



PSHE and RSE and Health Policy 26-27

Date: Sept 2026	1	Policy: PSHE and RSHE POLICY
Next Review: Sept 2027		Laura Penney

Date: Sept 2026	2	Policy: PSHE and RSHE POLICY
Next Review: Sept 2027		Laura Penney

Rationale

Personal, social, health and economic education (PSHE) is a planned programme of learning opportunities and experiences that helps pupils grow and develop as individuals and as members of families and wider social and economic communities.

At Stone Lodge Therapeutic School, PSHE and RSHE are particularly important because many pupils have experienced trauma, disrupted education, attachment difficulties or significant barriers to learning. Learning is therefore delivered through a therapeutic, relational and trauma-informed approach, with clear routines, explicit teaching and opportunities to practise skills.

Our curriculum helps pupils develop healthy relationships, emotional literacy, resilience, independence, communication, respect, personal safety and the knowledge needed to prepare for adulthood.

DFE Guidance for implementation in September 26

Stone Lodge has updated its curriculum in line with the revised DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance introduced from September 2026. The curriculum is shaped by the seven guiding principles:

1. Engagement with pupils
2. Engagement with parents and carers
3. Positive and aspirational messages
4. Careful sequencing
5. Relevance and responsiveness to lived experience, local issues and emerging risks
6. Safe and supportive delivery by skilled and appropriately trained staff
7. Evaluation, monitoring and evidence

The school also takes account of KCSIE 2026 and current safeguarding expectations when reviewing PSHE content and responding to emerging risks.

PSHE and RSE in our school

We deliver the Jigsaw programme of study which is adapted to meet the developmental, communication, cognitive, emotional and therapeutic needs of our pupils. Jigsaw provides a whole-school spiral curriculum, with learning revisited and developed over time.



PSHE is normally delivered by form tutors because these relationships pupils have in school. Where a larger group is not appropriate, identified pupils may receive smaller-group or 1:1 sessions.

The six Jigsaw themes are:

- Autumn Term 1: Being Me in My World
- Autumn Term 2: Celebrating Difference
- Spring Term 1: Dreams and Goals

Date: Sept 2026	3	Policy: PSHE and RSHE POLICY
Next Review: Sept 2027		Laura Penney

- Spring Term 2: Healthy Me
- Summer Term 1: Relationships
- Summer Term 2: Changing Me

Each Puzzle contains a sequence of lessons with clear learning intentions. Learning includes both PSHE knowledge and skills and a social/emotional literacy focus. Mindfulness and regulation activities are used where appropriate to support self-awareness and emotional regulation.

Occasional changes will be made to the order of this delivery to suit both the contextual and immediate needs of the students it is being taught to.

6 lessons in each Puzzle

The Jigsaw spiral curriculum is used to support coverage of statutory Relationships Education and RSE requirements and the wider PSHE curriculum. At Stone Lodge, the programme is supplemented by therapeutic work, safeguarding education, careers and preparation for adulthood.

- healthy and unhealthy relationships;
- consent, boundaries and bodily autonomy;
- equality, diversity and protected characteristics;
- puberty, reproduction and sexual health;
- mental health, emotional wellbeing and resilience;
- online safety, pornography, image sharing and exploitation;
- substance misuse, gambling and financial risk;
- domestic abuse, coercive control, grooming and exploitation;
- misogyny, harmful online influence and respectful relationships;
- AI, deepfakes, misinformation and disinformation;
- sexual harassment, sexual violence and harmful sexual behaviour;
- preparation for adulthood, independence and accessing support.

PSHE, RSE and Safeguarding – September 2026 updates

The curriculum is reviewed throughout the year so that it reflects safeguarding intelligence, pupil voice and emerging national and local risks. Particular attention is given to:

- AI and AI chatbots, including fake profiles, harmful advice and manipulation.
- Deepfakes and AI-generated sexual imagery, including consent, image-based abuse and reporting concerns.
- Misinformation, disinformation, conspiracy theories, algorithms and online influence.
- Misogyny and harmful online content, including challenging harmful gender stereotypes and promoting respectful relationships.
- Sexual harassment, sexual violence and harmful sexual behaviour, including unwanted sexual language, attention or touching and non-consensual image sharing.
- Sextortion, grooming, coercion, stalking and exploitation.
- Child-on-child abuse and the importance of recognising, reporting and responding to concerns.
- Self-harm, eating disorders and suicide prevention, taught sensitively and without discussion of methods.
- Gambling and gambling-like features in gaming, including financial harm.

Date: Sept 2026	4	Policy: PSHE and RSHE POLICY
Next Review: Sept 2027		Laura Penney

PSHE and RSE- Parents and carers

Parents and carers are important partners in PSHE and RSHE. Stone Lodge will provide information about the curriculum, publish this policy and provide opportunities for parents and carers to ask questions about content.

The school will consult parents when reviewing the RSHE policy and will provide information about planned sex education in line with the 2026 guidance.

Relationships Education and Health Education are not subject to parental withdrawal. Parents may request withdrawal from some or all sex education delivered as part of RSHE, subject to the provisions of the statutory guidance. Before a decision is made, the Headteacher will discuss the request with the parent and, where appropriate, the pupil.

Where a pupil is withdrawn, appropriate and purposeful education will be provided. From three terms before a pupil turns 16, a pupil can choose to receive sex education if a parent has previously requested withdrawal.

Date: Sept 2026	5	Policy: PSHE and RSHE POLICY
Next Review: Sept 2027		Laura Penney



Sex Education

Here is how sex education is progressively taught at Stone Lodge.
We follow the Jigsaw scheme <https://jigsawpshe.online/>-

This follows the statutory DFE guidance RSE
https://assets.publishing.service.gov.uk/media/68b8499e11b4ded2da19fd92/Relationships_education_relationships_and_sex_education_and_health_education_-_statutory_guidance.pdf (please note that this guidance has just been recently revised and the changes are in place as of September 2026).

Year 7	• Relationships ○ Changing relationships, consent, healthy relationships, social media vs reality, authenticity online, personal space and setting boundaries. • Changing Me ○ Puberty changes, reproduction facts, menstrual cycle, responsibilities of parenthood, IVF, types of committed relationships and families, UN Rights of a child, FGM.
Year 8	• Relationships ○ AI and media influence, maintaining positive relationships, assertiveness, sexting and sextortion. • Changing Me ○ Types of close intimate relationships, behaviours in healthy and unhealthy romantic relationships, harassment, attraction: love or lust?, sexuality, pornography and the law.
Year 9	• Relationships ○ Healthy and unhealthy relationships, pornography, contraception, pregnancy, STIs, consent, factors to consider in intimate relationships. • Changing Me ○ Body image, masculinity (positive), online influence, misogyny, incel culture and healthy vs unhealthy online communities.
Year 10	• Relationships

Date: Sept 2026

Next Review: Sept 2027

6

Policy: PSHE and RSHE POLICY

Laura Penney

	○ The science of attraction, the difference between real life and relationships that we see in the media and pornography, free choice and pressure, the law on sex trafficking and modern slavery. • Healthy Me includes sexual health elements: ○ STIs (transmission, treatment and symptoms) and safe sex, contraception. • Changing Me ○ Gender stereotypes in romantic relationships, virginity testing and hymenoplasty.
Year 11	• Relationships ○ Sexuality, domestic abuse and getting help, arranged/forced marriage, honour-based violence, legal context of relationships • Healthy Me ○ Sexual health specifics: STIs, contraception, fertility and reproductive health, pressure to have sex, pregnancy choices including adoption and abortion, sources of support during pregnancy including the topics of loss and miscarriage.

Where content is sensitive, staff will consider the pupil's developmental level, communication needs, emotional readiness and safeguarding context. Essential safeguarding knowledge will not be removed simply because a pupil has SEND; instead, the way it is taught will be adapted.

Personalised learning for PSHE

There are times when pupils need particular 1:1 PSHE because of safeguarding concerns, identified gaps in understanding, communication needs or emotional readiness. Where this is necessary, content is discussed with SLT and the Therapeutic Team and delivered in an appropriate format.

- visual supports and social stories
- pre-teaching of vocabulary
- smaller teaching groups
- 1:1 teaching
- additional processing time
- communication aids
- scaffolded activities
- sensory and regulation support
- planned therapeutic follow-up

Date: Sept 2026	7	Policy: PSHE and RSHE POLICY
Next Review: Sept 2027		Laura Penney

Equal Opportunities

Stone Lodge Therapeutic School complies with the Equality Act 2010 and promotes respect for all pupils, irrespective of protected characteristics, background, ability or family circumstances. Teaching takes account of age, developmental stage, communication profile, cognitive ability, emotional readiness and cultural background so that pupils can access the full PSHE provision. The curriculum teaches pupils to value diversity, challenge discrimination and understand equality. Staff provide factual, balanced information and do not promote personal political, religious or ideological views.

Teaching about sexual orientation and gender reassignment is respectful, factual and age-appropriate. Staff should avoid presenting personal views as fact and should respond to discriminatory or harmful language calmly and appropriately.

Monitoring and evaluation

Pupil engagement and understanding are monitored through lessons, discussion, observation, pupil voice and work produced, as per the school's teaching and learning policy. Where appropriate, learning is recorded through the school's assessment systems.

At the end of units, pupils may be assessed against agreed outcomes as entering, developing or secure. Missed or misunderstood learning is identified and revisited.

The PSHE Lead, Headteacher and DSL use monitoring information to identify gaps, emerging risks and priorities for curriculum development.

Confidentiality and safeguarding

Due to the nature of PSHE and RSHE, pupils may disclose information about themselves or others. Ground rules are established at the beginning of lessons and pupils are reminded that confidentiality cannot be guaranteed where there is a safeguarding concern.

- Staff listen calmly and without judgement.
- Staff do not promise confidentiality.
- Staff do not investigate or ask leading questions.
- Concerns are shared with the DSL/deputy DSL in line with safeguarding procedures.
- Records are factual, accurate and completed in accordance with school procedures.
- Therapeutic support is considered where a disclosure or lesson content causes distress.

Safeguarding is everyone's responsibility. All staff must follow KCSIE 2026 and the school's Safeguarding and Child Protection Policy.

Legislation and guidance

- Independent School Standards Regulations 2014.
- Keeping Children Safe in Education 2026.
- Relationships Education, Relationships and Sex Education (RSE) and Health Education – DfE revised

Date: Sept 2026	8	Policy: PSHE and RSHE POLICY
Next Review: Sept 2027		Laura Penney

guidance, in force from September 2026.

- Working Together to Safeguard Children 2026.
- Equality Act 2010.

Policy review

This policy will be reviewed annually and sooner if there are changes to statutory guidance, legislation, safeguarding risks, inspection findings or the needs of pupils.

Date: Sept 2026	9	Policy: PSHE and RSHE POLICY
Next Review: Sept 2027		Laura Penney