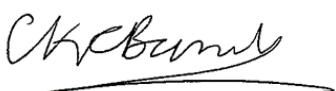


	ST ALBANS GIRLS' SCHOOL
PSHE Policy	
Full Governing Body	
Co-ordinator: Mrs P Jarvis	
Last Reviewed: Summer 2026	Next Review: Summer 2027
	
Signed by: Paul Kershaw Headteacher	Signed by: Claire Barnard Chair of Governors

1. RATIONALE	
1.1	This policy has been reviewed by SLT, staff, governors and in consultation with parents and carers. The intention of PSHE lessons in Key Stage 3, Personal Development in Key Stage 4 and Step Up/Thrive 6 Programme in Key Stage 5 is to ensure that all students at STAGS have the skills and attributes needed to stay healthy, safe and thrive now and in the future. Our programme aims to educate, inform and encourage open discussion. The learning objectives of the whole programme is to develop students to have the skills to be resilient, risk aware, healthy, and pro-active citizens who are prepared for life in modern Britain.
2. AIMS	
2.1	The core themes covered in our PSHE, Personal Development and Step Up/Thrive 6 programmes of study are: - Health and Wellbeing - Healthy Relationships - Personal Safety - Careers related learning
2.2	The teaching of PSHE is timetabled at STAGS in the following way: - KS3 1 hour per week - KS4 1 hour per week - KS5 1 hour per week of a lesson of Step Up Programme/Thrive 6 An overview of content by year group can be found in Appendix 1
2.3	In ensuring that PSHE is both age and stage appropriate, and accessible for all, some students in Years 7-11 may be provided with 1:1 or small group catch up sessions to ensure

	that they have received the knowledge and developed the skills required to stay healthy, safe and thrive now and in the future.
2.4	Students have the chance to experience open discussions with their PSHE, Personal Development and Step Up/Thrive 6 teachers to enable them to develop the confidence to ask questions that they are curious about. Often these will be difficult to ask or students might be embarrassed by the question. To overcome these barriers, we provide students with access to asking questions anonymously, they can also quietly speak to the teacher within the lesson. Teachers will provide honest and educated responses to their questions to ensure that students are given factually accurate information.
2.5	External visitors or agencies, for example local Magistrates, can be invited to our school and classrooms. This will only happen as part of a planned programme which enhances the teaching going on in that block of lessons. The outside contributors, where possible, will be recommended by other schools or local authorities and will have their material vetted in line with the PSHE policy and RSHE policy as applicable. Time is made in lessons following a visit, to allow students to respond to the content of the presentation, and to allow full understanding to take place and to enable the teacher to address any misconceptions or concerns that the presentation raises.
2.6	Due to the sensitive nature of the topics contained within the PSHE, Personal Development and Step Up/Thrive 6 programme, there is a requirement of students to keep classroom discussions confidential. Confidentiality in lessons is underpinned by a set of general classroom rules, set out and agreed with the class and reminded about on a regular basis. Students are encouraged to speak freely and we impress on the students the importance of not taking information and commenting on it outside of the classroom. The students are reminded at regular intervals about the teacher's role in safeguarding them and that any information which we deem worrying or important will be passed on to the relevant member of staff or Designated Safeguarding Lead (DSL). Any other lesson related concerns will be discussed with the PSHE Lead Practitioner in the first instance and then, if necessary, passed on to the pastoral team.
2.7	The programme will be led by the Lead Practitioner for PSHE, Jen Lamb and Assistant Headteacher, Pegah Jarvis It will be taught by a dedicated group of highly trained and motivated PSHE teachers. Staff are responsible for: ● Delivering PSHE in a sensitive way ● Modelling positive attitudes to PSHE ● Monitoring progress ● Responding to the needs of individual students
2.8	PSHE is adapted to ensure that all students are inclusive. We respect students' unique starting points by providing learning that is both age and stage appropriate and aimed at deepening knowledge and understanding through a skills-based curriculum which re-visits topics at sensible gaps in time. Additionally, we ensure that students with SEND receive access to reasonable adjustments. In addition, teachers will check student learning and understanding at regular intervals.

3. PROCEDURES	
3.1	This policy has been developed in consultation with staff, students and families. The consultation and policy development process involved the following steps: ● Review – the Lead Practitioner of PSHE pulled together all relevant information including relevant national and local guidance ● Staff consultation – staff were given the opportunity to look at the policy and make recommendations ● Parents and carers consultation – parents and carers were invited to review attend a Parent this Voice meeting about the policy via the school newsletter and were invited to share any feedback ● Student voice consultation – students are frequently asked to share feedback on their learning STAGS held learner voice, through Student Parliament, as well as during PSHE lessons, with each year group to learn what students want from their RSE/PSHE lessons ● Ratification – once amendments were made, the policy was shared with governors and ratified
4. MONITORING AND REPORTING	
4.1	Monitoring of the impact of the Scheme of Learning will be undertaken by the Lead Practitioner in the first instance through school procedures, and will report findings to SLT and any issues raised in that monitoring procedure.
4.2	Information on the PSHE/RSHE topics in the academic year are available on the school website and STAGS Link (Newsletter). Additional information for specific lessons and/or key events relating to PSHE/RSHE are communicated home to all families in advance. There is ongoing transparency within our curriculum enabling families to request further information related to PSHE and RSHE taught content.
4.3	Student development in PSHE is monitored by class teachers, these include: ● Opportunities for Assessment for Learning during the lesson such as discussions and verbal feedback ● Regular opportunities for learner voice and response to anonymous questions ● Monitoring and feedback on individual student progress trackers ● Parent and carer progress reports on each students Attitude to Learning (ATL)
4.4	This policy links to the following policies/statutory documents: ● STAGS RSHE policy ● Relationships, Sex and Health Education (RSHE) and Health Education (2026) ● Keeping Children Safe in Education ● Equality Act (2010)

PSHE, Personal Development and Step Up Overview 2026-27

Autumn 1							
	Year 7 PSHE	Year 8 PSHE	Year 9 PSHE	Year 10 Personal Development	Year 11 Personal Development	Year 12 Step Up	Year 13 Step Up
Week 1	Topic 1: Induction to STAGS - Induction and thriving in secondary school - Goal setting - Safeguarding ourselves and others	Topic 1: Confident Me - Period health - The HPV vaccine - How, where and when to get medical help - Appearance 'ideals' and how to confront comparisons	Topic 1: Careers Related Learning - Career opportunities in the local area - Qualifications and choices at 14, 16 and 18 - Personal strengths, employability skills and online reputations - Financial choices - Money and mental health and wellbeing	Topic 1: Religion and Worldviews - Worldviews, including Humanism - The future of religion - Religion and violence - Religion as a force for good - Religion and Science - Religion and the Media - Religion and British Values	Topic 1: Careers Related Learning - Routes and options after Year 11 - CV writing - Skills tests - Employment rights	Study skills: - Organisation & study habits - Effective reading - Improving vocabulary - Effective note taking - Public speaking	Next Steps - Personal statements
Week 2							Study Skills - Time management - Effective research - Effective revision
Week 3							
Week 4							
Week 5	Topic 2: Resilience - Building of resilience skills and a resilience toolkit				Topic 2: Religion and Worldviews: Social Justice - Human Rights - Social justice	Religion and Worldviews - Stewardship - Professional ethical guidelines - Wealth & poverty	Religion and Worldviews - Nurture and indoctrination - Religious themes through media and film
Week 6							
Week 7							
Week 8		Topic 2: Personal Safety - Coercive relationships	Topic 2: Mental Health and Emotional Wellbeing - Attitudes towards and understanding mental health - Promoting emotional wellbeing				

PSHE, Personal Development and Step Up Overview 2026-27

Autumn 2							
	Year 7 PSHE	Year 8 PSHE	Year 9 PSHE	Year 10 Personal Development	Year 11 Personal Development	Year 12 Step Up	Year 13 Step Up
Week 1	Topic 2: Resilience - Building of resilience skills and a resilience toolkit	Topic 2: Personal Safety - Serious and organised crime - Being knife free	Topic 2: Mental Health and Emotional Wellbeing - Digital resilience - Life challenges and mental states - Supporting the mental health of ourselves and others	Topic 2: Healthy Relationships - Safeguarding against the dangers and risks of sharing sexual content - Relationship and domestic abuse - The role of consent and readiness in romantic intimacy	Topic 2: Religion and Worldviews - Social injustices: poverty and gender inequality	Religion and Worldviews - Free will & Determinism	Mock Exams
Week 2						Current events in the News	
Week 3	Topic 3: Growing Up - Wellbeing - Developing positive relationships	Topic 3: First Aid - Dialling 999 Basic First Aid, including knowledge of: - The recovery position - Asthma - Choking - Bleeding - Allergies				Cultural Events - The Festival Year	Current events in the News

Week 4	- Modern families - Puberty including periods and period health	- Heart attack - Strokes - CPR	- Positive coping strategies throughout life		Mock Exams	Wellbeing and Personal Awareness - Consent in relationships	Wellbeing and Personal Awareness - Gender based and sexual violence & safeguarding ourselves and others
Week 5					Topic 3: Religion and Worldviews: Resilience - Resilience and recognising mental ill health - How and where to get help for mental health concerns - Coping with exam stress	Mock Exams	Next Steps - Preparing for post-18 - Using Unifrog - Super curriculars
Week 6		Topic 4: Healthy Living - Food choices - The risks and dangers of alcohol	Topic 3: Healthy Relationships - Resolving conflict - Managing assumptions in relationships	Topic 3: Personal Safety - Non-consensual activity, including support and safeguarding for sexual or gender based crimes - The impact and harms of pornography		Wellbeing and Personal Awareness - Safeguarding in different life situations	
Week 7						Religion and Worldviews - Medical ethics	

PSHE, Personal Development and Step Up Overview 2026-27

Spring 1							
	Year 7 PSHE	Year 8 PSHE	Year 9 PSHE	Year 10 Personal Development	Year 11 Personal Development	Year 12 Step Up	Year 13 Step Up
Week 1	- Puberty including periods and period health	Topic 4: Healthy Living - The risks and dangers of smoking and vaping	Topic 3: Healthy Relationships - Consent and the capacity to consent in relationships	Topic 4: Careers Related Learning - Options at 16 and 18 - Developing employability skills and career paths - Wellbeing in the workplace - Savings, budgeting and debt	Topic 3: Personal Safety - Fertility and parenthood choices, including abortion - The dangers and risks of, including risk reduction, drugs and alcohol use and misuse - Female health, including Menopause and Breast Self Examination	Religion and World Views Pivotal Questions - Crime, sin & forgiveness -Animal rights & animal welfare - World Religion Day	Religion and Worldviews Pivotal Questions - Should there be limits to the use of medical technology? - What is the connection between religion, violence and peace?
Week 2	Topic 4: Healthy Living - Dental health - The effects of caffeine - Maintaining physical health - The risks and dangers of smoking and vaping - Personal hygiene	Topic 5: Healthy Relationships - Puberty and reproduction - Healthy and positive relationships - Inclusion in society, including tackling discrimination					
Week 3			Topic 5: Social Action: First Give A project in which form groups choose a local charity to support, competing to win their charity £1000 through a social action competition			Topic 4: Next Steps - Active citizenship - Finances and commuting to work	
Week 4					Next Steps - Apprenticeships		Study Skills - Revision timetables
Week 5							
Week 6					Topic 5: Religion and Worldviews		Next Steps - Apprenticeships

PSHE, Personal Development and Step Up Overview 2026-27

Spring 2							
	Year 7 PSHE	Year 8 PSHE	Year 9 PSHE	Year 10 Personal Development	Year 11 Personal Development	Year 12 Step Up	Year 13 Step Up
Week 1	Topic 4: Healthy Living	Topic 5: Healthy Relationships - Interacting online - Marriage and family life - The consequences of creating and/or sharing sexual content - Consent	Topic 5: Social Action: First Give	Religion and Worldviews including English Speaking presentation preparation A series of lessons designed around the topics of ethics and morality, designed to inspire a speech for their English speaking presentation	Topic 4: Personal Safety - Living situations and cost of living - Student right to withdraw for students previously withdrawn from sex education: Revisiting sexual health, contraception and protection - Mental health, wellbeing and exams, including caffeine revisited	Current events in the News	Mock Exams
Week 2	Topic 5: Personal Safety - Road safety - Railway safety - Fraud - Online safety - Summer safety - FGM					Study Skills - Elaboration & Interleaving	Mock Exams
Week 3						Religion & World Views Marriage and family life including religious perspectives	Current events in the News
Week 4							Religion & World Views - Philosophy & political awareness - Challenging harmful worldviews
Week 5						Wellbeing and Personal Awareness - Managing unwanted attention and safeguarding ourselves and others	
Week 6		Topic 6: Careers Related Learning		Topic 4: Careers Related Learning: Work Experience	Topic 5: Religion and Sociology - The treatment of criminals	Study Skills Effective revision	Wellbeing and Personal Awareness - Sexual relationships and safeguarding

PSHE, Personal Development and Step Up Overview 2026-27

Summer 1								
	Year 7 PSHE	Year 8 PSHE	Year 9 PSHE	Year 10 Personal Development	Year 11 Personal Development	Year 12 Step Up	Year 13 Step Up	
Week 1	Topic 6: Careers Related Learning - Paths into employment - Employability skills - Being a smart consumer - Work shadowing /Careers day learning	Topic 6: Careers Related Learning - Skills in the workplace - Successful careers and employability skills - The different ways of working - Personal finance - Financial decisions, budgeting and spending	Topic 5: Social Action: First Give	Topic 5: Religion and Worldviews including English Speaking presentation preparation	Topic 5: Religion and Sociology - Capital punishment - Sexism and society - Social media, free speech and cancel culture	Next Steps Revisiting - Preparing for post-18 - Using Unifrog - Super curriculars - Personal finance and budgeting	Wellbeing and Personal Awareness - Good sexual health - Travelling abroad safely - Wellbeing in exams and beyond	
Week 2								
Week 3								
Week 4			Topic 7: Citizenship, Government and Democracy		Topic 6: Sexual Health and Relationships - Respectful relationship behaviours - Cervical screenings, STIs and sexual health clinics - Right to withdraw: Contraception and protection (sex education lesson) - Managing break ups		End of Year assessments	

PSHE, Personal Development and Step Up Overview 2026-27

Summer 2							
	Year 7 PSHE	Year 8 PSHE	Year 9 PSHE	Year 10 Personal Development	Year 11 Personal Development	Year 12 Step Up	Year 13 Step Up
Week 1	Topic 6: Careers Related Learning	Topic 7: Citizenship, Government and Democracy - The UK political system - Parliamentary debates - Social action through politics - Politics in a social media landscape	Topic 7: Personal Safety and Healthy Living - The dangers, risks and effects of drug and substance abuse or misuse, including laws about drugs - Child Sexual Exploitation (CSE) - FGM revisited	Topic 6: Personal Safety - The risks of gambling and impulsive behaviours - Gangs and knife crime - Radicalisation and preventing extremism, including online misogyny - First Aid refresher		Wellbeing & Personal Awareness - Misogyny and misandry - Enjoying yourself, staying safe and reducing risk	
Week 2	Topic 7: Discrimination - The power of positive representation - Discrimination based on: age, gender, class, and against people experiencing homelessness - How to actively be inclusive						
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
						Next Steps - UCAS - Degree Apprenticeships - Personal statement - Mock interviews	
						Current events in the News	