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## LYCÉE FRANÇAIS CHARLES DE GAULLE DE LONDRES PSHE POLICY - British Section

*This policy is publicly available on the School website and is available to parents/carers of pupils in hard copy on request.*

This is the Personal, Social, Health and Economic Education Policy applicable to the curriculum delivered to all pupils enrolled in the British Section of the Lycée Français Charles de Gaulle de Londres (the “School”).

## 1. Introduction

This policy outlines how Personal, Social, Health and Economic Education is provided in the British Section, it also promotes the whole School ethos. It should be read in conjunction with the school’s Relationships and Sex Education Policy as Relationships and Sex education is delivered through the PSHE programme in the British Section of the School.

## 2. Aims

At the School, we aim to prepare pupils for a healthy, responsible, and fulfilling life by addressing critical issues and fostering essential skills.

Through PSHE we aim to:

- Provide a curriculum that is balanced and broadly based;
- Promote opportunities for all pupils to enjoy learning and to achieve high standards and develop self-confidence and self-esteem;
- Encourage pupils to persevere with difficult tasks;
- Provide a safe environment and encourage respect for property and our surroundings;
- Promote pupils’ spiritual, moral, social and cultural development;
- Prepare all pupils for the opportunities, responsibilities and experiences of life;
- Enable pupils to develop positive relationships with other members of the School and wider community;
- Enable pupils to express preferences, communicate needs and make informed choices;
- Prepare pupils for adult life in which they have the greatest possible degree of autonomy;
- Increase pupils’ awareness and understanding of their environment and of the world;
- Encourage pupils to explore, to question and to challenge, to gain knowledge and understanding to play an effective role in public life;
- Enable pupils to learn about British culture and key historic moments in addition to the French core curriculum;
- Encourage pupils to participate in school life through formal meetings including pupil council meetings, class meetings, *Conseil d’Établissement* (governing board meeting);
- Actively promote the fundamental British and French values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs;

- Enable pupils to distinguish right from wrong;
- Encourage pupils to accept responsibility for their behaviour, show initiative and understand how they can contribute positively to the lives of those living and working in the locality in which the School is situated and to society more widely;
- Enable pupils to acquire a broad general knowledge of and respect for public institutions and services in England and France;
- Further tolerance and harmony between different cultural traditions by enabling pupils to acquire an appreciation of and respect for their own and other cultures;
- Encourage respect for other people, playing particular regard to the protected characteristics set out in the *Equality Act 2010*; and encourage respect for democracy and support for participation in the democratic process, including respect for the basis on which the law is made and applied in England.

### 3. Teaching and Delivery

The PSHE curriculum runs both discretely during many subject area topics and also purposefully during tutor time. The UK PSHE curriculum has three topic areas that are addressed in an age appropriate way as pupils progress through the British Section:

1. Physical and mental wellbeing (PMW)
2. Relationships and sex and health education (RSE)
3. Living in the wider world (LWW)

Primarily a large proportion of PSHE teaching is carried out during tutor time; this is a 55 minute period, once a week and led by tutor. This happens in every year group, i.e. 3GCSE, 2GCSE, PAL and TAL (approx. 200 pupils). PSHE may also be carried out through planned assemblies and guest speakers. The PSHE scheme of work is currently only designed to be taught in the British Section.

There is a current scheme of work with links to all lessons being taught in tutor time and it is made available to families.

The overarching goal of PSHE lessons is to create a safe space that encourages and explores non-curricular thinking and discussion.

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society;
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

Objectives/Pupil learning intentions:

PSHE will support the development of the skills, attitudes, values and behaviour, which enable pupils to:

- Have a sense of purpose
- Value self and others

- Form relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a British and French democratic society
- Become healthy and fulfilled individuals

#### 4. Relationships, Sex and Health Education

The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. In this way it will enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship.

It also covers contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure).

It covers what is acceptable and unacceptable behaviour in relationships. This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

Knowledge about safer sex and sexual health remains important to ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life.

This is delivered in a non-judgemental, factual way by Tutors in PSHE lessons, allowing scope for pupils to ask questions in a safe environment.

Pupils will be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way.

Sexual orientation and gender identity are explored at a timely point as per Schemes of Work and are done so in a clear, sensitive and respectful manner.

RSE and Health Education in the British Section is planned to be accessible to all pupils, including those with special educational needs. Teaching is differentiated and personalised where needs be to allow for this.

In line with the *Equality Act 2010*, planning is done mindful of particular disadvantages that may affect one group because of a protected characteristic.

Where necessary, additional support for pupils with particular protected characteristics is put in place. The programme aims to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls, and provide an environment, which challenges perceived limits on pupils based on their gender or any other characteristic.

The following topic areas will be covered in Relationships and Sex Education (RSE):

- Families
- Respectful relationships including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

The following topic areas will be covered in physical health and mental wellbeing (PMW):

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

### **The law**

It is important that pupils know what the law says about sex, relationships and young people, as well as broader safeguarding issues.

In the PSHE programme, pupils will be taught a range of important facts and the rules regarding sharing personal information, pictures, videos and other material using technology. This will help pupils to know what is right and wrong in law, and also provide a good foundation of knowledge for deeper discussion about all types of relationships.

Pupils are made aware of the relevant legal provisions when relevant topics are being taught, including:

- marriage
- consent, including the age of consent
- violence against women and girls
- online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)
- pornography
- abortion
- sexuality
- gender identity
- substance misuse
- violence and exploitation by gangs
- extremism/radicalisation
- criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)

- hate crime
- female genital mutilation (FGM)

## 5. Assessment

There is the same high expectations of the quality of pupils' work in PSHE in the British Section as for other curriculum areas. The PSHE curriculum builds on the knowledge pupils have previously acquired, including in other subjects, with regular feedback provided on pupil progress.

Lessons are planned to ensure that pupils of differing abilities, including the most able, are suitably challenged. Assessments are used to capture progress and to identify where pupils need extra support or intervention.

## 6. Consultation

Each Spring there is a consultation with pupils to collect feedback with the purpose of reviewing topics or activities. At the same time feedback is collected from families, via email, but as previously mentioned parents/carers are welcome at any time to ask questions or make suggestions.

As of September 2020 RSE is the only topic which is compulsory. Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Before granting any such request, the Head of the British Section will discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. This will be documented and a record kept.

The benefits of receiving this important education will be discussed with these parents and any detrimental effects that withdrawal might have on their child.

Once those discussions have taken place, except in exceptional circumstances, the school will respect the parents' request to withdraw their child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the School will make arrangements to provide the child with sex education during one of those terms.

This process is the same for pupils with SEND. However there may be exceptional circumstances where the Head of the British Section may take a pupil's specific needs arising from their SEND into account when making this decision.

### Links

PSHE Association Programme of study for KS1-5

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%935>

Jigsaw

<https://jigsawpshe.online/welcome>

## Relationships and Sex Education

Compulsory teaching of RSE

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Sexual health and relationships: up to date information on all aspects of sexual and reproductive health available on Sexwise's website

<https://sexwise.fpa.org.uk/>

Abuse in relationships: Disrespect NoBody from the Home Office and Government Equalities Office

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing>

Consent: PSHE Association lesson plans

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-about-consent-pshe-education-key>

LGBT inclusivity: Stonewall lesson plans and materials for primary and secondary:

<https://www.stonewall.org.uk/get-involved/education/different-families-same-love>

Resources covering all contexts, including online, and specifically relationships and bullying, alcohol, smoking, stress, body image from Public Health England website with videos made by young people and resources tested with teachers

[https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview?WT.mc\\_id=RiseAboveforSchools\\_PSHEA\\_EdComs\\_Resource\\_listing\\_Sep17](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview?WT.mc_id=RiseAboveforSchools_PSHEA_EdComs_Resource_listing_Sep17)

## Mental health

Mental health and emotional wellbeing lesson plans from PSHE Association

<https://pshe-association.org.uk/topics/mental-health#resources-preview>

MindEd educational resources <https://www.minded.org.uk/>

## Online safety

Education for a Connected World is the UK Council for Internet safety (UKCCIS) framework of digital knowledge and skills for different ages and stages

<https://www.gov.uk/government/publications/education-for-a-connected-world>

Sexting advice from UKCCIS for schools

<https://www.gov.uk/government/groups/uk-council-for-child-internet-safety-ukccis>

Thinkuknow is the education programme from National Crime Agency (NCA) and Child Exploitation Online Programme (CEOP), which protects children both online and offline. The site offers materials for parents, teachers and pupils on a wide range of online safety issues and facts about areas such as digital footprints, recognising fake websites and checking URLs <https://www.thinkuknow.co.uk/>

## Drugs and alcohol

Teacher training on drugs, alcohol and tobacco

<https://www.gov.uk/government/publications/teacher-training-drugs-alcohol-and-tobacco>



## **Extremism and radicalisation**

Prevent Agenda

<https://www.gov.uk/government/publications/prevent-duty-guidance/revised-prevent-duty-guidance-for-england-and-wales>

Practical advice and information from Educate Against Hate for teachers, teachers in leadership positions and parents on protecting children from extremism and radicalisation <http://www.educateagainsthate.com/>