



PSHE

This policy applies to all members of our school community, including those in our Early Years setting.

Tranby School is fully committed to ensuring that the application of this policy is non-discriminatory in line with the UK Equality Act (2010). Further details are available in the School's Equal Opportunity Policy document. This policy also adheres to the revised statutory guidance from the Department for Education (DfE), issued under section 80A of the Education Act 2002 and section 403 of the Education Act 1996, which came into effect on 1 September 2026.

Tranby School seeks to implement this policy through adherence to the procedures set out in the rest of this document.

This document is available to all interested parties on request from the main school office and should be read in conjunction with a range of policies, procedures and other documentation relating to:

- Relationships and Sex Education
- Anti-Bullying
- Behaviour
- Careers Education and Guidance
- Charitable endeavours and links with the local community
- Equal Opportunities
- Other subject specific schemes of work
- PSHE schemes of work
- Spirituality and Collective Worship Policy
- Teaching and Learning
- Substance Misuse

This document is reviewed annually, or as events or legislation change requires. The next scheduled date for review is September 2027.

PSHE	
Reviewed by:	Mrs N Carrizales, Senior PSHE Coordinator / Miss L Whitehead, Prep PSHE Lead
Date of last review:	September 2026
Approved by:	Mr Paul Grimwood, Chair of LGB
Date of approval:	September 2026
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Scheduled date for review:	September 2027

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PSHE and RSHE Policy Statement

Tranby School is a warm and welcoming community where pupils are encouraged to flourish academically, socially and emotionally. We believe that all young people are entitled to accurate, age-appropriate and evidence-informed knowledge, facts and information about issues that affect their lives, relationships, health, safety and wellbeing. Personal, Social, Health and Economic Education (PSHE), including Relationships, Sex and Health Education (RSHE), is a fundamental part of a well-rounded education and plays a vital role in preparing pupils for life both during and beyond their school years.

In accordance with Department for Education statutory guidance, the School's PSHE and RSHE programme is designed to be age and stage appropriate, responsive to pupils' needs, and supportive of safeguarding objectives. The programme promotes respect, resilience, responsibility, integrity and kindness, equipping pupils with the knowledge, skills and confidence to make informed decisions, build healthy relationships, recognise risk and seek support when necessary.

As a school, we have a duty to promote pupils' wellbeing and personal development. In line with our ethos and aims, our PSHE and RSHE programme seeks to ensure that pupils are confident, healthy and responsible individuals who are ready and able to take their place in modern British society and the wider world.

PSHE and RSHE provide opportunities for pupils to develop self-awareness, self-esteem, independence and confidence. Through a carefully sequenced programme, pupils learn to understand themselves and others, celebrate diversity, manage challenges, develop resilience and contribute positively to society.

The programme aims to develop pupils' understanding and knowledge of:

Personal Development

- Emotional wellbeing and mental health
- Self-awareness and self-esteem
- Goal setting and aspiration
- Resilience and coping strategies
- Personal safety and risk management
- Digital wellbeing and responsible technology use

Social Development

- Healthy friendships and relationships
- Family life and different family structures
- Respect, empathy and inclusion
- Boundaries, consent and communication
- Recognising unhealthy and abusive behaviours
- Strategies for resolving conflict positively

Health and Wellbeing

- Physical health and healthy lifestyles
- Nutrition, exercise and sleep
- Mental and emotional wellbeing
- Puberty and adolescent development
- Relationships and sex education
- Substance misuse, including drugs, alcohol, vaping and tobacco
- Online safety and digital citizenship
- Accessing healthcare and support services

Citizenship

- Rights, responsibilities and participation in society
- Democracy, law and public institutions
- Equality, diversity and inclusion
- Protected characteristics under the Equality Act 2010
- Environmental responsibility and sustainability
- Economic awareness and financial literacy
- Local, national and global communities

A key objective of the programme is to enable pupils to recognise situations that may place them at risk, including exploitation, coercion, abuse, grooming, discrimination, bullying and harmful online influences. Pupils are taught how to seek help and support for themselves and others.

The programme also supports pupils in understanding modern challenges, including misinformation, artificial intelligence, online scams, social media influences, pornography, misogyny, prejudice, stereotyping and violence against women and girls. Pupils are encouraged to think critically, demonstrate respect for others and develop positive attitudes towards relationships and society.

PSHE and RSHE are complemented by assemblies, curriculum lessons, fundraising activities, the Duke of Edinburgh Award, School Council, form time activities and the Sixth Form Personal Development Programme. Examples of cross-curricular provision include:

- Fair trade and sustainability in Geography
- Equality, ethics and world religions in Religious Education
- Democracy and voting rights in History
- Human reproduction in Biology
- Public access and rights of way through Duke of Edinburgh
- Anti-bullying and safeguarding themes in assemblies
- Discussion of current affairs during form time

- Service and leadership opportunities through the Personal Development Programme

The scope of PSHE and RSHE at Tranby School is broad and responsive. While following a structured curriculum, the School maintains flexibility to address emerging issues, local needs and developments affecting young people. The programme forms an important contribution to pupils' spiritual, moral, social and cultural development and supports the School's core values of nurturing potential, inspiring subject passion and celebrating talent.

The School seeks to develop in every pupil the values, skills and behaviours required for successful adult life. Through both curricular and co-curricular opportunities, pupils are encouraged to develop character strengths including resilience, responsibility, perseverance, compassion and integrity.

Programme Content

The Senior School

Topics within the Senior School programme include:

- Mental health and emotional wellbeing
- Healthy lifestyles
- Personal safety and risk management
- Relationships and sex education
- Consent and healthy relationships
- Online relationships and online safety
- Self-esteem and identity
- Careers education and employability
- Financial capability
- Environmental awareness and sustainability
- Human rights and equality
- Diversity and inclusion
- Democracy, law and citizenship
- Artificial intelligence and digital literacy
- Misinformation and critical thinking
- Substance misuse and addiction awareness
- Pornography and unrealistic portrayals of relationships
- Misogyny, harmful stereotypes and violence against women and girls
- Accessing healthcare and support services

The Senior School PSHE and RSHE programme is planned by the PSHE Coordinator and delivered through weekly curriculum lessons, dedicated PSHE events and external specialist contributions where appropriate. The curriculum is informed by statutory guidance, the PSHE Association

Programme of Study and other recognised educational resources. Content is reviewed regularly to ensure continued relevance, compliance and responsiveness to current safeguarding concerns and the needs of pupils.

Curriculum planning ensures progression across each Key Stage so that pupils revisit important concepts with increasing depth and maturity. Evidence of learning may be gathered through classroom activities, digital learning platforms, assessment activities, pupil reflection and careers guidance systems. The PSHE Coordinator maintains records demonstrating curriculum coverage and progression.

Assemblies further support the PSHE and RSHE curriculum by promoting awareness of public institutions, democratic values, cultural understanding and active citizenship. Assembly programmes reinforce respect for others, tolerance, individual liberty, the rule of law and mutual respect. The School promotes respect for all individuals, including those who share protected characteristics under the Equality Act 2010, and seeks to foster an inclusive environment where all members of the community are treated with dignity and respect.

Pupils are encouraged to engage in discussion and debate within a safe, respectful and impartial learning environment. Teachers establish clear ground rules and expectations to ensure sensitive issues are explored thoughtfully and appropriately, recognising pupils' rights to privacy, dignity and differing perspectives.

Pupil voice is an important aspect of curriculum development. The School regularly seeks feedback from pupils regarding the relevance and effectiveness of PSHE and RSHE provision and uses this information to inform future planning and curriculum review.

Parental Engagement

Tranby School recognises that parents and carers are the primary educators of their children in matters relating to relationships, health and wellbeing. The School is committed to maintaining open and constructive communication with parents regarding PSHE and RSHE provision.

The School will:

- Publish and review its PSHE and RSHE policies regularly.
- Consult with parents and carers when reviewing curriculum provision.
- Provide information about curriculum content and progression.
- Make curriculum materials available for parental review upon request.
- Explain clearly the statutory and non-statutory elements of the curriculum.
- Inform parents of their legal right to request withdrawal from aspects of sex education where applicable.

The School believes that positive partnerships between school and home enhance pupils' understanding, wellbeing and personal development.

Staff Responsibilities and Training

All staff delivering PSHE and RSHE are expected to be familiar with relevant safeguarding procedures, including the School's Child Protection Policy, Relationships and Sex Education Policy and Substance Use/Misuse Policy.

Staff act as facilitators of learning and are supported through ongoing professional development. Tranby School recognises the importance of high-quality training in ensuring effective and

confident delivery of PSHE and RSHE and is committed to providing continuing professional development opportunities through INSET and other training activities.

The PSHE Coordinator will undertake regular monitoring and annual review of the curriculum to ensure compliance with statutory guidance, alignment with safeguarding priorities and responsiveness to emerging issues affecting young people.

The Prep School

Introduction

Personal, social, health and economic education promotes pupils' personal social and emotional development, as well as their health and wellbeing. It helps to give children the knowledge and skills they need to lead confident, healthy, and independent lives. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social, and cultural issues that are part of growing up. It gives children an understanding of the rights and duties that are part of being a good citizen, whilst developing their responsibilities towards themselves, others in school, the local and global community.

In the EYFS, PSHE is integrated into the curriculum, and tracked and assessed through the relevant criteria contained in the EYFS Statutory Educational Programme for Personal Social and Emotional Development, along with the requirement to cover relationships education.

In the Prep School, changes were made to the delivery of PSHE in 2026, when a new programme (which incorporates RSE) was introduced. One 40-minute PSHE lesson is timetabled once a week. The programme has been drawn up by the Prep PSHE lead, in consultation with the PLT (Prep Leadership Team) and is delivered by class teachers and visiting speakers where appropriate (see the Long-Term overview in the appendix).

Aims

At Tranby Prep, we aim to:

- develop confidence and responsibilities and make the most of their abilities.
- prepare to play an active role as citizens.
- develop a healthy, safe lifestyle with the ability to make appropriate risk assessments.
- develop good relationships and respect the differences between people.
- understand some basic principles of finances.
- make a positive contribution to the life of the school

PSHE will also be addressed daily as questions and incidents arise. At times, teachers may choose to hold an additional circle-time session in response to a particular event or issue.

Assemblies: Phase assemblies (Mondays), Teacher (Tuesdays), Head of prep (Wednesdays) and Class/singing/house (alternate Thursdays) and Celebration (Fridays) provide a daily opportunity to enhance pupils' spiritual, moral, social, and cultural development, promoting our school's values and celebrating achievement.

The school has a School Council with elected members from classes from Y1 – Y6. This meets fortnightly to discuss the views of pupils, to make decisions and draw up actions plans which contribute to school improvement.

We offer residential trips from Y3 – Y6, where there is a particular focus on developing pupils' self-esteem, and they are given opportunities to develop leadership and co-operation skills. We run a Primary Student Leadership programme called the social action team, an initiative led by UL, which gives Year 6 the opportunity to address social issues and see a project through from inception to fruition.

Approaches to teaching and learning

The curriculum is approached in the Senior School and the Prep School in a variety of ways, using a range of teaching and learning styles. We place an emphasis on active learning by including the pupils in circle time, discussions, role play, investigation, and problem-solving activities. We encourage the children to take part in a range of practical activities that promote active citizenship, e.g., charity fundraising, the planning of school special events such as an assembly or open day, or involvement in an activity to help other individuals or groups less fortunate than themselves. We organise classes in such a way that pupils can participate in discussion to resolve conflicts or behaviour.

ICT is used within PSHE in a variety of ways to enrich and stimulate learning, including using the internet or pupils using power point to present their learning to others.

Assessment and recording

Assessment needs to value and recognise what pupils have done or completed successfully, thereby raising their self-esteem. A variety of approaches to the assessment of individual achievement will therefore need to be practised by teachers.

Inclusion

Pupils of all abilities and beliefs should have access to the PSHE curriculum. Provision for pupils with Special Educational Needs (SEND) is the responsibility of the class teacher with the support of the Special Educational Needs Co-ordinator (SENCO) and PSHE co-ordinator.

It is the School's responsibility to ensure that all pupils regardless of gender, ethnicity, race, religion, language, ability or sexual orientation and social circumstances have access to the PSHE curriculum. Stereotypical attitudes should be discussed, and all pupils should be encouraged to participate.

Within the planning of PSHE consideration is taken for groupings, resources, other adults in the classroom, time taken for the task, type of task or activity. There is also an awareness of anything that might be deemed 'sensitive' to a particular child. In the case of that event, the child's parent or carer will be informed before the lesson or activity takes place.

Community links

Working in partnership with parents and carers and with the wider school community is an essential element of PSHE. We seek to involve parents and keep them informed through our weekly newsletters, twilight sessions, parent assemblies, class open afternoons and email information. Parents are encouraged to come into school whenever they have any concerns or anything they would like to discuss with us. Additionally, there is an Equality, Diversity, Inclusion and Belonging (EDIB) panel, where staff and parents can come together to share their views, discuss experiences, and help shape initiatives that promote an inclusive and welcoming environment for everyone. We

foster links with the wider community through various activities such as the Humber Fun Run (Hull Rotary Club), Harvest Festival (Hessle and Anlaby Foodbank).

Links with other policies

Teachers of PSHE should ensure that they are familiar with the school's Child Protection, Substance Use/Misuse Policy and Relationships and Sex Education Policy.

Subject review and monitoring

The PSHE Coordinators are responsible for monitoring the standards of children's work and the quality of teaching. The subject leader supports colleagues in the teaching of PSHE, by passing on information and ideas, and delivering staff training as appropriate. We also hold regular staff meetings to discuss current issues and to make staff aware of new initiatives, practices and resources

Equal Opportunities

PSHE follows the Equal Opportunities Policy of Tranby School.

Appendix 1

Senior School Curriculum Map 2026-2027 (incorporating RSHE)

		Year 7		Year 8		Year 9		Year 10		Year 11		Year 12		Year 13	
	w/c	Area	Lesson	Area	Lesson	Area	Lesson	Area	Lesson	Area	Lesson	Area	Lesson	Area	Lesson
Michaelmas 1	07/09/2026	Careers (Unifrog)	Intro to Unifrog / Who am I?	Relationships & Sex Education / Health & Wellbeing	Conflict & Repair	Health and Wellbeing	The Happiness Trap	Health and Wellbeing	The Science of Happiness	Careers (Unifrog)	Reflecting on Morrisby Profile Results	Living in the Wider World	Democracy v Autocracy	Careers (Unifrog)	CV Writing 1
	14/09/2026		What is a Career?		Talking about Mental Health		Managing Anxiety		Developing Your Strengths		Preparing for 1 to 1 careers meeting		Gay Rights		CV Writing 2
	21/09/2026		Employability Skills		Building Connections & Friendships		Combating Negative Self Talk		Build Your Confidence		Exploring Options at 16		Religious Freedom in the UK		LinkedIn 1
	28/09/2026		Careers and the Future		Helping others for Better Wellbeing		Expressing Gratitude		Coping with Change		Introducing LMI		Separation of Power		LinkedIn 2
	05/10/2026		LMI		Turning Failure into Success		Character Strengths In Focus	Relationships & Sex Education	Recognising Signs of Coercive Control		Reflecting on my career journey		Extremism		Interview Preparation
Michaelmas 2	12/10/2026	Health and Wellbeing	What is Post 16/18?	Health and Wellbeing	Making Change Happen	Relationships & Sex Education	Positive vs Negative Humour		Different Kinds of Intimacy	Relationships & Sex Education	Exploring Employer Profiles	Health and Wellbeing (BrainWaves)	Online Radicalisation	Relationships & Sex Education	UCAS Ready to Apply
	02/11/2026		The science behind wellbeing		Sharing Information Online		Safe & Healthy Sex		Introduction to Work Experience with JHA				The Psychology of Wellbeing		Navigating Pregnancy Choices
	09/11/2026		My changing brain		The Limitless Internet		Sexually Transmitted Infections		Reflecting on Interests for WEx		Sex & Substances		Recap on the Teenage Brain		Examining Sexual Violence
	16/11/2026		Sleep, screens & mood		Viewing Harmful Content		Reproductive Health	Careers (Unifrog)	WEx - How to Contact Employers		Differences Between Forced & Arranged M		Sleep & Teenagers		Honour-based Violence
	23/11/2026		Understanding your strengths		Gender-Based Discrimination		Pregnancy Choices		CV Creation watch webinar		Sexual Violence & Abuse		Managing Stress		Navigating Conflict
Lent 1	30/11/2026	Living in the Wider World	Finding flow	Living in the Wider World	Racism and Discrimination	Careers (Unifrog)	Forced Marriages		WEx CV & Cover Letter	Relationships & Sex Education	Safe Relationships Online	Careers (Unifrog)	Boosting your Mood		Overcoming Mob Mentality
	07/12/2026		Managing worry		Homophobia		Positive Parenting		Create / Update CV				Having a Conversation about Mental Health		Being Assertive
	04/01/2027		Examining the Equality Act 2010		Exploring the Democratic Process		Decision Making Options at 14	Living in the Wider World	AI and Society		Fertility & Pregnancy		Work Experience Introduction JHA	Health and Wellbeing	MOCKS
	11/01/2027		The Role of Courts & Tribunals		Respecting and Celebrating Religious D		Skills for Careers		Keeping Your Online Data Safe		Contraception Considerations		How to Research Possible Placements		Party Drugs
	18/01/2027		Making Sense of Money		The Evolution of Money		Updating your CV		Understanding Democracy		Female Genital Mutilation		Virtual Work Experience		Substance Use & The Law
Lent 2	25/01/2027	Health and Wellbeing	Taking Control of My Money	Health and Wellbeing	Budgeting Basics	Living in the Wider World	Post 16 and 18 Choices		The UK's Relationship with the World		Relationship Fail-Outs	Relationships & Sex Education	CVs and Cover Letters for WEx		Smoking & Your Health
	01/02/2027		Bank Accounts		Exploitation		Challenges & Rewards of Work		Public Money		Domestic Abuse		UCAS Beyond Level 3		Is it Worth a Gamble?
	15/02/2027		Online Advertising & Influence		The Truth About Vaping		Financial Risk	Relationships & Sex Education	Understanding Sexual Consent	Living in the Wider World	Online Content and Mental Health		Building Healthy Masculinity	Careers	Self-Harm Recovery
	22/02/2027		Careers		Careers		Careers						NCW & In-school Wex		NCW & In-school Wex
	01/03/2027		The Dangers Of Your Internet Alg		Oral Hygiene	Living in the Wider World	Volunteering In My Community		Sexual Orientation	Health and Wellbeing	Managing Stress and Overthinking	Relationships & Sex Education	Navigating Sexual Safety	Living in the Wider World	Ethical Dilemmas and Moral Reasoning
Trinity 1	08/03/2027	Health and Wellbeing	Social Media Addiction	Health and Wellbeing	Health & Hygiene		How Laws Are Made	Relationships & Sex Education	The Psychology of Bulles		Rethinking Masculinity		Consent & Coercion		Leadership in Action
	15/03/2027		Escaping the Social Media Trap		Drug Awareness		The Fundamentals of AI		Sexual Harassment and Aggression		Health Conditions		Domestic Conflict		Embracing the Present Moment
	22/03/2027		What's Real Online?		Alcohol and Social Inhibitions		Deepfakes and AI		Sharing Illegal Images		Exam Stress		Attitudes Towards Sexualisation and Pornog		Lifelong Growth Mindset
	12/04/2027	Relationships & Sex Education	Different Types of Families	Careers (Unifrog)	What are my interests?	Health and Wellbeing	Sexortion		Unrealistic Online World	Exams		Health and Wellbeing	Values in Action	Exams	
	19/04/2027		The Changing Adolescent Body & The Menstrual Cycle		Employability Skills and CVs		Knife Crime		Fake News & Misinformation				Organised & Efficient		
Trinity 2	26/04/2027		Body Changes During Puberty		What comes after school?		Instagrams vs Reality	Health and Wellbeing	Online Radicalisation				Build Agency & Find Purpose		
	03/05/2027		Sexual Consent		Creating the Life You Want		Digital Footprint		Online Stalking				Moving Towards Your Ideal Self		
	10/05/2027		Building Healthy Relationships		What Does Success Mean to Me?		Understanding Eating Disorders		The Hidden Scars of Knife Crime				Setting Goals That Drive Success		
	17/05/2027		Friendship Reminiscing		What is a work-life balance?		Organ Donation		The Rule of Law				Developing Positive Habits		
Trinity 2	24/05/2027	REVISION WEEK		REVISION WEEK		REVISION WEEK		REVISION WEEK		REVISION WEEK		REVISION WEEK		REVISION WEEK	
	07/06/2027	EXAM WEEK		EXAM WEEK		EXAM WEEK		EXAM WEEK		EXAM WEEK		EXAM WEEK		EXAM WEEK	
	14/06/2027	Health and Wellbeing	Vaping: A Global Dilemma	Health and Wellbeing	Online Masculine Narratives	Careers (Unifrog)	Springpod VWEX 1	Health and Wellbeing	Sleep, Exercise & Diet	Exams		Careers (Unifrog)	UCAS Personal Statements	Exams	
	21/06/2027		Healthy & Balanced Lifestyles		Understanding Consent		Springpod VWEX 2		Menstrual Health and Conditions				Unifrog & Morrisby to explore Post 18 Opti		
	28/06/2027		The Balanced Diet		Power Dynamics & Consent		Update CVs to include VWEX done		Understanding Vaccination and Immunisation				University v Apprenticeships		
	05/07/2027								Drugs				Get Ready for UCAS Discovery		

Prep School Long Term Overview for PSHE 2026-2027 (incorporating RSHE)

PSHE education | Long-term overview

KS1 Statutory PSHE

KS2 Statutory PSHE

KS1 economic wellbeing and careers

KS2 economic wellbeing and careers

Tranby Prep School

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 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	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Year 3	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 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful Relationships	Money matters and news literacy	Growing up	Families and growing Together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy Habits, first aid and puberty
Year 6	Mental health and wellbeing	Managing money and online spending	Developing our AI literacy	Drug education: assessing risk and managing influences	Changes in puberty (and sex education)	Looking to the future

Tranby Prep School PSHE Curriculum

