Personal Development (PSHE & RSHE) at St John Plessington Catholic College: An Appendix to the HFCMAT RSHE Policy

At St John Plessington Catholic College, Personal Development (PSHE/RSHE) is a planned and developmental programme of learning through which pupils acquire the knowledge, understanding, skills and attributes they need to manage their lives now and in the future.

Rooted in our Catholic ethos and Gospel values, our programme supports the development of the whole person. It enables pupils to understand how to keep themselves and others safe and healthy, develop positive and respectful relationships, make informed decisions and manage their personal, social and future lives confidently and responsibly.

Our Personal Development curriculum does not simply teach pupils about important issues. Pupils are given opportunities to explore their attitudes, values and beliefs, consider different perspectives and develop the language, skills and strategies necessary to respond to situations they may encounter throughout their lives. Pupils are encouraged to reflect, discuss, question and make informed and responsible decisions.

Relationships, Sex and Health Education (RSHE) is embedded within our wider Personal Development curriculum and is taught in accordance with statutory requirements and the Catholic character of the College.

Across **Key Stages 3–5**, our Personal Development programme is structured around three broad themes:

- **Health and Wellbeing** – supporting pupils to maintain their physical, emotional and mental health, recognise and manage risk, make healthy choices and know how and where to seek support.
- **Relationships** – developing pupils' understanding of healthy, respectful and positive relationships, including friendships, families, consent, boundaries and relationships within the online world.
- **Living in the Wider World** – preparing pupils to navigate wider society safely and responsibly, including areas such as financial wellbeing, digital literacy, equality and diversity, rights and responsibilities and preparation for adult life.

Alongside Personal Development, pupils receive a dedicated programme of Citizenship and Careers Education, which is taught as a separate curriculum area at St John Plessington Catholic College. This provides dedicated curriculum time for pupils to develop their knowledge and understanding of citizenship, democracy, politics, law, the economy, careers and the world of work.

Across **Key Stages 3–5**, our programme is organised around three broad themes:

- **Health and Wellbeing** – supporting pupils to maintain their physical, emotional and mental health, recognise and manage risk and know how and where to seek support.
- **Relationships** – developing pupils' understanding of healthy, respectful and positive relationships, including friendships, families, consent, boundaries and relationships in the online world.
- **Living in the Wider World** – preparing pupils for life beyond school through Citizenship, Careers Education, financial literacy, economic understanding, digital literacy and preparation for the world of work.

Key concepts developed through our Personal Development curriculum

1. Identity
Understanding personal qualities, values, attitudes, skills and achievements; developing self-esteem and recognising the factors that influence identity. This includes understanding personal boundaries and privacy, both offline and online.

2. Relationships
Understanding different types of relationships and recognising the characteristics of healthy, respectful and positive relationships. Pupils consider friendships, families, intimate relationships and relationships within digital environments.

3. Health and Wellbeing
Understanding how to maintain a healthy and balanced lifestyle, including physical health, mental and emotional wellbeing, exercise, sleep, healthy choices and knowing when and how to seek support.

4. Risk and Safety
Developing the ability to identify, assess and manage risk appropriately. Pupils learn strategies for keeping themselves and others safe in a range of contexts, including online environments.

5. Diversity, Equality and Respect
Developing respect for the dignity of every person and an understanding of diversity within modern Britain. Pupils learn about equality, discrimination and the protected characteristics contained within the Equality Act 2010, alongside the College's commitment to Catholic Social Teaching and the dignity of the human person.

6. Rights, Responsibilities and Consent
Understanding individual and universal rights alongside the responsibilities we have towards others. Pupils explore fairness, justice, consent, personal boundaries and their responsibilities as members of local, national and global communities.

7. Change and Resilience
Developing the skills and strategies required to manage change, challenge and setbacks. Pupils learn how to build resilience, recognise when they need support and identify appropriate sources of help.

8. Power and Influence
Understanding how power and influence operate within relationships, society and online environments. Pupils consider issues including bullying, peer pressure, persuasion, coercion, exploitation and harmful online influences and develop strategies for responding safely and appropriately.

Throughout the programme, pupils are encouraged to recognise their responsibility towards others and consider how they can contribute positively to their school, local community and wider society. In keeping with the Catholic mission of St John Plessington Catholic College, Personal Development seeks to enable every young person to flourish, recognise the dignity of others and contribute to the common good.

9. Citizenship and Careers Education
At St John Plessington Catholic College, Citizenship and Careers Education is delivered through a separate curriculum area, providing pupils with dedicated opportunities to develop their understanding of citizenship, democracy, society, careers and the world of work. This includes learning about democracy, government, elections, law and rights and responsibilities, alongside careers pathways, employability, financial and economic understanding and preparation for future education, training and employment.

There is, however, natural and purposeful crossover between Citizenship and Careers Education and Personal Development. Themes such as financial wellbeing, equality and diversity, rights and responsibilities, online behaviour, decision-making, relationships, aspirations and preparation for adult life are reinforced across both curriculum areas. This helps pupils to make meaningful connections between their personal development and their role within their community, wider society and the world of work.

Who Teaches It?

Personal Development (PSHE/RSHE) at St John Plessington Catholic College is the responsibility of the PSHE/RSHE Coordinator but primarily delivered by Form Tutors, who teach the planned programme to their form groups. Form Tutors are supported

by the PSHE/RSHE Coordinator, who has responsibility for the planning, coordination and development of the curriculum and for providing staff with the resources, guidance and support needed to deliver it effectively and confidently.

Some aspects of Personal Development and RSHE are also supported and reinforced through other curriculum areas, particularly Religious Education and Science, where relevant knowledge and themes naturally complement the Personal Development curriculum.

All staff at St John Plessington Catholic College contribute to pupils' wider personal development. Staff model the values, attitudes and positive relationships that underpin the College's Catholic ethos and support pupils in developing their personal, social and interpersonal skills.

Through this whole-college approach, alongside the structured programme delivered by Form Tutors, pupils receive consistent messages about healthy relationships, respect, dignity, responsibility, safety and wellbeing.

How PSHE/RSHE is Taught

At St John Plessington Catholic College, Personal Development (PSHE/RSHE) is delivered through a structured programme of fortnightly lessons taught by Form Tutors. Lessons are carefully planned and sequenced by the PSHE/RSHE Coordinator to ensure that pupils build their knowledge, understanding and skills as they progress through the College.

Our curriculum is age-appropriate, progressive and responsive to the needs of our pupils. Learning builds upon prior knowledge and revisits important themes at increasing levels of complexity as pupils mature. The curriculum also responds, where appropriate, to emerging issues, safeguarding priorities and the needs of our local community.

RSHE is delivered using TenTen Resources' Life to the Full programme, which supports the College in providing high-quality Relationships, Sex and Health Education within the context of our Catholic faith and ethos. This is supplemented by carefully selected resources and activities to ensure that statutory requirements are met and learning is relevant to our pupils.

Lessons provide a safe and respectful environment in which pupils can explore important and sometimes sensitive issues. A range of teaching approaches are used, including discussion, questioning, scenarios, case studies, guided reading, individual reflection and independent activities. Pupils are encouraged to consider different perspectives, communicate respectfully and apply their learning to real-life situations.

Learning is supported through retrieval practice and regular opportunities to revisit prior learning. Assessment is used appropriately to identify what pupils know and understand, address misconceptions and inform future teaching. The emphasis is on demonstrating developing knowledge, understanding, decision-making skills and the ability to apply learning rather than assessing pupils' personal beliefs, experiences or choices.

Where appropriate, learning in Personal Development is reinforced through other areas of the curriculum, particularly Religious Education and Science, as well as through assemblies, pastoral provision and wider College activities.

Through this approach, we aim to ensure that pupils leave St John Plessington Catholic College with the knowledge, confidence, skills and values required to make informed decisions, develop healthy relationships, keep themselves and others safe and flourish as responsible members of society.

Assessment

Assessment within Personal Development (PSHE/RSHE) at St John Plessington Catholic College is designed to identify pupils' starting points, measure progress and understanding, identify misconceptions and inform future teaching. Assessment focuses on what pupils know, understand and can apply; pupils are not assessed on their personal experiences, attitudes or beliefs.

At appropriate points within the programme, pupils complete baseline activities to establish their existing knowledge and understanding of a topic. This provides a clear starting point from which progress can be identified. Pupils are then given opportunities throughout lessons and at the end of a topic to demonstrate how their knowledge and understanding have developed.

Assessment is embedded within teaching and may include:

- Retrieval practice to assess knowledge from previous learning.
- Questioning and discussion to identify understanding and misconceptions.
- Scenario-based activities in which pupils apply their knowledge to realistic situations.
- Independent written tasks that allow pupils to explain and apply their learning.
- Debates and structured discussion that enable pupils to demonstrate understanding of different perspectives.
- Advice and problem-solving activities, such as responding to a scenario or advising a fictional character.
- Self and peer assessment, where appropriate, using clear success criteria.
- End-point reflection and assessment to demonstrate progress from pupils' initial starting points.

Personal reflection also plays an important role within PSHE/RSHE. Pupils are regularly provided with opportunities to consider how their understanding has developed and to reflect on the knowledge and skills they have gained. This may take place privately through written reflection or, where appropriate, through structured classroom discussion.