



Central Co-operative Learning Trust

Trust Policy for the teaching of
**Personal, Social, Health and
Economic Education**, including
**Relationships and Sex
Education**

**Summary
for
Parents and Carers**

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PSHE Education
STOKE-ON-TRENT & STAFFORDSHIRE

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This summary explains the key points of the Trust's PSHE, Relationships, Sex and Health Education policy. It is designed to help parents and carers quickly understand what is taught, why it matters, and how they can find out more.

What is PSHE?

PSHE stands for Personal, Social, Health and Economic education. It helps children learn how to stay safe, look after their health and wellbeing, build positive relationships, understand their feelings, and make sensible choices as they grow up.

Why is it taught?

- To help children stay safe in school, online and in the wider community.
- To support children's mental and physical health.
- To help children understand friendships, families and respectful relationships.
- To give children confidence to ask for help when they need it.
- To prepare children for changes as they grow up.

What will children learn about?

- Feelings, emotions and wellbeing.
- Healthy friendships and respectful relationships.
- Families and people who care for children.
- Online safety and responsible use of technology.
- Keeping safe and knowing where to get help.
- Physical health, healthy eating, hygiene and basic first aid.
- Puberty and body changes, taught in an age-appropriate way.
- Economic wellbeing and preparing for the future.

How is it taught?

Lessons are planned carefully so learning builds over time as children get older. Teaching is age-appropriate, factual, balanced and inclusive. Staff use discussion, activities, stories, scenarios and question boxes to help children learn in a safe and respectful way.

Can parents and carers see the resources?

Yes. Parents and carers can ask their child's school to view the resources used in PSHE and discuss what will be taught. Schools will share information about the curriculum and welcome questions from families.

Can parents and carers withdraw their child?

Parents and carers may withdraw their child from the Year 6 sex education lesson on conception and contraception. Children cannot be withdrawn from Relationships Education, Health Education, or content that is part of the Science curriculum. Parents who wish to withdraw their child from the sex education lesson should complete the request form in Appendix B and send it to the Headteacher.

How are children kept safe during lessons?

- Classes agree rules for respectful discussion.
- Children can ask questions safely, including through a question box.
- Staff answer questions in a factual, age-appropriate way.
- If a question or concern suggests a safeguarding issue, staff follow the Trust's safeguarding procedures.
- Lessons are adapted so all children can access learning appropriately.

Who should parents and carers contact?

Parents and carers who want more information should contact the PSHE Lead at their child's school. The full policy is available on the Trust website, individual school websites, or by contacting the Trust or school office.