

PSHE: Parent Frequently Asked Questions

What is PSHE?

PSHE (Personal, Social, Health and Economic Education) is an important part of every student's education. It helps young people develop the knowledge, skills and confidence they need to lead healthy, safe and fulfilling lives.

At Lutterworth College, our PSHE curriculum supports our motto:

"Enabling every young person to learn, flourish and succeed."

Through engaging and age-appropriate lessons, students develop the understanding and resilience needed to make informed decisions, build positive relationships and become responsible citizens.



Why is PSHE important?

PSHE equips students with the knowledge and skills to navigate the opportunities and challenges of modern life.

Our curriculum supports students to:

- Develop positive physical and mental wellbeing.
- Build healthy, respectful relationships.
- Stay safe both online and offline.
- Understand the wider world and their role within it.
- Develop confidence, resilience and independence.
- Prepare for further education, employment and adult life.

Our PSHE curriculum also reflects our CHRIST Values:

Courageous – speaking up, making positive choices and standing up for others.

Hardworking – taking responsibility for personal growth and learning.

Reflective – considering actions, decisions and their impact on ourselves and others.

Inspiring – encouraging positive relationships and aspirations.

Supportive – showing empathy, kindness and respect.

Tenacity – developing resilience when facing challenges.

These values underpin everything we teach and help students become compassionate, responsible and confident young adults.

How often is PSHE taught?

Students receive dedicated PSHE lessons throughout their time at Lutterworth College.

Years 7-11: One lesson per fortnight.

Year 12: Two lessons per fortnight.

Learning is also reinforced through assemblies, mentor time, Pause For Thought, enrichment opportunities and whole-school awareness events.

What topics are covered?

Our curriculum is built around three key themes:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

These themes are revisited throughout a student's journey, allowing knowledge and understanding to develop in an age-appropriate and progressive way.

Topics include:

- Physical and mental health
- Healthy relationships
- Relationships, Sex and Health Education (RSHE)
- Online safety
- Personal safety
- Financial education
- Careers and employability
- Protected Characteristics
- Diversity, equality and inclusion

What is Relationships, Sex and Health Education (RSHE)?

Relationships, Sex and Health Education is a statutory part of the curriculum and forms an important element of PSHE.

RSHE helps students to:

- Build healthy, respectful relationships.
- Understand consent, boundaries and mutual respect.
- Learn about physical and emotional health.
- Understand human development.
- Make informed and responsible decisions.

Our lessons are taught sensitively, inclusively and in an age-appropriate way, creating a safe environment where students can ask questions and develop understanding.

Can I withdraw my child from sex education?

Parents and carers have the right to request that their child be withdrawn from the sex education elements of RSHE that are delivered outside of the statutory science curriculum.

There is no right to withdraw from Relationships Education or Health Education, as these are statutory requirements.

If you are considering making a request, we encourage you to contact the school so we can discuss the curriculum and answer any questions you may have.

Will my child learn about different families and relationships?

Yes.

Our curriculum reflects the diverse society in which we live and promotes respect, inclusion and understanding for everyone.

Students learn about different families, cultures, beliefs and relationships in an age-appropriate way, helping them develop empathy, kindness and respect for others.

How are sensitive topics taught?

Teachers establish a safe, respectful and supportive classroom environment where students feel comfortable discussing important issues.

Lessons are carefully planned using high-quality resources and are delivered in an age-appropriate manner. Students are encouraged to ask questions respectfully and understand that everyone's views and experiences deserve consideration.

How can I support my child at home?

Parents and carers play an essential role in supporting PSHE learning.

You can support your child by:

- Talking regularly about what they are learning.
- Encouraging open and honest conversations.
- Discussing current events and issues together.
- Promoting healthy relationships and positive wellbeing.
- Helping them think critically about information they encounter online.

Useful conversation starters include:

- "What have you been learning about in PSHE?"
- "What do you think about that topic?"
- "Why do you think that is important?"

Who can I contact if I have any questions?

We value our partnership with parents and carers and welcome any questions about our PSHE curriculum.

If you would like to discuss any aspect of PSHE or RSHE, please contact:

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LUTTERWORTH COLLEGE
ENABLING EVERY YOUNG PERSON TO **LEARN, FLOURISH AND SUCCEED**