



SHARP

PSHE



The view of the DfE

To embrace the challenges of creating **a happy and successful adult life**, pupils need knowledge that will enable them to make **informed decisions** about their **wellbeing, health and relationships** and to build their self-efficacy.

Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can **support young people to develop resilience, to know how and when to ask for help, and to know where to access support.**

High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.

Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance, DfE, 2020

To be effective PSHCE will be:

- Age appropriate
- Based on the needs of the children
- Progressive, recapping and building on prior knowledge
- Inclusive
- Delivered by trained and knowledgeable staff in a safe environment

Here are three big issues facing children and young people in Bolton today...

Growing mental health and wellbeing issues in children and young people (C&YP).

In the Children and Young People's Mental Health Support in Bolton report, it was stated that the top four reasons for referral to CAMHS were:

- anxiety (387)
- in crisis (352)
- depression (256)
- and neurodevelopmental (247)

Self-harm, which is typically a result of poor mental health, resulted in more than 100 hospital admissions in Bolton last year.



Increasing amounts of vaping

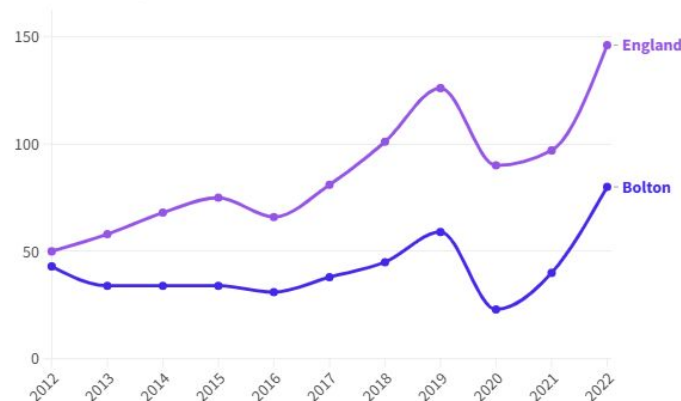
7% of 11 to 17-year-olds were reported to be currently vaping in 2022, compared to 3.3% in 2021. Additionally, it has been said that 10.4% of 11 to 15-year-olds have tried vaping at least once in their lives.

It was reported that Westhoughton High School staff had to resort to calling an ambulance after school children had inhaled a substance using an e-cigarette.

Turton School and St Joseph's RC High School have had cases in which young people have collapsed after using e-cigarettes filled with unknown substances.



Gonorrhoea diagnostic rate per 100,000 people



Source: [UKHSA](#)

The Bolton News

Bolton: Sexual offences at a record high in the borough

Statutory Topics Covered: RSE

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health
- The Law regarding sex and relationships

Statutory Topics Covered: Health and Wellbeing

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention (vaccinations, personal hygiene, sleep, self examination)
- Basic first aid
- Changing adolescent body



Beyond the statutory

- Citizenship
- Aspirations and careers
- Planning finances



Updates from 2026

- **Enhanced Online Safety:** A greater focus on online well-being, including learning about online financial harms (e.g., gaming monetisation, scams), age restrictions on content, and pupils' rights related to privacy, consent, and personal data (like location settings).
- **New Personal Safety Content:** Statutory content now includes learning about recognising and reducing risk in contexts like fire and travel safety (e.g., near water, roads, and railways).
- **Bereavement and Loss:** New learning is required on change and loss, including bereavement, recognising the range of feelings and individual grieving processes.
- **Focus on Skills:** Increased emphasis on developing practical skills like effective communication, assertiveness, setting boundaries, and strategies for managing difficult feelings (frustration, loneliness).
- **Image Sharing:** Guidance suggests some schools may choose to cover image sharing or online sexual content in late primary (Years 5/6) if it's relevant to their pupils, ensuring teaching is age-appropriate.
- **Sex Education Recommendation:** The parental right to withdraw remains in place.
- **Vaping and Nicotine:** These topics are now explicitly included within the teaching on drugs and alcohol.

Why RSE is important

- **Foster Healthy Relationships:** It provides the information needed to develop healthy, nurturing relationships of all kinds.
- **Support Mental Wellbeing:** By understanding what healthy relationships are, pupils can recognize when relationships are unhealthy and understand how positive relationships benefit their mental wellbeing and self-respect.
- **Empower Safe and Informed Choices:** It equips young people with knowledge about safer sex, sexual health, and contraception, enabling them to make safe, informed, and healthy choices throughout their lives.
- **Teach Consent and Respect:** RSE teaches what acceptable and unacceptable behaviour is in relationships.
- **Promote Safety and Address Abuse:** It addresses critical issues like grooming, sexual exploitation, domestic abuse, coercive control, sexual harassment, and violence, and teaches pupils where to find support and report concerns.
- **Address Online Risks:** It covers internet safety, including how to recognise online risks and harmful content, and helps pupils understand how data is used and the dangers of sharing personal material.
- **Encourage Maturity and Self-Esteem:** Effective RSE helps young people mature, build confidence and self-esteem, and understand human sexuality and the reasons for delaying sexual activity.
- **Ensure Inclusivity:** It teaches the facts and the law about sex, sexuality, sexual health in an age-appropriate and inclusive way, ensuring all pupils feel the content is relevant.
- **Clarify the Law:** It informs pupils about relevant legal provisions, such as the age of consent, choices around pregnancy, so they are clear on their rights and responsibilities.

Right to withdraw (sex education only)

Year 7 - pupils to be withdrawn from no lessons as we only focus on relationships and health.

Year 8 -

Summer 1 - Lesson 1 (under pressure - how to avoid pressure to have sex),
Lesson 2 (the importance of delaying sex),
Lesson 3 (contraception),
Lesson 4 (pregnancy).

Year 9 -

Summer 1 - Lesson 2 (the risks associated with alcohol, drugs, sex),
Lesson 3 (Sexually Transmitted Infections).

Year 10 -

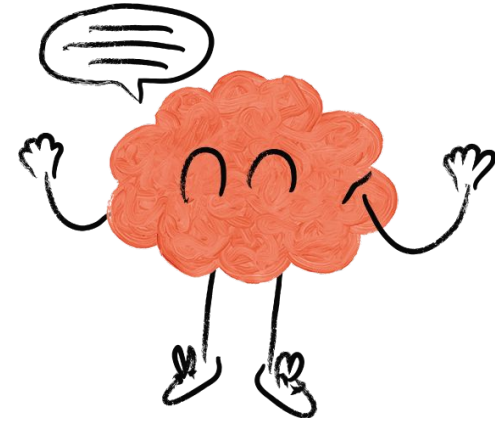
Summer 1 - Lesson 1 (How do our choices affect our health?),
Lesson 2 (facts about reproductive health),
Lesson 3/4 (choices related to pregnancy),
Lesson 5 (miscarriage).



PSHE Twice a week

- PSHCE is now taught as a timetabled lesson.
- Continued to use assemblies, outside speakers and tutor time activities such as The Day to supplement PSHCE.

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Putting pupils at the heart of ever PSHCE Lesson

The “golden thread” that runs through every lesson - SHARP. Every pupil always being at the centre of what we do:

- Big questions “What does it mean to be healthy?”
- “I can statements”
- Target setting “By the end of this term I will...”
- Home learning “find out how to write to your local MP”



Summer 2 - Planning finances

[illegible]



- As we are dealing with sensitive topics it is important that pupils know where they can access support, this is being added to the lessons going forward to sign post pupils.

Safeguarding procedures remain the same if you have a concern or a disclosure is made within a PSHE lesson.

Sources of support: If you have any concerns following today's lesson, please speak to:

- Your Year Coordinator, pastoral team.
- (DSLs) are Mrs Wood, Ms Webster and Mr Savage.
- School nurse 'drop-in' Hill Cot House Tues lunch.
- School counsellors

If you ever feel unsafe in school or out of school, please tell a member of staff.

Questions?

