



True North Alternative Provision

PSHE and RSE Policy

Personal, Social, Health Education (PSHE) and Relationships and Sex Education (RSE)
True North Alternative Provision

Policy status: Statutory

Date of implementation: 14.02.2026

Review cycle: Annual or in response to updated legislation or guidance

Next review due: 14.02.2027

1. Policy Statement

True North Alternative Provision is committed to delivering high-quality Personal, Social, Health Education (PSHE), including Relationships and Sex Education (RSE), that supports students to develop the knowledge, skills, and understanding they need to stay safe, healthy, and prepared for adult life.

Our PSHE/RSE curriculum is trauma-informed, therapeutic, and responsive to the complex needs of students accessing alternative provision. It is delivered in a safe, respectful, and inclusive way, promoting positive relationships, emotional wellbeing, and personal responsibility.

2. Aims of PSHE and RSE

The aims of PSHE and RSE at True North Alternative Provision are to:

- Support students' social, emotional, and mental wellbeing
 - Teach students how to form healthy, respectful relationships
 - Equip students with knowledge to keep themselves safe, including online and in the community
 - Promote resilience, self-regulation, and emotional literacy
 - Prepare students for adulthood, employment, and reintegration into education
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3. Legal and Regulatory Framework

This policy is informed by and complies with:

- Education Act 2002
- Children and Social Work Act 2017

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- Relationships Education, Relationships and Sex Education (RSE) and Health Education (DfE guidance) 2025
- Keeping Children Safe in Education (KCSIE) 2025
- Equality Act 2010
- Ofsted Education Inspection Framework (EIF) 2019

4. Statutory Requirements

4.1 PSHE

PSHE is a non-statutory subject; however, at True North Alternative Provision it is a core part of our curriculum offer due to its importance in supporting safeguarding, wellbeing, and life skills.

4.2 RSE

RSE is statutory for secondary-aged students. Content is age-appropriate, developmentally appropriate, and responsive to individual need.

Parents/carers retain the right to request withdrawal from sex education (not relationships education) in line with statutory guidance.

5. Curriculum Intent, Implementation, and Impact

5.1 Curriculum Intent

Our PSHE/RSE curriculum aims to:

- Address gaps in students' prior learning
- Support students who may have experienced trauma or adverse life experiences
- Promote safeguarding, consent, and healthy choices
- Build confidence, self-worth, and aspiration

5.2 Curriculum Implementation

PSHE/RSE is delivered through:

- Discrete taught sessions
- One-to-one or small group work
- Therapeutic discussions and activities

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- Cross-curricular opportunities

Teaching is adapted to meet individual needs and may include visual, practical, and discussion-based approaches.

5.3 Curriculum Impact

Impact is measured through:

- Improved emotional regulation and engagement
- Student voice and reflection
- Half termly well-being surveys on Learntrek to gather feedback on the support and wrap around care provided
- Behavioural improvements
- Safeguarding outcomes
- Progress towards reintegration to education or next steps

6. PSHE/RSE Content Overview

Content may include:

- Healthy friendships and relationships
- Respect, equality, and diversity
- Consent and boundaries
- Online safety and digital relationships
- Emotional wellbeing and mental health
- Physical health, including substance misuse awareness
- Sex, sexuality, and sexual health (age-appropriate)
- Personal safety and exploitation awareness

7. Teaching Sensitive Topics

Sensitive topics are taught:

- In a safe, respectful environment
- By trained and confident staff
- With clear ground rules
- In line with safeguarding procedures

Any disclosures are managed in accordance with the Safeguarding Policy.

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8. Safeguarding and PSHE/RSE

PSHE/RSE plays a key role in safeguarding by:

- Teaching students how to recognise abuse and exploitation
- Encouraging help-seeking behaviour
- Supporting understanding of consent and boundaries

Staff follow safeguarding procedures if concerns arise during lessons.

9. Equality, Inclusion, and SEND

PSHE/RSE at True North Alternative Provision:

- Is inclusive and accessible to all students
- Reflects diversity in relationships and families
- Makes reasonable adjustments for SEND
- Respects students' backgrounds, beliefs, and experiences

Teaching does not promote discrimination or prejudice.

10. Student Voice and Engagement

Students are encouraged to:

- Share views appropriately
- Ask questions in a safe environment
- Influence the curriculum where appropriate

Student voice informs curriculum development and review.

11. Parental Engagement

True North Alternative Provision:

- Communicates openly with parents/carers about PSHE/RSE

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- Shares curriculum information on request
- Responds to concerns sensitively

Requests for withdrawal from sex education are considered on an individual basis in line with statutory guidance.

12. Staff Training and Support

Staff delivering PSHE/RSE:

- Receive appropriate training
 - Are supported by leadership
 - Have access to high-quality resources
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13. Monitoring, Evaluation, and Review

The quality and effectiveness of PSHE/RSE is monitored through:

- Curriculum review
 - Lesson observations and feedback
 - Safeguarding data
 - Student and parent feedback
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14. Policy Review

This policy will be reviewed annually or in response to changes in legislation or guidance.

Approved by: Joanne Herschell-Smith / Head of True North Alternative Provision

Date: 14.02.2026 **Review Date:** 14.02.2027

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