

14+ Academies

(14+ Apprenticeship Academy & 14+ P-TECH Academy)

PSHE and RSE Policy

Introduction

The 14+ Academies are aware that children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, young people need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way. The skills and attributes developed through a PSHE (Personal, Social, Health and Economic Education) curriculum are also shown to increase academic attainment and attendance rates, particularly among pupils eligible for free school meals as well as to improve employability, life chances and boosting social mobility.

The 14+ Academies understands the importance of educating learners about sex, relationships and their health, giving them the skills as well as the responsibility to make well-informed decisions in their lives. The teaching of both PSHE and RSE (Relationships, Sex and Health Education) can help to prepare learners for the opportunities, responsibilities and experiences of adult life. It allows us to promote the spiritual, moral, social, cultural, mental and physical development of learners within the professional setting of college and in the wider society. We have an obligation to provide young people with high-quality, evidence and age-appropriate teaching of these topics. This policy outlines how the 14+ Academies PSHE and RSE curriculum will be organised and delivered ensuring it meets the needs of all learners.

PSHE: What is it?

Personal, Social, Health and Economic (PSHE) Education is an established but non-statutory school subject that supports young people to be healthy, safe and prepared for modern life. The PSHE curriculum covers a range of pressing issues facing children and young people today, including those relating to relationships, mental and physical health, staying safe and aware online, financial literacy and careers.

RSE: What is it?

The Children and Social Work Act 2017 introduced new legislation on relationships and sex education in education settings. In July 2018 the DfE (Department for Education) set out plans for the implementation of this RSE curriculum expecting education settings to be compliant by the summer term 2021.

Relationships and sex education (RSE) is currently taught as part of PSHE education RSE includes learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being.

PSHE and RSE: Why we do it

Our development strand is a priority in the 14+ Academies. Our learners join the 14+ Academies because ultimately something is going wrong for them either in education or at home (or a mixture of both). In addition, we only have two years with the learners (sometimes only one) and therefore we have to ensure we are building learners skills and confidences to ensure they are the best version of themselves, that barriers are reduced from previous challenges and they are ready for their next steps and progression. With our curriculum also allowing for vocational training and work experience it often means that learners' progression is within the working world and not just for education. The 14+ Academies young people are at an age (14-16) which is vitally important in the learners development and it is critical that they receive a development curriculum that will best prepare them for this.

Although the 14+ Academies have external agencies that deliver specialist knowledge including sex education, which is delivered by the Leeds Sexual Health Clinic, topics such as Positive Relationships which are important due to the demographics of the 14+ Academies young people are delivered by 14+ Academies staff who can use their existing relationships to have effective conversations and discussions. In the Leeds area, where the majority of our young people are from or live, the rates of teenage pregnancy in Leeds are higher than both the national and regional averages. According to the Local Government Association, 15% of all young people not in education, employment or training (NEET) are teenage mothers or pregnant teenagers who are also more likely to have lower levels of qualifications and a higher risk of living in poverty. This statistic is particularly relevant for the 14+ Academies due to the number of learners that enter the 14+ Academies from being EHE (Electively Home Educated) or do not have aspirations beyond GCSE's. Our curriculum gives learners the skills away from academics that will give them the tools required to succeed in what can be a challenging world. For males, the main source of sexual health education while growing up is school (39%), followed by friends (24%), with fathers accounting for 3% and mothers 4%. Therefore, we ensure every young person in the 14+ Academies has access to at least one 1-1 appointment at college delivered by a Leeds Sexual Health Worker with those that identified as higher risk having more sessions.

The PSHE Association states that, 'PSHE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain'. Furthermore, evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for young people, particularly the most vulnerable and disadvantaged. Ultimately, young people get one opportunity to develop in education during their childhood and therefore we need to ensure that this is delivered through a relevant, rich and targeted curriculum. This is why the 14+ Academies places such value on PSHE within the wider curriculum.

Aims

The 14+ Academies is a safe and inclusive environment that is accepting of everyone. It provides opportunities to young people to develop, maximise their potential, raise aspirations and embrace their individuality. Due to the nature of the young people and the number of different schools that they join from, it is vitally important that all young people receive a strong delivery of topics as part of the development curriculum.

When creating our PSHE curriculum we ensure that topics are covered that keep up to date with the changing society that the young people are part of, always making sure that topics prepare them for modern life. Although the topics we cover range from building confidence to healthy relationships to online safety, we have key aims in which we want all learners to gain from the delivery of PSHE:

- 1) To develop confidences and responsibilities and challenge abilities to ensure highest capabilities are reached
- 2) To prepare to play an active role as citizens and understand how as an individual and as a group, they can make that role effective
- 3) To understand what makes a healthy, safe lifestyle with the ability to make appropriate risk assessments;
- 4) To understand how to develop good relationships and respect the differences between people;
- 5) To develop and maintain skills that are easily transferred into the wider world.

Delivery of the PSHE and RSE curriculums

The 14+ Academies acknowledge that high-quality, evidence-based and age-appropriate teaching can help learners prepare for the opportunities, responsibilities and experiences of adult life as well as promoting the spiritual, moral, social, cultural, mental and physical development of learners both during their education and in the wider community.

The scheme of learning for Personal Development provides a developmental programme that both consolidates and further extends existing knowledge, skills and understanding. Our learners will be joining us from a large number of different education settings and schools and therefore it is important that we cover all statutory aspects of PSHE.

Our PSHE and RSE curriculum fall within our developmental strand of our offering and the majority of sessions are taught within form time by form tutors. Learners receive almost three hours of form time per week. In addition, the 14+ Academies offer some aspects of PSHE and RSE through 1-1, small group or universal interventions which are delivered by specialist staff (see External Partnerships section).

When learners arrive at the 14+ Academies they can often have a negative view of PSHE and RSE. This derives from previous experiences (both in and out of school) including seeing assemblies as not personable or useful. Moreover, learners feel the way some topics are delivered are unsuitable or inappropriate - such as not separating genders for certain topics. Therefore, learner voice and views are considered and reflected upon when looking at both the curriculum design as well as how it is delivered to ensure that it meets the needs of individual learners.

The delivery of PSHE and RSE sees many different methods including group discussions, individual technology based (anonymous) input, quizzes and posters. Staff have the autonomy to deliver in a way that works best for the learners they are delivering and supporting to ensure the best understanding and learning is achieved.

Year 10 Curriculum

The curriculum in which the 14+ Academies follows allows for a variety of topics to be delivered which fall under the core themes of the PSHE Programme of study which are; Health and wellbeing, Relationships and living in the real/ wider world.

Health & Wellbeing	Relationships	Living in the Real World	Other (targeted for our learners)
<ul style="list-style-type: none">→ Healthy lifestyles→ Drugs, alcohol and tobacco→ Managing risk and personal safety→ Sexual Health→ Self concept	<ul style="list-style-type: none">→ Positive relationships→ Bullying, abuse and discrimination→ Forming and maintaining respectful relationships→ Consent→ Stereotypes	<ul style="list-style-type: none">→ Digital Resilience→ Financial choices→ Work & Career	<ul style="list-style-type: none">→ British Values→ Dealing with change→ Hidden disabilities

Year 11 Curriculum

The table below shows that the PSHE curriculum within Year 11 is less due to the time frame before exams begin as well as showing more input within the 'living in the wonder world' theme ready for them to leave the 14+ Academies at the end of their Year 11 experience.

Health & Wellbeing	Relationships	Living in the Real World	Other (targeted for our learners)
<ul style="list-style-type: none">→ Sexual Health→ Health related decisions→ Self concept	<ul style="list-style-type: none">→ Social influences→ Relationship values	<ul style="list-style-type: none">→ Learning skills→ Choices & Pathways→ Work & Career→ Employment rights & responsibilities	<ul style="list-style-type: none">→ Resilience→ Crime

With the curriculum year dramatically reduced in Year 11 due to examinations, study leave in some circumstances and a shorter year in general there is a reduced number of PSHE topics that are delivered. The focus in Year 11 is to complete topics that have a need as they approach more independence and adulthood in addition to learners during their mock exams and the run-up to their GCSE exams, wanting to focus on revision. However, topics like personal hygiene and nutrition (the latter of which is vital during the exam season) are good examples of knowledge that is still needed to be acquired or reinforced due to the situations at the time.

Some topics are repeated across both year groups. The curriculum is designed based on the learners' needs within that year group, what they know or where gaps in knowledge are or other factors such as the Coronavirus pandemic. Due to this, we made changes to our PSHE curriculum as learners returned

back into education with more profound social and emotional needs than what young people traditionally had. In addition, topics are often revisited based on safeguarding concerns or knowledge of learners.

Relationship and Sex Education (RSE) plays a crucial role in promoting healthy relationships, personal well-being, and responsible decision-making among young people. Each theme for the topics taught within the 14+ Academies RSE curriculum are outlined below with key outcomes for learners as well as justification for the delivery;

Healthy Relationships:

RSE helps learners develop an understanding of what healthy relationships look like, including friendships, family relationships, and romantic partnerships.

It teaches learners about effective communication, active listening, empathy, and conflict resolution skills, which are vital for building and maintaining positive relationships. By promoting respect, consent, and boundaries, RSE equips learners with the knowledge and skills to establish and maintain healthy relationships throughout their lives.

Emotional Well-being:

RSE addresses emotional well-being by fostering self-esteem, body confidence, and positive body image. It helps learners develop resilience, coping strategies, and emotional intelligence to navigate the challenges of relationships, including breakups, peer pressure, and bullying. RSE also promotes self-awareness and helps learners understand and manage their emotions in a healthy and constructive manner.

Sexual Health and Reproductive Well-being:

RSE provides accurate and age-appropriate information about sexual health, including puberty, reproductive processes, and contraception methods. It educates learners about sexually transmitted infections (STIs), their prevention, and the importance of regular sexual health check-ups. By teaching about responsible sexual behaviour, RSE empowers learners to make informed decisions regarding their sexual health and reduces the risk of unintended pregnancies and STIs.

Consent and Respect:

RSE teaches the importance of consent and emphasises that all forms of sexual activity require clear and ongoing consent. It helps learners recognize and challenge harmful gender stereotypes and norms that perpetuate unhealthy power dynamics and unequal relationships. By promoting respect for diverse identities, including gender and sexual orientation, RSE fosters inclusivity and supports LGBTQ+ learners in feeling valued and accepted.

Personal Safety:

RSE educates learners about personal safety, including online safety, understanding risks associated with sharing personal information online, and navigating healthy digital relationships. It equips learners with the knowledge and skills to recognize and respond to potential risks and dangers, such as sexual exploitation or abusive relationships.

Responsible Decision-making:

RSE encourages learners to make responsible decisions based on accurate information, critical thinking, and consideration of the consequences. It helps learners understand the importance of setting personal boundaries and making choices that align with their values, aspirations, and long-term well-being. RSE also addresses the impact of risky behaviours, such as unprotected sex or substance abuse, and promotes strategies to avoid or minimise such risks.

Overall, RSE plays a vital role in equipping young people with the knowledge, skills, and attitudes necessary to develop and maintain healthy relationships, ensure personal well-being, and make informed and responsible decisions throughout their lives.

External Partnerships

The 14+ Academies are aware that working with external partners will enhance the delivery of both PSHE and RSE and will support all areas to bring in specialist knowledge and implement different methods of engaging with young people. The 14+ Academies work with external partners to ensure that the content delivered is age-appropriate and accessible for all learners. Below are a list external partners who work directly with us to deliver our PSHE and RSE curriculum:

- MindMate
- Child Adolescent Mental Health Service (CAMHS)
- Forward Leeds
- Leeds Sexual Health Clinic
- National Collaborative Outreach Programme (NCOP)
- Uni Connect Programme
- The National Society for the Prevention of Cruelty to Children (NSPCC)
- Stonewall
- The Marketplace
- National Healthy Schools Programme
- West Yorkshire Police Firearms Unit

PSHE in the wider Academic Curriculum

The table below outlines examples of how academic subjects link teaching to PSHE and RSE topics. Doing so provides value to the topics as well as further embedding learning and knowledge.

Maths	Aspects of financial capability, logical problem solving, counting and sharing as well as data handling.
English	Emotional literacy, discussion and debate, enquiry and communication, stories that illustrate aspects of personal and social development and how the media present information.
Science	Science of drugs (including medicines), sexual health, safety and the environment, ethical issues, health and fitness health & safety as well as development of personal and social skills.
Business Technologies	Ever-changing world including that with technology, digital resilience, as well as work and career pathways and the options available to them in the working world.