



Personal, Social, Health & Economic Education Policy

CHARTERHOUSE



OVERVIEW STATEMENT

Charterhouse ensures that over the course of their two or five years at the School pupils take part in a well-rounded and comprehensive programme which supports their spiritual, moral, social and cultural development. Through a spiral curriculum delivered in assemblies, workshops, hashes and tutorials, preconceptions, misconceptions and stigma are challenged, resilience is built, and most importantly the information and skills to enable pupils to choose to live a happy and healthy life are provided.

The content of pupils' Personal, Social, Health and Economic (PSHE) education falls broadly under three themes: Health and Wellbeing, Relationships and Living in the Wider World. The programme is delivered by a combination of beaks, tutors, expert outside speakers and Hunt Health Centre staff, as well as being reinforced during hashes, sports and activities and in Houses.

The School seeks to involve parents in the delivery of PSHE through Quarterly talks. These follow the main themes of the curriculum set out below over a two-year cycle. There is an opportunity here for parents to engage with senior staff on each of these occasions, as well as with our expert speakers.

This curriculum is constructed with reference to the following documents: DfE SRE Guidance (2000); PSHE Association SRE Good Practice Guidance (2014); DfE Guidance on the Teaching of PSHE (2013); National Curriculum Framework Update (2014).

The School is mindful of the implications of the Equality Act (2010) and KCSIE (2016) in this policy and in its practice.

HEALTH AND WELLBEING

Mental Health

Mental health problems pose a serious risk for young adults. There are some steps that can be taken to promote good mental health, though it is important that all pupils know how they can access help, or indeed support others in getting the help they need. Fourth Form pupils attend workshops in House groups to tackle stigma which can surround mental health problems, which is reinforced during assemblies in the Fourth Form, Remove and First Year Specialists, and in tutorials for all pupils.

Physical Health

All pupils are required to participate in physical activities and sports. The boarding environment teaches pupils about looking after their own physical health. This is supplemented in a variety of ways, including sessions for Fourth Form pupils on making Healthy Choices in their diet and lifestyle, workshops for Fifth Form boys on Testicular Cancer run by the Hunt Health Centre, discussion of Sun Safety with tutors and a presentation by the charity CoppaFeel on breast cancer for Second Year



Specialist girls. The Hunt Health Centre is actively involved in the ongoing development of the PSHE curriculum.

Harmful Substances

Visiting professionals speak to Fourth Formers about Smoking, Removes about Alcohol and to Fifth Formers about Drugs. The Hunt Health Centre runs follow up sessions in small groups with all pupils to reinforce some of those messages. There are also House-group sessions with Fifth Formers where a semi-structured, open-forum discussion on Harmful Substances is used to allow pupils to ask any questions they may have. Specialists are encouraged to discuss and form their own healthy approaches to managing or avoiding harmful substances.

LIVING IN THE WIDER WORLD

Social Responsibility

Pupils are encouraged to develop a strong sense of Social Responsibility throughout their time at Charterhouse. Alongside the example being set by the School and its Beaks, pupils are guided through formal workshops, tutorials and assemblies which reflect the high expectations of them. These allow the pupils to learn about their moral, legal and financial responsibilities in an appropriately safe and comfortable environment. A series of teacher-facilitated, pupil-led Make a Difference workshops for First Year Specialists provokes discussion of some complex issues faced by teenagers today.

Financial Capability

Higher Education and Careers advice are very capably and comprehensively run as a separate department. Under the PSHE umbrella it is therefore important to ensure that pupils have the financial skills required for entering the working world. All pupils will discuss various aspects of working and managing money with their tutors. Pupils in the Fifth Form and First Year Specialists have more focused sessions where they learn about budgeting and other aspects of managing personal finances.

Online Safety

Fourth Form pupils participate in a comprehensive programme of workshops and talks which make them aware of the hazards posed by social media sites and other online communication. Through case studies, debate and discussion, assemblies and the study of relevant laws and regulations, pupils in all years are kept up to date with and alerted to the issues surrounding Online Safety.



RELATIONSHIPS

Relationships and Sex

Age appropriate information is provided to all pupils through workshops, discussions and assemblies. Pupils learn about building self-esteem, taking responsibility for the consequences of their actions in relation to sexual activity and the effect of peer pressure and risk taking behaviour such as drinking alcohol. Consent is discussed at several stages of their development to enhance pupils' awareness of their rights and responsibilities. There are opportunities for pupils to learn about the characteristics of healthy, happy and stable relationships, regardless of gender identity or sexual orientation.

The School recognises that Section 405 of the Education Act 1996 enables parents to withdraw their children from sex education other than the sex education that is in the science curriculum.