

You may be reading this guide because your child's school will be using some or all of Pol-Ed's lessons and assemblies to teach Personal, Social, Health and Economic (PSHE) education. It's very normal for parents and carers to have questions about PSHE and to want to understand what their child will learn, why it is taught, and how we make sure the lessons are age appropriate and sensitive to children's needs.

What is PSHE and how is it different to RSHE?

PSHE stands for Personal, Social, Health and Economic education. It includes topics such as relationships, mental health, careers, online safety and physical health. Schools have been teaching PSHE for many years, but until 2020 it was non-statutory, meaning schools could choose whether to teach it. In 2020, parts of PSHE became statutory (a legal requirement). This statutory part is called Relationships and Health Education (RSHE). Some primary schools use the term RHE, because sex education is only statutory in secondary schools.

What is Pol-Ed and how does it support PSHE and RSHE?

Pol-Ed provides schools and colleges with everything they need to deliver PSHE and statutory RSHE. Our aim is to help all children and young people gain the knowledge, skills and confidence to live happy, safe and responsible lives. Our resources focus on helping pupils make positive choices that protect themselves and others and prevent harm before it happens.

How can I be confident the Pol-Ed resources are suitable for my child?

All Pol-Ed lessons and assemblies are planned by PSHE experts who are former teachers and school leaders. They understand how sensitive some PSHE topics can be and know how to create lessons that are engaging but also comfortable and safe for pupils. We do not use shock tactics or scary images. Instead, we teach children the knowledge and skills they need to make safe decisions. All our resources follow statutory guidance carefully, so children learn the right content at the right time. We regularly receive excellent feedback from teachers and pupils and are confident that our lessons are positive and age appropriate.

What does an average lesson look like?

Lessons are taught using a slide deck that your child's teacher will talk through with the class. Lessons share key information and usually include made-up scenarios or questions for pupils to discuss. This helps them show their learning and apply their knowledge. Scenarios also create a safe space because pupils can talk about characters rather than themselves. Some lessons include simple worksheets. We use images to support learning, but we never include images of genitalia, sexual acts, or offensive weapons.



I'm not sure I want my child to learn sex education, what can I do?

Parents and carers can ask for their child to be taken out of the sex-education parts of RSHE. The head teacher or another school leader will speak with you to explain what is taught and what your child might miss.

In primary schools, withdrawal must be agreed unless the content is part of the science curriculum.

In secondary schools, head teachers can refuse a withdrawal request only in rare cases, such as safeguarding concerns.

From three terms before their 16th birthday, pupils can choose to take part in sex education even if parents and carers previously withdrew them. If a child is withdrawn, the school will provide suitable alternative work. Parents/carers cannot withdraw children from relationships education, health education, or science lessons that include topics like puberty or reproduction.

If you have concerns about your child's RSHE curriculum, you should contact the school. Pol-Ed is confident that all resources linked to romantic and sexual relationships are age appropriate, culturally sensitive, inclusive, and promote healthy, respectful relationships.

Can Pol-Ed help me talk about PSHE topics at home?

This is something we are currently developing. We know that while PSHE lessons in school are important, the conversations that happen at home are just as important. We are working on a range of resources and information guides to help parents and carers have open conversations about the topics affecting children and young people today. Schools will share these with parents and carers as they become available.

Is Pol-Ed on social media?

Yes. You can find Pol-Ed on:

-  Facebook
-  LinkedIn
-  Instagram

Want to find out more?

-  www.Pol-Ed.co.uk
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