Discussion is crucial and central to PSHE and RSE education.

4.3 Where political issues are brought to pupils' attention, pupils are offered a balanced presentation of opposing views. The School does not promote partisan political views.

4.4 Carefully chosen and appropriately trained staff ensure the effective delivery of the programme; external speakers are invited into school to talk to pupils about a number of issues such as personal safety, drugs, alcohol and sexual health. The School remains responsible for the content and quality of the provision.

4.5 Aspects of PSHE and RSE are also taught across the curriculum. Examples include:

- The effects of smoking, pregnancy, contraception and STIs in Biology.
- Fair Trade and sustainability in Geography.

- Prejudice and other social concerns in English.
- Ethics, value judgements and understanding of and respect for different religions and beliefs in Philosophy and Religion; and
- Democracy, voting rights, women's suffrage, etc. in History.

4.6 The ethos of the school also reflects a focus on good citizenship and thinking of others. There is a strong emphasis on giving to those who are less fortunate through the activities organised by pupils, including the Head Pupils Team and House Captains.

4.7 In all year groups, participation in the democratic life of the school is carried out via the School Council. Representatives are elected from each year group. The Sustainability Committee promotes environmental awareness throughout the school and encourages a 'green' approach to travel, waste and consumerism.

4.8 The ability to work as a team and to take others' views into account is promoted through sport, the Duke of Edinburgh Award Scheme, cross-curricular workshops and many other curricular and extra-curricular activities. Courtesy and concern for others is a vital ingredient of school life, and indeed life outside school.

4.9 The PSHE Coordinator is responsible for the PSHE programme: providing resources; supporting PSHE teachers; ensuring that they feel confident about the delivery of the programme. She is supported in this role by the Deputy Head (Pastoral) and Assistant Head: Safeguarding and Pastoral Care. The programme is assessed frequently to meet the needs of our young people in a fast moving and changing society. Meetings are arranged to aid with teacher training and to discuss feedback from the course.

5 Relationships and Sex Education (RSE)

5.1 PSHE is a statutory element of the curriculum and RSE is an integral part of our PSHE curriculum for all year groups. RSE is compulsory for pupils receiving secondary education. Further information is set out in the School's Relationships and Sex Education (RSE) Policy. Parents have the right to request that their child is withdrawn from sex education within RSE, up to and until three terms before their child turns 16. There is no right to withdraw a pupil from relationships education or from the teaching of biological aspects of human growth and reproduction within the science curriculum.

5.2 The School's RSE programme aims to develop pupils' understanding in the following key areas:

Knowledge and understanding

- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, sexual health, emotions and relationships.
- Understanding consent, healthy and unhealthy relationships, and how to recognise and respond to abuse, coercion and exploitation.

Attitudes and values

- Discussing the importance of values and individual conscience and moral considerations.
- Understanding the importance of healthy, safe and nurturing relationships, including families, friendships and committed relationships.

- Learning the value of respect, love and care.
- Exploring, considering and understanding moral dilemmas.
- Developing critical thinking as part of decision making.

Personal and social skills

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self-respect and empathy for others.
- Learning to make choices based on an understanding of difference and respect for others.
- Developing an appreciation of the consequences of choices made.
- Managing conflict.
- Learning how to recognise and respond to unhealthy or abusive relationships, exploitation and coercion.

6 Monitoring, assessment, reporting and evaluation

6.1 Staff are given an opportunity to reflect critically on the delivery of the PSHE curriculum through dialogue and surveys with the PSHE Coordinator. There is active encouragement to share good practice amongst teachers.

6.2 Pupils will have opportunities to review and reflect on their learning during lessons and other discussion activities. Pupil voice will be influential in adapting and amending planned learning activities.

6.3 The Deputy Head (Pastoral) and Assistant Head: Safeguarding and Pastoral Care report on PSHE provision to the Governors' Education Committee from time to time.

6.4 PSHE teachers report on pupil progress via comments in the pupil's annual written report. Pupils' engagement and progress throughout the year is also monitored via our internal reporting systems.

6.5 PSHE teachers make use of a range of assessment techniques in lessons, including pre and post unit assessments, in class, written tasks and response to verbal questioning and contributions in class.

6.6 The School subjects its PSHE/RSE approach to external scrutiny. For example, from September 2024 to May 2025 It Happens conducted an external audit of PSHE and RSE at the School, as part of their PSHE support programme.

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Appendix 1: Promoting Fundamental British Values in our Curriculum

PSHE aims to foster the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs through a variety of topics and teaching styles.

	Democracy	**The rule of law**	**Individual liberty**	**Mutual respect and tolerance of those with different faiths and beliefs**	**Tolerance of those of other religious faiths/beliefs**
Year 7	School Council – ongoing with election of classroom rep. and meetings in form times etc., collecting and disseminating views	New school – ground rules. Bill of rights Equality Act 2010 Personal and online safety	Friendship and behaviour towards each other Rights and responsibilities in the community Neurodiversity	Friendships Listening and empathy skills. Online safety, cyber bullying, managing group chats and online etiquette Belonging and community Equality Act 2010	Charity project Tolerance in society Thinking of others and working as teams Discrimination
Year 8	Assertiveness. Conflict resolution British Values Parliament and government systems The UN	Ground rules - guidelines on behaviour towards others. Negotiation skills. Members of parliament Online Safety The law around sending nudes	Peer group pressure in friendships. Family relationships	Bullying Friendship - encouragement of empathy, sensitive understanding and compassion for others Conflict resolution The role of the UN Multiculturism	Bullying and online hate Multiculturism and The role of the United Nations Sharing and respecting other people's views

	Democracy	**The rule of law**	**Individual liberty**	**Mutual respect and tolerance of those with different faiths and beliefs**	**Tolerance of those of other religious faiths/beliefs**
Year 9	Knowledge to enable safe and well informed decision making	Sex and the law – age of consent. The law around sending nudes Pregnancy outcomes – abortion and adoption	Peer group pressure - choices in relationships.	Contraception Decision making Individual choice Evaluating risks	Respect for personal decisions and beliefs
Year 9	Understanding choice The importance of knowledge	Misuse of Drugs Act The law surrounding alcohol, smoking and vaping	Risks of drug taking – the effects on the body. Alcohol and vaping Filter bubbles Peer group pressure – alcohol, drugs, vaping and smoking Critical thinking	Equality Act 2010 Vulnerable groups in society, including those with disabilities. Evaluating risk	Tolerance and help for the most vulnerable people in society. Stereotyping
Years 10 and 11	General ethos of team building and how teams work effectively together Understanding choice. The importance of knowledge	Year 10: Recap of drugs and alcohol education from Year 9. Consent in relationships Sextortion Sending Nudes Pornography Human Rights law FGM and the law	Year 10: Values in our society Mental health and wellbeing Emotional literacy involving consent and choice Modern Day slavery	Year 10: Relationships - family/friendships Ethics Self-awareness – emotional intelligence. Equality Act 2010 Supporting others through times of loss and grief	Respect of other's points of views Stereotyping/prejudice/racism Personal development and emotional intelligence

	Democracy	**The rule of law**	**Individual liberty**	**Mutual respect and tolerance of those with different faiths and beliefs**	**Tolerance of those of other religious faiths/beliefs**
			Conflict resolution and negotiation in relationships Personal finance – spending and budgeting	Conflict resolution and negotiation in relationships Cultural Celebration Assembly programme	
Sixth Form	Current affairs form times (these include specific activities looking at and discussing Democracy to coincide with general elections in the UK and Presidential elections in the USA). School Council – ongoing with election of classroom rep. Form times on British values.	British values form time Talk from Bob Tait on drug and alcohol awareness and the law Safeguarding talk and offer of further training from Jade Smart (DSL) for pupils who might be working with younger children. Workshop on FGM. Tech control form times - digital tidy up and how to stop yourself being scammed.	Sexual health and relationship education: from 'It Happens'- consent and choice within healthy relationships; from 'The Sex Lies and Love Project' on consent, relationships and the impact of pornography. Health and first aid for gap year/University session with Nurse - freedom to make own choices around health Year meeting on challenging perfectionism Q&A with school counsellor on topic of mental health	Diversity committee assembly on Black History Month Current affairs discussion based form times Form time on how to listen effectively Form time on learning new languages	Pupil-led Anti bullying week assembly on challenging devaluing behaviour. Holocaust Memorial Day assembly (including presentation led by JSOC) Sixth form volunteers running clubs including JSOC and Christian Union. Diversity committee form time and assemblies.

Teaching styles

1. Establishing ground rules at the beginning of lessons
2. Open discussions in larger groups
3. Small group discussions with groups regularly being mixed up
4. Time for plenaries after discussions so views are shared and respected
5. Circle time so that each pupil has an opportunity to express themselves
6. Decision making activities
7. Individual presentations as well as pair or group presentations

Appendix 2: An Overview of The Godolphin and Latymer PSHE Curriculum

Year group	PSHE	Citizenship and Economic issues
Year 7	• Digital Awareness: Managing group chats, online etiquette, cyber bullying and online safety • Emotional intelligence – coping with change –new school / friendship / listening and empathy skills • Neurodiversity (talks delivered in specialist sessions by our ILN team) • Learning strategies & target setting • Belonging and the community • Introduction to Puberty (talks delivered in specialist sessions by our school nurses) • Charity project and presentations • Resilience • Careers insight programme • Social Jess talk discussing online critical thinking to compliment the digital awareness teaching.	• Personal finance - pocket money, budgeting, ethical financial decisions, savings and interest rates • Understanding the Equality Act 2010 • Understanding rights and responsibilities • Tolerance in society • British Values - Democracy; The role of the school council; school rules
Year 8	• Relationships – different types; marriage; friendships; conflict resolution; bullying and online hate • Self- esteem, assertiveness, body image • Technology control, digital safety • Peer pressure and grooming • Resilience • Wellbeing – physical and mental health • Coping with change: puberty (physical and emotional changes); identity (link to Equality Act 2010/gender identity); social changes • RAP Project talk on digital safety topics and positive body image	• British values • Multiculturalism; challenging racism • Parliament and government systems • National finance • Human rights; the Role of the UN. in safeguarding human rights • Democracy and voting • The Home Office and policing

Year group	PSHE	Citizenship and Economic issues
Year 9	• Risky behaviours: drugs and Alcohol education • Smoking & Vaping education • Careers Insight Programme • Digital Awareness: Filter bubbles • Vulnerable groups in society linked to the Equality Act 2010 and discussion of discrimination of these groups. • It Happens talk on 'Vaping deep dive' to extend learning on making safe, healthy and informed lifestyle choices • RSE: STIs, contraception, choices and the law of consent in the context of positive, healthy relationships. Fertility, routes to parents and pregnancy outcomes • Everyone's Invited talk on 'Gendered Pressures'	• Current affairs and critical thinking
Year 10	• Personality- personal identity and learning styles • Mental health and well being • Addiction • RSE - relationships; consent; healthy relationships; managing break ups; domestic violence and abuse; forced marriage; loss and bereavement • Careers Insight Programme • Digital Awareness: Online identities and online influencers • Everyone's Invited talk on 'Understanding sexual wellbeing' and 'Digital intimacy' • It Happens webinar continuing on learning regarding consent	• Personal finance – Spending, budgeting and bills • The power of the Media – democracy in teamwork/at home and at school • Equality Act 2010 – gender • Racism, stereotyping and prejudice • Ethics • Modern day slavery • FGM

Year group	PSHE	Citizenship and Economic issues
Year 11	• RSE: menstrual cycle; contraception; STIs; consent; sending nudes; sextortion; pornography • Personal health: breast checks; cervical smears; dental checks • Influence of food: healthy and nutritional claims • Blood Donation • It Happens talk on staying safe socially, including safe behaviour at events such as parties and festivals • Mindfulness/yoga	• First aid- responsibility to others and oneself and including mental health first aid and drugs/alcohol • Finance: saving, interest rates, inflation
LVI	• RSE: Sexual health and consent; pornography and relationships • Drug and alcohol awareness; vaping • Nutrition, mood and sleep • Safeguarding – for tutoring/volunteering/ babysitting • Digital awareness / tech control • Mental health and wellbeing • Confidence	• Public service and careers • First aid • Political engagement • Equality Act 2010 • Financial literacy • Climate and sustainability
UVI	• RSE: FGM; cervical health; fertility; menopause • Drug and alcohol awareness; addiction • Nutrition and academic performance • Mental health issues (Q&A session) • Safeguarding yourself – refresher • Online safety • Mindfulness • Driving safety	• Careers after university • Health and first aid for university and gap years • Life skills for university and beyond, including personal finance • Political engagement • Cultural awareness