Bowman Academy **PSHE Policy**
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Our Vision

At Bowman Academy, we believe that high-quality Personal, Social, Health and Economic (PSHE) education is fundamental to preparing pupils for successful, healthy and fulfilling lives.
Our PSHE curriculum equips pupils with the knowledge, understanding, skills and attributes they need to stay safe, stay healthy, develop positive relationships, manage their emotions, become active citizens and prepare for adulthood. It supports pupils to develop resilience, confidence, independence and self-worth whilst promoting inclusion, respect and equality.
As a specialist setting, we recognise that our pupils may require explicit teaching, repetition, adaptation and personalised support to develop the skills needed to navigate the challenges of modern life. Our curriculum is therefore carefully sequenced, age-appropriate and responsive to individual need.

Statutory Framework

This policy has been developed in accordance with the requirements of the Department for Education's statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education, which became effective from September 2026. It also reflects the expectations of the PSHE Association Programme of Study and relevant legislation, including the Education Act 2002, Children and Social Work Act 2017, Equality Act 2010 and current safeguarding guidance.
The school recognises that Relationships Education, RSE and Health Education form statutory elements of the curriculum. In addition, pupils receive broader PSHE education, including learning related to economic wellbeing, careers, citizenship and preparation for adulthood.

Aims

At Bowman Academy PSHE education aims to support pupils in becoming healthy, safe, confident and responsible members of society. The curriculum seeks to develop pupils' understanding of physical and mental wellbeing, promote positive relationships and prepare them for opportunities, responsibilities and experiences of adult life.

Through PSHE education, pupils are encouraged to:

- Develop resilience and self-confidence
- Understand how to maintain positive physical and mental health
- Form safe and respectful relationships
- Recognise risks and know how to seek support
- Respect diversity and value differences
- Develop financial awareness and independence skills
- Contribute positively to their communities.

Curriculum Design

The PSHE curriculum is organised around three interrelated themes:

Health and Wellbeing
This strand enables pupils to develop an understanding of both physical and mental health. Pupils learn about healthy lifestyles, emotional wellbeing, self-care, personal safety and managing change. They are supported to recognise emotions, develop coping strategies and identify sources of help when needed.

Relationships
The relationships strand focuses on developing positive interactions with others and understanding the characteristics of healthy relationships. Pupils learn about friendships, family relationships, respect, consent, personal boundaries and safeguarding. They are taught how to recognise unhealthy behaviours and how to seek support when concerns arise.

Living in the Wider World
This area of learning prepares pupils for active participation in society. It includes citizenship financial education, careers learning, digital citizenship and preparation for adulthood. Pupils are encouraged to develop independence, responsibility and an understanding of their role within local and wider communities.

Economic Wellbeing and Careers Education

Preparing pupils for adulthood is a key element of the curriculum at Bowman Academy. Through age appropriate learning opportunities, pupils develop an understanding of money, employment and personal responsibility. Learning supports pupils to become increasingly independent and to make informed decisions about their future.

Content areas include:

- Managing money and budgeting
- Understanding needs and wants
- Careers awareness and aspirations
- Employability and workplace expectations
- Enterprise and problem solving skills
- Preparation for adult life and transitions

Where appropriate, learning is linked to pupils' Education Health and Care Plan (EHCP) outcomes and individual transition pathways.

Online Safety and Emerging Risks
Bowman Academy recognises that pupils require specific teaching about modern online risks.
The curriculum includes:

- Digital citizenship.
- Safe use of social media.
- Online grooming.
- Sexting and sharing images.
- Deepfake and AI-generated content.
- Online pornography and its potential harms.
- Influencer culture and harmful online narratives.
- Misogyny and gender-based prejudice.
- Incel culture and harmful online communities.
- Coercive control and manipulation.
- Financial exploitation and scams.
- Reporting concerns and accessing support.

Equality, Inclusion and Protected Characteristics

PSHE will be delivered in accordance with the Equality Act 2010. Teaching relating to sex, sexual orientation, gender reassignment and protected characteristics will be factual, age appropriate and balanced. Where topics are subject to societal debate, staff will present factual information and applicable law without promoting political or ideological viewpoints.

Teaching will foster respect for all people, promote inclusion and dignity, challenge discrimination and prejudice and reflect the diversity of modern British society.

SEND and Additional Vulnerability

As a specialist setting, Bowman Academy adapts PSHE to meet pupils' individual needs and is sensitive to pupils experiences and circumstances. Delivery of PSHE will be facilitated by pupil's individual learning adaptations and may include social stories, visual supports and additional targeted support.

The school recognises that pupils with SEND can be disproportionately vulnerable to abuse and exploitation and will ensure teaching explicitly addresses these risks. In support of this particular emphasis is placed upon; personal safety, recognising abuse, privacy and consent, healthy relationships, online safety, community safety, independent living skills and preparation for adulthood.

Working with Parents and Carers

Bowman Academy recognises that parents and carers are children's first educators and that effective partnerships between home and school are essential. We are committed to maintaining open communication about our PSHE curriculum and ensuring that parents understand what is being taught and why it is important.

Information about curriculum content will be made available through the school website, curriculum information and parental communications. Parents and carers are invited to discuss any questions or concerns with school staff.

By working collaboratively with families, we aim to provide consistent messages that support pupils' personal development, wellbeing and safety.

Safeguarding

PSHE, with the inclusion of RSHE (Relationship Sex Health Education), contributes directly to the school's safeguarding practices and supports pupils to recognise abuse, exploitation, coercion, grooming and harmful relationships. Any disclosures indicating risk of harm will be managed in accordance with school safeguarding procedures. No member of staff will promise confidentiality where safeguarding concerns exist. In order to promote a safe and secure learning environment staff will: establish clear classroom expectations, respond sensitively to disclosures, follow safeguarding procedures and report concerns immediately to DSL/DDSL.

Right to Withdraw

Parents have the right to request withdrawal from some aspects of sex education delivered outside of the National Curriculum science programme.

Parents cannot withdraw pupils from:

- Relationship Education
- Health Education
- National Curriculum Science content

Monitoring and review

PSHE is the responsibility of all staff at Bowman however the PSHE/RSHE subject leader will also:

- Support colleagues in their teaching, by keeping informed about current developments in the subject and providing resources where appropriate,
- Contribute to staff meetings and training sessions to facilitate the teaching of PSHE

The effectiveness of PSHE provision will be monitored through:

- Learning walks
- Book looks
- Pupil voice
- Staff feedback
- Curriculum monitoring
- Assessment information