

## Embedding safeguarding into your PSHE curriculum

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[www.pshe-association.org.uk](http://www.pshe-association.org.uk)

### Purpose of the session:

- What is PSHE education and how does it contribute to safeguarding?
- How can you ensure the safe delivery of PSHE education?

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### What PSHE education is...

**Personal Social Health Economic** education

PSHE education is the school subject through which children and young people acquire the **knowledge, understanding and skills** they need to manage their lives, now and in the future.

PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

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### Status of PSHE

The Children and Social Work Act gained royal assent on 27<sup>th</sup> April:

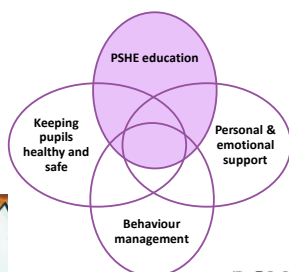
- Relationships and Sex Education will be statutory from September 2019
- Personal, social, health and economic education (PSHE) is currently undergoing a consultation period



#### What do schools need in place?

- ✓ A planned curriculum of RSE (ideally embedded within a wider PSHE framework)
- ✓ An up to date Relationships and Sex Education policy
- ✓ Curriculum information available to parents

### Pastoral care & PSHE



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### Keeping children safe in education

'Governing bodies and proprietors should ensure children are taught about safeguarding, including online, through teaching and learning opportunities, as part of providing a broad and balanced curriculum. This may include covering relevant issues through personal, social, health and economic education (PSHE), tutorials (in FE colleges) and/or, for maintained schools and colleges, through sex and relationship education (SRE).'

-Department for Education

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## Spot the safeguarding...

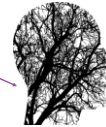


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## What knowledge, skills and attributes does a young person need to safeguard themselves?

**Knowledge:**  
Law related to sending a naked image,  
Features of healthy and unhealthy relationships,  
How to recognise manipulation/control



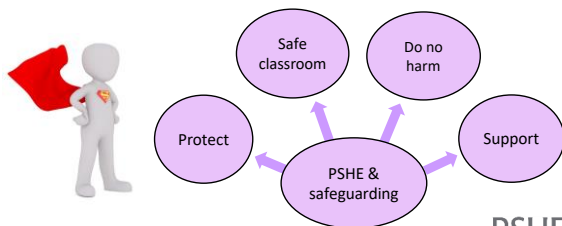
**Skills:**  
Risk assessment, decision making,  
communication, consequential  
thinking, exit strategies

**Attributes:**  
Confidence, self-respect,  
conviction of moral values

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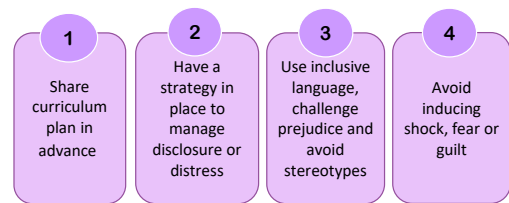
## Teaching PSHE safely and effectively



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## Protect



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## Safe classroom

### Ground Rules

- Negotiate with pupils
- Outline the rules of behaviour, particularly in discussion
- Examples include: no personal stories, confidentiality, respect the views of others



### Distancing

- Allows pupils to engage objectively with the topic
- Avoid embarrassing or re-traumatising
- Prevents public disclosures
- Makes the learning safe for all students



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### Safe questions

- Use an Ask it Basket
- Value the question
- Find out what they think the answer is first
- Buy time to consult with others



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## Do no harm

Review all lesson content to ensure it does not provide a 'how to guide' or 'inspiration' for vulnerable pupils.



"I began to restrict my eating. I cut out fats, carbs and dairy, and lived on rice cakes, apples and lettuce. As I began to lose weight I started to feel that life was worth living."  
- Case study from NHS Choices website

Methods of self-harm include ingesting poisons including household chemicals like bleach or toilet cleaner

"She was really good but she did give you ideas. I'd been burning myself for ages and didn't want anyone to know, and she shared all these different ways she'd hidden it and stories she'd told to explain her burns. I used some of them, and they worked."  
- Student after a visiting speaker

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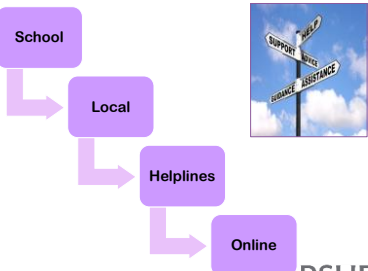
## Support



HOW to access support

WHY to access support

WHAT will happen if they do



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## Finding further support

[www.pshe-association.org.uk](http://www.pshe-association.org.uk)

- ✓ Why do children and young people need PSHE education
- ✓ Handling complex issues safely in the PSHE education classroom
- ✓ Ten questions about bullying
- ✓ Our PSHE education guidance for parents
- ✓ Talking to pupils when they make mental health disclosures
- ✓ Ten principles of effective PSHE education

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