



## **Personal, Social & Health Education (PSHE) Policy and Citizenship Programme of Study**

At the heart of the School's values and ethos is the belief that each boy should be developed in terms of general education both in and beyond the classroom, following and going further than the DfE's guidance that 'All schools should make provision for PSHE education, drawing on good practice'.

Boys at Bedford School should be given guidance to develop in social confidence and social awareness in order that they are adequately prepared for the opportunities, responsibilities and experiences of adult life.

We believe in and deliver PSHE (Personal, Social and Health Education) to all pupils. The school's Christian foundation is important in terms of the values we espouse and the approach we take to promoting the spiritual, moral, social and cultural development of each boy.

At the same time, the school both recognises and welcomes the fact that we are a diverse community with many different faith backgrounds or none. Further details of this aspect can be found in our Culture, Race and Religion policy.

The Upper School and Prep School both have significant programmes to ensure that the above is realised, whilst also recognising that such values are inculcated in every aspect of school life, from tutoring to teaching to life outside the classroom.

Within these programmes, the school is aware of its obligations under the Equality Act (2010), Keeping Children Safe in Education (2016), and the 'Prevent' duty. The school does all required to keep both boys and staff up-to-date according to the latest policy changes, through appropriate changes to the programme of studies each year.

The Upper School incorporates PSHE within its General Education programme. Regular Citizenship mornings are the primary mode of delivery of our formal PSHE programme, which also includes provision of Careers guidance and economic education.

The core school values of Integrity, Responsibility, Curiosity and Endeavour are reflected in our approach to PSHE Education. To deliver such education is part of our statutory duty as outlined in the Education Act 2002 to provide a balanced and broad-based curriculum, fulfilling our responsibilities to the boys and to the DfE and ISI with regard to personal development, behaviour, preventing and tackling bullying, equality, welfare and safeguarding.

We also use our PSHE programme to encourage respect for others, with particular regard to protected characteristics under the Equality Act of 2010. Year Group Assemblies, Chapel and Whole School assemblies are also used to address many of the themes below. Boys (and parents) are also given advice on choosing GCSE and post-16 courses.

In the absence of a national programme of study from the DfE the PSHE Association, in wide consultation, has produced its own programme of study, regularly updated, to assist schools such as ours in fulfilling our statutory responsibilities to support boys' spiritual, moral, cultural, mental and physical development. We use this resource, alongside others, and plan PSHE not in isolation, but as part of a culture within School with cross-curricular links as already mentioned.

Further details for the Prep and the Upper schools – including schemes of work and outlines of approach - can found in the Prep School Policy PSHE Programme (published separately) and in the Upper School PSHE and Citizenship Programme of Study.

**James Hodgson**

Head Master

Reviewed January 2018

Next review March 2021

## Citizenship Programme of Study – general guide:

The overarching intrapersonal and interpersonal, enquiry and intrinsic motivation skills are embedded within each full year of PSHE for each year group and throughout their whole School experience of Citizenship as they progress up the School. These include the PSHE Assn's concepts of Identity, Relationships, a healthy balanced lifestyle, Risk, Safety, Diversity, Equality, Rights, Responsibilities, Consent, Change, Resilience, Power and Careers.

The topics below are taught in small groups, as lectures, plays, workshops, activities and many other ways, and are provided by not only staff boys are familiar with but also visiting speakers and organisations, peer teaching, and theatre groups.

PSHE Assn:	Health and Wellbeing	Relationships	Living in the Wider World	Bedford School:	Citizenship, Politics and Diversity	Study Skills resilience	Respect
<b>4ths</b>	<ul style="list-style-type: none"> <li>- Anti-bullying</li> <li>- Resilience</li> <li>- Alcohol – the facts</li> <li>- Drugs/smoking intro</li> <li>- Food waste and healthy eating</li> </ul>	<ul style="list-style-type: none"> <li>- Cyber-bullying</li> <li>- On and off line relationships</li> <li>- Sexual relationship mgmt.</li> <li>- Unwanted contact</li> </ul>	<ul style="list-style-type: none"> <li>- Internet Safety</li> <li>- Teamwork, enterprise skills</li> </ul>	<b>4ths</b>	<ul style="list-style-type: none"> <li>- Visiting authors</li> <li>- Movember campaign</li> </ul>	<ul style="list-style-type: none"> <li>- Intro to the Upper School</li> <li>- Raising aspirations</li> <li>- Beyond Bedford – Options Evening</li> </ul>	<ul style="list-style-type: none"> <li>- Educate Girls</li> </ul>
<b>Rems</b>	<ul style="list-style-type: none"> <li>- Body Awareness</li> <li>- Mental Health intro</li> <li>- Peer influence, sexuality and consent</li> <li>- STIs/contraception</li> </ul>	<ul style="list-style-type: none"> <li>- Social Inclusion</li> <li>- Exploitation</li> <li>- Digital Literacy</li> <li>- Sexting</li> </ul>	<ul style="list-style-type: none"> <li>- Psychometric personality and career testing</li> <li>- Homelessness, rights and responsibilities</li> </ul>	<b>Rems</b>	<ul style="list-style-type: none"> <li>- Learning about our Differences</li> <li>- Discrimination</li> <li>- Movember campaign</li> </ul>	<ul style="list-style-type: none"> <li>- Elevate workshop</li> <li>- Beyond Bedford</li> </ul>	<ul style="list-style-type: none"> <li>- Tolerance and Resilience</li> </ul>
<b>5ths</b>	<ul style="list-style-type: none"> <li>- Testicular Cancer</li> <li>- Coping strategies for stress</li> <li>- Addiction</li> </ul>	<ul style="list-style-type: none"> <li>- Pornography</li> <li>- LGBT</li> <li>- Personal values</li> </ul>	<ul style="list-style-type: none"> <li>- CVs and employability</li> <li>- Debt and Gambling</li> </ul>	<b>5ths</b>	<ul style="list-style-type: none"> <li>- Movember campaign</li> <li>- Role models</li> <li>- Gaining work experience and entrepreneurship</li> </ul>	<ul style="list-style-type: none"> <li>- Elevate workshop</li> <li>- Beyond Bedford – What to do after GCSEs?</li> </ul>	<ul style="list-style-type: none"> <li>- Ethical sourcing</li> <li>- Bereavement</li> </ul>
<b>L6th</b>	<ul style="list-style-type: none"> <li>- Legal highs</li> <li>- Driving</li> <li>- Maximise your potential</li> </ul>	<ul style="list-style-type: none"> <li>- Informed Consent</li> <li>- Myths and Challenges</li> </ul>	<ul style="list-style-type: none"> <li>- Centigrade psychometric careers testing</li> </ul>	<b>L6th</b>	<ul style="list-style-type: none"> <li>- Prejudice and Polarisation</li> <li>- Movember campaign</li> <li>- Meet an MP</li> </ul>	<ul style="list-style-type: none"> <li>- Elevate workshop</li> <li>- Beyond Bedford</li> </ul>	<ul style="list-style-type: none"> <li>- Holocaust Education</li> </ul>
<b>U6th</b>	<ul style="list-style-type: none"> <li>- Eating healthily at uni</li> <li>- Sexual health audit</li> </ul>	<ul style="list-style-type: none"> <li>- Relationships at uni</li> </ul>	<ul style="list-style-type: none"> <li>- Money mgmt. at uni</li> <li>- Current affairs</li> </ul>	<b>U6th</b>	<ul style="list-style-type: none"> <li>- Movember campaign</li> <li>- Challenging extremism and radicalisation</li> </ul>	<ul style="list-style-type: none"> <li>- Beyond Bedford</li> </ul>	<ul style="list-style-type: none"> <li>- U6th Lecture circuit</li> </ul>

N.B. Additional whole school projects which aim to raise awareness/educate/involve boys and run at different times within the school year include: Movember (Autumn Term); YMCA sleepout (Spring Term) and Live Below the line (Summer Term).