



PSHE at King Edward VI: An Overview

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KING EDWARD VI
SCHOOL LICHFIELD

What do PSHE, RSE and RSHE mean?

PSHE

Personal, Social, Health and Economic education. It helps pupils develop knowledge, skills and attributes for health, relationships, safety, money, careers and life beyond school.

RSE

Relationships and Sex Education. At secondary school, RSE is statutory. It includes respectful relationships, being safe and age-appropriate learning about intimate and sexual relationships and sexual health.

RSHE

A common shorthand for Relationships, Sex and Health Education. The DfE statutory guidance covers Relationships Education, RSE and Health Education.

In our curriculum, statutory RSHE sits within a broader PSHE programme.

PSHE at KES - Themes

Staff:

Lead Teacher for RSE:
Mrs K Riley

Lead Teacher for Online:
Mr J Noakes

Careers Advisor:
Mrs K Baker

PSHE
OBJECTIVES

1. We are **READY** to learn what is meant by a healthy lifestyle and why it is important to lead a healthy lifestyle.

2. We will **RESPECT** each others opinions and understand the importance of supporting each other to improve their physical health.

3. We will **STRIVE** to lead a healthy lifestyle.

Health



Today's PSHE lesson is on

Healthy Lifestyles



PSHE
OBJECTIVES

1. We are **READY** to learn about where the pressures to look a certain way online come from.

2. We will **RESPECT** each others views as to what is considered the 'ideal' body image online and the actual reality.

3. We will **STRIVE** to know where they can go for advice and support with body image concerns.

Health



Today's PSHE lesson is on

Body Image Online



PSHE
OBJECTIVES

1. We are **READY** to learn about Stereotypes

2. We will **RESPECT** and understand and celebrate our differences

3. We will **STRIVE** to adopt values in our lives which actively challenging stereotyping

RSE



Today's lesson is on

STEREOTYPING



PSHE
OBJECTIVES

1. We are **READY** to learn about the powers of the police in the UK.

2. We will **RESPECT** that people will have different viewpoints about the role of the police and police powers.

3. We will **STRIVE** to understand the powers of the police in the UK.

Citizenship



Today's PSHE lesson is on

The UK Justice System: Law Enforcement

Morning Routine

Registration Activities

Year 7

Monday	Tuesday	Wednesday	Thursday	Friday
				
<i>Reading</i>	<i>Assembly</i>	<i>Wellbeing</i>	<i>Quiz</i>	<i>News Update</i>

Wellbeing

PSHE

OBJECTIVES

1. We are **READY** to improve our mental wellbeing.
2. We will **RESPECT** each others right to express opinions and understand the importance of supporting each other in relation to mental wellbeing.
3. We will **STRIVE** to improve our own and support others in improving their mental wellbeing.

Health



PSHE

OBJECTIVES

1. We are **READY** to improve our mental wellbeing.
2. We will **RESPECT** each others right to express opinions and understand the importance of supporting each other in relation to mental wellbeing.
3. We will **STRIVE** to improve our own and support others in improving their mental wellbeing.

5 Ways to Wellbeing

We will be looking at things we can do to look after our wellbeing using these categories over the next few weeks.



Why PSHE matters in Year 7

Health & Safety

Build practical knowledge for physical and mental wellbeing, help-seeking and managing risk.

Relationships

Develop respectful friendships, boundaries, consent, equality and recognition of unsafe behaviour.

Life beyond school

Explore citizenship, financial awareness, careers, online life and informed decision-making.

Delivered through fortnightly tutor lessons, assemblies and curriculum-enhancement opportunities.

Year 7: Foundations for the Secondary Journey

- 1 Belonging** Friendships, bullying, diversity and stereotypes
- 2 Growing up** Puberty, self-esteem and healthy lifestyles
- 3 Relationships** Types of relationships and positive relationships
- 4 Wider world** Community, citizenship, careers, values and money
- 5 Safety** Online safety and managing risk, including summer safety

Seven principles shape high-quality provision

- 1 Pupil engagement
- 2 Parent transparency
- 3 Positivity
- 4 Careful sequencing
- 5 Relevant and responsive
- 6 Skilled delivery
- 7 Whole-school approach

Age and stage appropriate, inclusive, evidence-informed and connected to safeguarding.



How we make sensitive learning safe

Ground rules

Respectful discussion. Pupils are never required to disclose personal experiences.

Anonymous questions

Question boxes can help pupils raise issues while teachers retain safe boundaries.

Prepared staff

Safeguarding-aware staff create a supportive, participative environment.

Signposting

Pupils are reminded where to find help; staff follow safeguarding procedures if concerns arise.

Checking learning, not judging pupils

?

Why quiz?

The revised guidance expects schools to provide regular feedback on progress and use assessment to identify where additional support or intervention may be needed.

Recall

Quick retrieval questions reveal what pupils remember.

Misconceptions

Responses show where knowledge needs correcting or revisiting.

Responsive teaching

Teachers adapt future teaching and target support.

Knowledge retrieval quizzes assess explicitly taught knowledge, not pupils' personal values or experiences.

Outside speakers: adding expertise safely

External contributors can deepen learning, but the school remains responsible for curriculum quality, age-appropriateness and safeguarding.

Stop the Bleed

A UK initiative associated with citizen AID that provides practical, non-graphic training for young people on responding to severe bleeding and building lifesaving confidence.

Local partnership work

We may work with partners such as Lichfield District Council and appropriate external providers where this adds relevant prevention or community-safety learning. Any KES session is mapped to our curriculum and safeguarding expectations.

Our quality checks

We agree learning objectives, review materials, brief visitors, ensure staff remain involved and evaluate the session afterwards.

Visitors enrich the curriculum. They do not replace our planned PSHE teaching.

PSHE does not work in isolation

PSHE/RSE

Relationships, wellbeing, safety, decision-making and wider-life skills.

Science

Puberty and biological aspects of human reproduction.

Computing / IT

Digital citizenship, privacy, online behaviour and safety.

Across the curriculum

Citizenship, values, equality, relationships and safeguarding can be reinforced in other subjects.

PSHE is not just one lesson. The knowledge and skills developed in PSHE are supported and reinforced across the whole school curriculum.

Online safety within the 2026 curriculum

Online relationships

Respect, boundaries, privacy, pressure, grooming and recognising unsafe contact.

Information and media

Critically evaluate information, including fake content, AI-created content and deepfakes.

Sharing and reporting

Personal information, image sharing, circulation of material, reporting and seeking help.

Commercial risks

Scams, targeted advertising, gambling-related harms and financial exploitation.

A major change parents should know about

SPRING 2027

Government plans to ban certain social media platforms from offering services to under-16s.

Families do not need to take action now. Further detail is due before implementation.

- The government says the planned model would cover platforms such as Instagram, YouTube, TikTok, Snapchat, Facebook and X.
- Messaging services such as WhatsApp and Signal are not intended to be included in the social-media ban.
- Additional restrictions are planned for high-risk features, including livestreaming and stranger contact, with stronger age checks.

Online safety: six habits for 11 and 12-year-olds

Talk little and often

Ask what they enjoy online and what feels confusing or uncomfortable.

Know who is in the chat

Discuss unknown contacts, group chats and pressure to move conversations elsewhere.

Question what you see

Ask “Who shared this?” and “Why?”; discuss scams, influencers and AI-generated content.

Check settings together

Review privacy, location, blocking and reporting whenever a new app or device appears.

Pause before sharing

Treat images, messages and personal information as potentially permanent once sent.

Make help easy

Agree that if something goes wrong, they can tell you without losing all device access automatically.

A practical 10-minute device check

Account age Use the child's correct date of birth. Do not help them bypass platform age rules.

Privacy Set profiles private where appropriate; review followers, friends and location-sharing.

Contact Limit who can message, add to groups or invite into games.

Spending Require approval for purchases; discuss loot boxes, scams and persuasive design.

Reporting Find the block/report tools together and save trusted-adult routes for help.

Controls help, but conversation and gradually building independent judgement matter too.

If something goes wrong online

Stay calm

Listen first. Avoid blame. Preserve useful evidence without repeatedly viewing or sharing harmful material, and reassure your child that asking for help was the right thing to do.

Use platform tools

Block or mute where appropriate, report the account or content using the service's tools, and change compromised passwords or privacy settings.

Escalate concerns

Tell the school when it affects pupil safety or school life. Use trusted reporting/support routes, and contact emergency services if there is immediate danger.

Government parent guidance:
www.kidsonlinesafety.campaign.gov.uk

Support and safeguarding

In school

Form Tutor
PSHE team
Student Support

In lessons

Clear confidentiality
expectations
Anonymous question boxes
Signposting to trusted
support

Safeguarding

Listen
Reassure
Report concerns through
school safeguarding
procedures

Pupils should know where they can report concerns and seek help, including external support if they do not feel comfortable speaking to school staff.

School website

← ↻ 🏠 🔒 https://www.keslichfield.org.uk

King Edward VI School

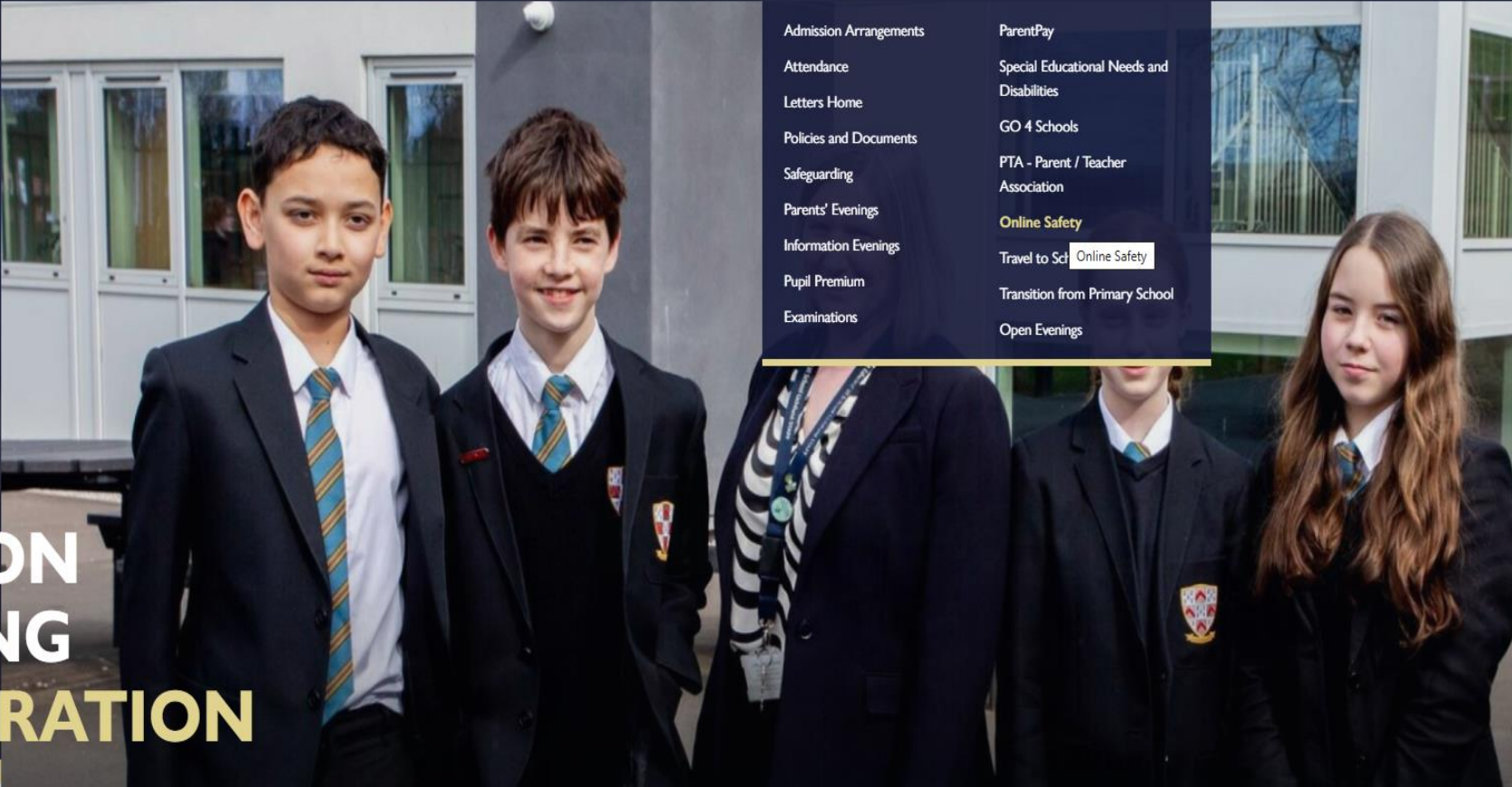
SIXTH FORM USEFUL LINKS

ABOUT US INFORMATION SCHOOL LIFE CURRICULUM EXTRA-CURRICULAR CONTACT US


KING EDWARD VI
SCHOOL LICHFIELD

AT KING EDWARD VI SCHOOL WE
VALUE...

**ASPIRATION
BELONGING
COLLABORATION**



- Admission Arrangements
- Attendance
- Letters Home
- Policies and Documents
- Safeguarding
- Parents' Evenings
- Information Evenings
- Pupil Premium
- Examinations

- ParentPay
- Special Educational Needs and Disabilities
- GO 4 Schools
- PTA - Parent / Teacher Association
- Online Safety
- Travel to School
- Transition from Primary School
- Open Evenings

Online Safety

Online Safety Links

Artificial Intelligence (AI) is becoming increasingly popular in this every changing technological world. Here is some guidance for parents and carers to give a better understanding of some of the risks and advice given for the safety of AI.

NATIONAL ONLINE SAFETY - ARTIFICIAL INTELLIGENCE



AI AND ASSESSMENTS



HELPFUL RESOURCES

To help parents and carers ensure their children's safety online, we have provided the following resources:

- **CEOP (ThinkuKnow)** - Online Safety Guidance for Parents and Carers
- **My Family's Digital Toolkit** - Everything you need, in one place, to support your child as they grow up in their digital world
- **Gaming Advice Hub** - For advice on what children are actually doing while they are gaming and much more
- **A parent's guide to apps for kids** - A comprehensive guide to the most commonly used applications
- **Social media advice hub** - Providing a hub of advice to help your family navigate the risks and rewards that social media can bring
- **Parental Controls & Privacy Settings Guides** - Step by step parental controls guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience
- **Moving on up** - Toolkit with videos and lesson plans for adults helping young people aged 10-13 with the online aspects of moving to secondary school

ONLINE SAFETY PRESENTATION FOR PARENTS/CARERS



ONLINE SAFETY POLICY



[NOS AI Solutions Guide](#)

[Moving on up! | Childnet](#)

Moving on Up

Resources

Blog

Who we are

What we do

What you can do

Donate

Childnet

Teachers & professionals ▾

Parents & carers ▾

Young people ▾



Resources

Moving on up!

Toolkit with videos and lesson plans for adults helping young people aged 10-13 with the online aspects of moving to secondary school.



A lot of work goes into helping young people make a smooth transition from primary to secondary education. We have created these videos and accompanying resources to help with the online aspects of this move.

Videos

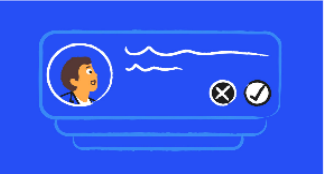
Educators

Parents and carers



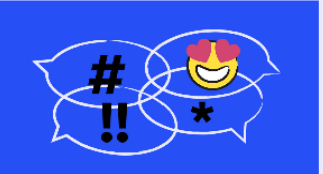
Marvin wants a phone

This video was created to be used with young people by educators or parents and carers.



Joel's dilemma about friend requests

This video was created to be used with young people by educators or parents and carers.



Sehrish and her many group chats!

This video was created to be used with young people by educators or parents and carers.

Useful tools

ParentShield

The Child-Safe Mobile Network

Unlike parental control software, which controls an individual device, this allows you to control the network to help keep those using it safe

KIDSLOX

Features include app blocking, instant lock, usage scheduling, screen-time limits and web filtering.



Apple's family sharing and Android's Digital Wellbeing/parental controls.



Using Microsoft 365 from home

Students can use their school account to access Microsoft 365 at home for schoolwork, files and online applications.

1 Go to Microsoft 365

Open www.office.com in a web browser and select Sign in.

2 Enter the school email address

The username is 6 + first initial + surname + @keslichfield.org.uk.

3 Enter the school network password

Use the same password the pupil uses every time they log in to a school computer.

4 Open the apps

Once signed in, pupils can access the Microsoft 365 services made available through their school account.

Example format:
6jvyse@keslichfield.org.uk