



Personal, Social & Health Education Policy

Rookwood School

March 2025

Date of adoption of this policy	March 2025
Date of last review of this policy	November 2021
Date for next review of this policy	Spring 2028
Policy owner	Deputy Head (Pastoral)

1. Aims

At Rookwood School we believe that an effective PSHE programme plays a significant role in enabling pupils to become healthier, more confident, independent and responsible members of society. As part of a whole school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

The aim of PSHE is to equip pupils with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing. A critical component of PSHE education is providing opportunities for children and young people to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future. PSHE contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.

PSHE at Rookwood aims to provide pupils with:

1. accurate and relevant knowledge
2. opportunities to turn that knowledge into personal understanding
3. opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
4. the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

2. Scope and application

This policy covers EYFS, Prep, Senior and Sixth form.

3. Regulatory framework

Since 2020 PSHE including Relationship, sex and health education (RSHE) has become statutory.

RSHE

Key Stages 1 & 2 – Relationship Education

Key Stage 3 & 5 – Relationships and Sex Education, and Health Education

4. Links to other policies

Relationships and Sex Education Policy

Anti-Bullying Policy

Behaviour and discipline policy

Child Protection and Safeguarding Policy

E Safety

Anti-Bullying

5. Publication and availability

This policy is published on the School website. This policy is available in hard copy on request.

4.1 A copy of the policy is available for inspection from the School office during the School day.

4.2 This policy can be made available in large print or other accessible format if required.

6. Subject Content and delivery

The Deputy Head (Pastoral) has responsibility for co-ordinating PSHE throughout the school. In the Prep school lessons are taught by form teachers, whilst subject specialists teach in the Senior school.

Rookwood uses Jigsaw PSHE to provide a framework and resources to support the teaching and learning of pupils. This is a spiral curriculum which covers all elements of PSHE and RSHE.

Jigsaw areas of study:

- Being me in my world
- Celebrating Difference
- Dreams and goals
- Healthy Me
- Relationships
- Changing Me

Full content overview – Appendix 1

PSHE should respect and take account of pupils' prior learning and experiences and should reflect the universal needs shared by all children and young people as well as the specific needs of the pupils at Rookwood. PSHE should prepare pupils for both their futures and their present day-to-day lives. It is essential that pupils have the opportunity to recognise and reflect on how learning is relevant to them and can be applied in their own lives. Learners need to 'know about...', 'know how to...' and also 'be able to...'

PSHE at Rookwood is delivered across the curriculum, as a discrete curriculum subject and by means of a programme of “off timetable” days according to the age of the pupils and their particular needs.

Key Stage	Delivery of content
1	1 lesson per week
2	1 lesson per week
3	1 lesson per week
4	Termly drop down focus days
5	1 lesson per week

EYFS

In The EYFS we aim to help children develop their Personal, Social and Emotional skills through:

- Developing a positive sense of themselves and others
- Forming positive relationships and developing respect for others
- Developing social skills and learning how to manage their feelings
- Understanding appropriate behaviour in groups
- Having confidence in their own abilities

in line with the Statutory Framework for the Early Years Foundation Stage.

7. Assessment

PSHE is not formally assessed, however pupils complete formative assessments, to gauge pupil understanding and to inform class teaching.

Two strands of assessment.

1. PSHE learning intentions
2. Social and emotional skills learning intentions

Parents receive a written report on PSHE during each report cycle.

8. Version Control

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Jigsaw 3 -11/12 Knowledge Content: Snapshot Overview

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Ages 5-6	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Ages 6-7	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Ages 9-10	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
Ages 10-11	Identifying goals for the year Global citizenship Children’s universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including ‘county lines’ and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition
Ages 11-12 (Scotland)	Personal identity What influences personal identity Identify personal strengths How do others see me? Group identity My growing sense of personal identity and independence Online and global identity Expectations	Assertiveness Prejudice and discrimination My values and those of others Challenging stereotypes Discrimination in school How prejudice and discrimination fuels bullying Being inclusive	What are my dreams and goals? Steps to success Coping when things don’t go to plan Rewarding my dreams Intrinsic and extrinsic motivation Keeping my dreams alive How dreams and goals change in response to life	Healthy choices about my emotional health Managing stress Managing my choices around substances Managing my nutritional choices Medicines and immunisation Healthy choices about physical activity and rest/sleep	My changing web of friendships Support I need now and in the future Developing positive relationships What external factors affect relationships e.g. media influences? Assertiveness in relationships The changing role of families	My changing body and feelings What is self-image? Coping during times of change My changing ways of thinking Managing my changes in mood Moving forwards into my next year of education



Snapshot by Puzzle and Piece Jigsaw PSHE 11-16

(September 2024)

Age 11-12	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Who am I?, fitting in	Prejudice, discrimination, assertiveness, what's important to you?	My dreams and goals, achievements and failures	Managing emotions, tips to combat stress and anxiety, mindfulness	Relationship with self, consent, change, healthy relationships	Puberty, how these changes affect emotions and feelings, menstrual cycle
2	Influences and influencers, gateway emotions	Who influences you?, ethical issues, changing attitudes	Key skills needed for the future, what skills would I like to develop	Nutrition, exercise, mental health, using food and exercise to support mental health and wellbeing	Healthy relationships and support	Responsibilities of having a baby, pregnancy and birth, IVF
3	Peer pressure, belonging, child-on-child abuse	Stereotypes and examples	Learning from mistakes, setbacks	What is sleep? How sleep cycles work, sleep and mood, health, and memory, supporting good sleep	Emotions in relationships, scenarios, managing conflict within friendship groups	UN Children's rights, factors to consider when choosing whether to have/or not have a child, different types of families
4	Online identity, risks and tips to keep safe	Challenging discrimination, protected characteristics and Equality Act	Influences, consequences of decisions, how could I positively affect my future?	Stress, effects of stress on the body, recovering from a state of stress, combatting stress with mindfulness and movement	Discernment, social media vs real life, fake news, authenticity	Body image, media and filters, self-esteem, body confidence
5	Consequences of online comments, sexting, child-on-child abuse	Bullying, why be a bully?, Would you intervene?, child-on-child abuse	Child criminal exploitation, gangs, county lines	Health choices, physical illness and medicine, vaccination, substance misuse	Assertiveness, rights and responsibilities, sexting, child-on-child abuse	Emotions and moods, factors affecting mood like food, exercise, sleep, hormones, the brain
6	Online safety	Inclusion or exclusion, importance of being included	Control over your life (Piece 7 includes an optional lesson on first aid)	Working together to improve well-being, mindful movement	Healthier and less healthy relationships	Becoming an adult

Age 12-13	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Who am I?, influences, uniqueness of me	Anne Frank, celebrating similarity, fear, racial and religious prejudice, hate crime	Short, medium & long-term goals, flexibility, employability skills, grit	Different types of health, nutrition and exercise, cardiovascular health and disease, diabetes	Relationship with self, social media, self-image	Intimate relationships, me and my relationships, attraction, healthier and less healthy relationships
2	Family, definitions, community living	Social injustice, inequality, causes, benefits of multi culturalism, what is racist or religious hate crime?	Money impact, positives and negatives, what can't be bought?	Perceived risk and actual risk, illegal substance use risks, legal substances use risks	Pressures of different relationships, freedom and control	What makes a healthier relationship (friendship or romantic)?
3	Family expectations, active listening, roles within the family (i.e. stereotypes, firstborn etc.)	Religion in decline?, fundamentalism, stereotypes, celebrating diversity, positive aspects of religion	Online safety – digital footprint, impact on career	Habits for a healthy lifestyle, dental health, how to see a dentist, skin health and sunscreen	Personal space, mindfulness, introvert/extrovert, setting boundaries	Me and my relationships, attraction, love or crush?
4	First impressions, managing influences on our identity, self-image, be positive	Bullying, the law, types of bullying, LGBT+, get involved, golden rule, child-on-child abuse consequences	Money, wages and career goals, what affects your earning potential, budgeting	Vaccination, UK vaccination programme, Does vaccination work?, herd immunity, Covid 19 vaccination and social responsibility	Knife crime and the law, imbalance of power in relationships, coercive behaviour, positive futures	Pornography and the law, dealing with unwanted messages
5	Marriage and the law, beliefs and religions, protected characteristics, respect	Making a positive contribution, making a stand, Malala, what matters to you?	Weekly costs, debt, gambling, emotions linked to too much/little money	Peer pressure, the changing teenage brain, risks in social situations, social risk and substance misuse	Social media, safety tips, laws, trolling, sharing information online, personal data, employer's rights to access	Alcohol, the law, effects of alcohol, scenarios
6	Being unique, expectations, managing them, online and offline identity	Is it only the rich that can change the world?, Charles Drew, How can I make a difference?, taking positive action	Gambling issues and support	Interactive play and well-being choices	Neurodiversity, being aware of senses	A summary of recognising healthier and less healthy relationship characteristics

Age 13-14	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Groups, being me in a group, peer v friendship, conflict or celebration, child-on-child abuse	Prejudice, discrimination, protected characteristics and equality act, banter, child-on-child abuse, law and bullying, schools, hate crime	Personal strengths, health goals	Teenage brain development, three 'ways of thinking', changing social and physical environment during teenage years, physical health recap, the brain, learning and memory	Positive and negative impact of relationships, imbalance and equality in relationships, peer pressure	Mental health, dopamine, addiction, substances
2	Relationships, expectations and perceptions, love or abuse?, coercive control, child-on-child abuse	LGBT+ rights in the workplace, challenging negative attitudes, why do people judge?	Importance of planning, career options, world of work, choices	Protecting the brain from risks such as alcohol, smoking, vaping, illegal drugs. County lines REAL link (optional)	Self-worth, consent, assertiveness skills, assertive body language	Change, reactions and responses to change, resilience
3	Peer approval, managing personal relationships, child-on-child abuse, damaging relationships, grooming, county lines, radicalisation	Power of positive and negative language, being understood, banter or verbal bullying	Happiness pressure, being happy, cosmetic procedures, appearance	Windows of development, decision making, physical and mental health decisions	Pornography and the law, how real is pornography?, effects of porn	Sleep facts and needs, how to sleep better, benefits of relaxing
4	Self-identity, influences, social groups, social media, risks and experimentation	Types of bullying including online effects on mental health, self-awareness, anti-bullying strategy	Mental health and ill-health, causes, support, stigma	Emergency situations, life saving skills (link with Resuscitation Council UK interactive lesson)	Sex and the law, age of consent, contraceptive choices	Resilience, dealing with obstacles, tips on developing resilience
5	Positive and negative self-identity, fitting in (leading to crime?) risks, consent, perception, misperception	Diversity, discrimination, protected characteristics, prejudice and stereotyping, protecting against discrimination	Media manipulation & fake news, effects on mental health, self-esteem	Mental health first aid, self care, being a good listener, helping someone with mental health difficulties, where to find mental health support	Consequences of unprotected sex, physical and emotional, (pregnancy, STIs), contraceptive choices, worries surrounding intimacy	Self-expression, influences, body image, choices
6	Perception, misperception	Prejudice and stereotyping, protecting against discrimination	Mental well-being strategies	Role play conversation, fitting in and taking risks	Age of consent	Dealing with change

Age 14-15	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Freedom, human rights & act, safety, violations	Hidden disability, examples, challenges for those affected, protected characteristics, Equality Act	Important relationships, resilience & how to develop it	My health MOT, top tips for health, adopting healthy habits	Long term relationships, love, lust, attachment, types of attraction, good relationship with self	Societal change, how will it affect me?, social media and social change, supporting the environment
2	Grief cycle, loss, responses to loss, support	Equality act in the workplace, rights and responsibilities, promoting equality	My future goals, physical and mental health and how they may impact future goals, looking after mental health	Cardiovascular disease, diabetes, cancer, breast cancer and risk factors, breast checking, skin cancer and SPF, substance misuse and physical health	Relationship life-cycles, ending a relationship, toxic relationships, managing a break up and rejection	Managing change, decision making
3	Social media - pros and cons, algorithms, managing screen time and exposure	What makes a society, agree to disagree, multiculturalism, equality in society	Work/life balance, success, social media and potential impact on career	Mental health, mental health disorders, seeking help, substance abuse and mental health,	Types of intimacy in a relationship, attraction, long term relationships, acceptable and unacceptable behaviours	Gaining independence, personal safety, cycling, water safety, public transport, alcohol
4	Online identity, sharing/ enhancing images and the law, netiquette	Imbalance of power in relationships, coercion, equity, equality	Achieving life balance, self care	Sex, STIs, STI transmission, STI rates and data, testing for STIs, HIV/AIDS, HIV around the world	Relationships and the media, discernment, pornography vs real life, how does pornography affect relationships	Gender stereotypes, sexuality stereotypes, marriage stereotypes, maintaining values in a relationship
5	Personal data and risk, GDPR, social media and data collection, where to find help with online activity	Equality/ inequality, groups or individuals that may be treated unfairly in society, challenging inequality	Health goals, looking after others, blood and organ donation	Safer sex contraception, hormonal contraception vs barrier methods of contraception, menstrual cycle, where to get contraceptives	Healthier and less healthy behaviours in a relationship, coercion, abuse and the law	Reflecting on physical and emotional changes, family changes, managing change, self esteem, influences
6	Different types of relationships, strategies for managing relationships on and offline	Health and life chances, healthcare systems	Developing resilience, achieving goals	Actions to support good physical and mental health	Healthy relationships and control	Responses to positive and negative change, choices, self-esteem

Age 15-16	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1	Pros and cons of becoming an adult, age limits	N/A	Anxiety & effects, tips, solution-based thinking, sleep needs and advice, benefits of relaxing	Self worth and identity, changing identity as a teenager, positive role models, sleep, sleep, devices and mental health, nutrition and exercise	Intimate romantic relationships, scenarios, sex perceptions, Are you ready for sex?	N/A
2	Relationships and the law, marriage and alternatives, consent, advice on sexual health, coercive control, domestic abuse, 'honour-based violence', arranged/ forced marriage	N/A	Money, work, debt, gambling, employment, types of employment e.g., self-employed, employee, zero hours, financial goals, budgeting, credit cards	Relationships and consent, being ready for sex, coercion, sexual harassment, sexual violence	Equality act, gender, gender diversity, sexuality LGBT+	N/A
3	Equality Act, coercive control, county lines, possession of drugs, identify ways to keep safe	N/A	Jobs in the future, dream job, managing your skillset, employment opportunities	Hormonal health, puberty, hormones and fertility, female infertility, male infertility, protecting fertility, testicle checking, menstrual cycle, IVF	Perceptions of LGBT+, timeline, Do's and Don'ts of coming out	
4	Self-review, online law and safety, including pornography and gambling, misuse of mobile phones, sexting, child-on-child abuse	N/A	Intimate relationships, parenting, marriage and civil partnerships	Contraceptives and sexual health, emergency contraception	Balance of power in relationships, case studies, child-on-child abuse	N/A
5	Being an adult, keeping safe, emergency situations, advice and support, first aid, scenarios	N/A	Barriers to D&G, when things go wrong, resilience	Pregnancy and choice, what is a pregnancy?, knowing if you are pregnant, keeping a baby, abortion, adoption.	My body my choice, breast ironing and FGM, challenging harmful social or cultural norms	N/A
6	Situations and consequences	N/A	Can technology help us reach our goals?	Summary of ways you can be healthy mentally, physically and sexually, healthy choices	Being you in a relationship, staying true to yourself	N/A