

# Park view academy RSHE statement of Intent

## Statement of Intent

At PVA we believe that a strong RSHE curriculum is vital to pupils' personal development because it equips them with the knowledge and skills needed to navigate a complex and rapidly changing world. Updated statutory guidance highlights that children today face increasing exposure to harmful online content, misogynistic attitudes, and digital risks, making it essential that schools provide preventative education that builds confidence, resilience, and sound decision-making skills. RSHE also supports students' wellbeing by fostering healthy relationships, promoting respect and kindness, and strengthening mental health literacy—including understanding grief, loss, and loneliness. Through early, inclusive, and age-appropriate learning, pupils gain the foundations they need to stay safe, develop positive self-esteem, and build healthy interpersonal relationships throughout adolescence and into adulthood.

### **The DfE provides the following definition in its guidance:**

“Children and young people need knowledge and skills that will enable them to make informed and ethical decisions about their wellbeing, health and relationships. High quality, evidence-based teaching of relationships, sex and health education (RSHE) can help prepare pupils for the opportunities and responsibilities of adult life, and can promote their moral, social, mental and physical development. Effective teaching will support young people to cultivate positive characteristics including resilience, self-worth, self-respect, honesty, integrity, courage, kindness, and trustworthiness. Effective teaching will support prevention of harms by helping young people understand and identify when things are not right.”

## Aligned with the NCFE Programme and Whole-School PSHE Curriculum

### 1. Vision & Purpose

At Parkview Academy, we are committed to delivering a high-quality, sequenced and age-appropriate Relationships, Sex and Health Education (RSHE) curriculum that equips pupils in Years 7–11 with the knowledge, skills and values they need to develop healthy relationships, maintain physical and mental wellbeing, and navigate an increasingly complex world. Our RSHE provision is fully integrated with the NCFE RSHE qualifications suite and supported by our broader PSHE curriculum to ensure comprehensive personal development.

We recognise our statutory duty to deliver RSHE in accordance with the DfE statutory guidance, updated in December 2025 and to be fully implemented by September 2026.

## 2. Statutory and Legislative Framework

Our RSHE programme complies with all relevant UK legislation and statutory duties, including:

### 2.1 Education Act Requirements

- Education Act 1996, Section 403, requiring schools to provide balanced and factual sex education.
- Education Act 2002, Section 80A, establishing compulsory Relationships Education and RSE.

### 2.2 Updated DfE Statutory Guidance (2019–2025, revised 2026)

Key updates include:

- Emphasis on misogyny, violence against women and girls (VAWG), pornography harms, and digital safeguarding.
- New statutory content on personal safety (roads, railways, water, public spaces).
- Expanded expectations around online safety, including AI deepfakes, online subcultures, and toxic influencers.
- Strengthened mental health components, including grief, loss, and loneliness.
- Reinforced duty to ensure age-appropriateness, parental consultation, and transparency in materials.

### 2.3 Safeguarding Responsibilities

RSHE contributes to our Preventative Safeguarding Strategy and supports statutory duties under:

- Keeping Children Safe in Education (KCSIE).
- Updated RSHE guidance emphasising early intervention and response to emerging risks online and offline.

## 3. Curriculum Structure (Years 7–11)

We deliver RSHE through both:

1. NCFE's full RSHE qualifications suite, and
2. Our PSHE curriculum, which deepens and contextualises learning.

### 3.1 NCFE RSHE Units (Mapped to Year Groups)

Year	NCFE Unit	Guided Learning Hours	Core Themes
Year 7	Unit 1 – RSHE	36 GLH	Healthy relationships; puberty; personal safety; digital behaviour
Year 8	Unit 2 – RSHE	36 GLH	Respectful relationships; emotional literacy; bullying; online identity
Year 9	Unit 3 – RSHE	36 GLH	Sexual health foundations; consent; discrimination; mental wellbeing
Year 10	Unit 4 – RSHE	36 GLH	Sexual relationships; contraception; harmful behaviours; VAWG
Year 11	Unit 5 – RSHE	24 GLH	Preparing for adulthood; managing risk; digital footprints; health choices

### 3.2 Integration with PSHE Curriculum

Our PSHE curriculum complements NCFE progression and includes:

- Citizenship & British values
- Mental health education
- Online safety & media literacy
- Financial education and life skills
- Substance misuse and risk management

Recent statutory updates emphasise:

- Teaching correct anatomical vocabulary for safeguarding.
- Expanded content on online harms, fraud, gaming risks, privacy and data rights.

## 4. Key Themes Across the Curriculum

### 4.1 Healthy & Respectful Relationships

- Friendship, family structures, respect and tolerance.
- Recognition of positive and harmful behaviours.
- Inclusion of LGBTQ+ perspectives, ensuring visibility and equality.

#### 4.2 Consent, Sexual Health & Wellbeing

- Consent taught progressively from Year 7–11, with deeper exploration in KS4.
- Contraception, pregnancy choices, and access to support services (Year 9–11).
- Ethical behaviour beyond consent: kindness, respect and responsibility.

#### 4.3 Online Safety & Digital Citizenship

- Misogyny online, harmful influencers, pornography harms, and AI-related risks.
- Critical engagement with online information, media literacy, personal data rights.
- Managing exposure to inappropriate content; reporting and seeking help.

#### 4.4 Physical Health & Mental Wellbeing

- Healthy lifestyle choices, sleep, nutrition, exercise.
- Mental health literacy including stress, anxiety, grief, and emotional regulation.
- Menstruation education (inclusive, factual, destigmatised).

#### 4.5 Personal Safety

- Road, rail and water safety (introduced in the 2025 updates).
- Understanding boundaries, recognising grooming or exploitation, and seeking help.

### 5. Teaching and Learning Approach

Our RSHE curriculum is delivered through:

- Specialist PSHE staff and trained teachers.
- A trauma-informed, inclusive, and evidence-based approach.
- Safe, respectful classroom discussions and clear ground rules.
- Regular staff CPD in line with new statutory expectations.

External agencies may contribute but will always be vetted to ensure:

- Accuracy of resources

- No restrictions on parental access to materials

## 6. Assessment & Progression

Assessment follows NCFE guidance and includes:

- Portfolio evidence
- Reflective tasks
- Class discussion contributions
- Teacher assessment of engagement and understanding

Achievement in RSHE supports Ofsted expectations for character development and personal development.

## 7. Parental Engagement

We maintain full transparency with parents by:

- Consulting on policy updates
- Sharing curriculum maps and materials on request

Parents maintain the right to request withdrawal from non-statutory sex education elements as defined by the DfE.

## 8. Inclusion & Accessibility

Our RSHE curriculum is inclusive of:

- SEND learners, with tailored materials and approaches
- Diverse family structures
- LGBTQ+ pupils, ensuring safety, visibility and respect

We ensure that content is appropriate, accessible and sensitive to pupils' lived experiences.

## 9. Monitoring & Review

The RSHE policy and curriculum are reviewed annually in line with:

- Updated statutory requirements
- Emerging safeguarding concerns
- Community and pupil voice
- Updates from NCFE qualification guidance

The school will fully adopt all changes required for the 2026 statutory RSHE framework

