



Isca Academy

PSHE and Citizenship Policy

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1. Aims and Objectives

- 1.1 At Isca Academy, we want our young people to develop the confidence to follow their chosen path, achieve well and be the best version of themselves. We strongly believe that making positive choices is key to happiness. PSHE investigates a wide range of topics that affect young people, including health, citizenship, relationships, drugs and alcohol awareness, careers and moral issues.
- 1.2 The PSHE and Citizenship (known as iLife) experience at Isca Academy has been designed especially for our young people in their role as part of our school, local, national and international communities. It is underpinned by British Values, with the aim of improving resilience, promoting personal choice and empowerment, and reducing risk. This has been informed by research, consultation of professional bodies, staff reflection and student feedback.

2. Organisation

- 2.1 In years 7 and 8, students will have a one-hour dedicated lesson per week, and in years 9, 10 and 11, students will have one per fortnight. The study of PSHE, Citizenship and British Values are also enriched by other curriculum areas, in year-group assemblies, through extra-curricular activities, as well as 'drop-down' one off sessions.
- 2.2 Our well-researched spiral curriculum seeks to provide a sound basic understanding of a range of topics in year 7, revisiting them in greater depth in the subsequent years, according to students' age and stage. Mental health and well-being are on-going strands, which run through every topic.
- 2.3 The curriculum adheres to all components of the DfE's Relationships and Sex Education, and Health Education content, which is compulsory from September 2020.
- 2.4 Lessons will be delivered in a non-threatening space, allowing for well-structured discussion, debate, reflection and questions, with no assessment pressures. Effort and behaviour will be reported on, along with other subject areas in the curriculum. Books/booklets/worksheets are provided for students' to record their thoughts and notes, and to evidence consistent curriculum coverage. They will not be marked, although teachers may correct spellings of key vocabulary. Expectations of presentation remain the same as across all other subjects in the school. There will be regular quizzes and student voice activities to inform planning and teaching.
- 2.5 Lessons and resources are planned by a trained teacher centrally and delivered by members of timetabled teaching staff. Parents and carers can access the weekly themes of these lessons and an outline of the curriculum on the Academy website in the curriculum section under subjects. Occasionally, outside agencies with expertise may be used to support and enrich the experience for our students.

3. Safeguarding

- 3.1 Where a student indicates that they may be vulnerable and at risk, staff should report this to the Safeguarding Team using CPOMs, and students will receive appropriate support.
- 3.2 Students are encouraged to communicate with their teacher if they are feeling upset by any of the lesson content. Signposting to self-help is a regular feature of PSHE lessons.
- 3.3 The curriculum promotes equality, and the needs and interests of all students are taken into account. Diversity is celebrated and supported throughout the curriculum.

4. Relationships and Sex Education, and Health Education

- 4.1 The majority of Relationships and Sex Education is delivered through PSHE lessons. Guidance suggests that this is most effectively delivered early, before young people become sexually active, so that they have the information they need to make positive choices and to keep themselves safe and healthy. The Academy meets all of the statutory guidance set out in the Department for Education's guidance, required from September 2020. Details of the guidance can be found here:
<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

- 4.2 A separate, more specific Relationships and Sex Education policy is available on the Academy website [Here](#)

5. Right to Withdraw from Sex Education

- 5.1 Parents/carers have a right to request to withdraw their child from only the sex education elements of RSE in secondary schools. The relationships elements are compulsory from September 2020 and there is no Right to Withdraw from these. As it may be difficult to separate the sex and relationships content within lessons, any parent who wishes to withdraw their child is first asked to consult with the Head of PSHE to discuss where these instances might occur. Parents/carers are then required to meet the Headteacher to confirm a request to withdraw from specific lessons or parts of lessons, and alternative arrangements will be made.
- 5.2 Three terms before a child's 16th birthday, a young person can elect themselves to receive sex education, regardless of whether their parents/carers wish to withdraw them. The reason for this is that 16 is the age of sexual consent in the UK.

Further details of the PSHE curriculum can be found on the Academy website [Here](#)