

Appendix 1 - Localised Procedures

RSHE POLICY	
Localised School Based Procedures	
School Name:	George Pindar School
Principal:	Jonny Willis
Designated Safeguarding Lead:	Holly Pickles
RSHE Lead	Catherine Prentice
Implementation Date:	September 2026

Introduction

In conjunction with our Trust wide RSHE policy, localised procedures have been established to ensure that systems and procedures reflect the school/academy setting.

The localised procedures for the school/academy setting focus on the following key areas: -

- RSE Programmes of Study
- Health Education Programmes of Study
- Assessment

Should you have any concerns or questions relating to the localised procedure, in the first instance, please contact hello@gps.hlt.academy

RSHE Programmes of Study	
Relates to item 5.1 within the RSHE Policy	
Year 7	Students will understand the different protected characteristics as well as the dynamics of different types of relationships including their own friendship groups with an emphasis on forming positive relationships. They will develop an understanding of empathy, understand the impact of bullying, develop conflict management skills and understand what it means to compromise within relationships. They will understand how to manage the influence of peers. Students will learn about the effects of puberty and how to keep their bodies clean and healthy. In addition, they will learn about age appropriate consent, FGM and CSE, what this means, the warning signs to look for and how to receive support.
Year 8	Students will learn about discrimination and stereotyping including the protected characteristics and how we can work together to prevent these as well as how these can lead to extreme views and how to access support. Students will learn about the importance of relationship values, they will learn about different sexual orientations and consent, what it means and respecting others' decisions. Students learn about safe sex including consent and contraception along with how to prevent STIs .

RSHE Programmes of Study	
Relates to item 5.1 within the RSHE Policy	
	Students will also learn about sexting and the dangers of pornography including online grooming along with an understanding of the illusion of our emotions well being when related to body image.
Year 9	Students will understand the different protected characteristics. Students will understand what a healthy romantic relationship is, understanding a person's ability to consent as well as STIs and how to protect yourself against them. They will learn about positive and negative relationships, including domestic violence as well as the influence of peer pressure. Building on previous learning, students will learn about contraception and the different options available as well as how to apply a condom and the options available for unplanned pregnancies. Students will study the influence of peer pressure on body image and the causes, effects and support available for concerns around eating disorders.
Year 10	Students will understand the different protected characteristics including the topics of identity, types of relationships and unhealthy relationships including sexual harassment and setting boundaries. Students will go on to learn about sexism and gender prejudice and managing conflict. They will also learn how to manage risk and the effects of risk taking. Students cover the topic of self-harm including possible triggers and avenues for support.
Year 11	Students will understand the different protected characteristics. They will go on to learn about managing tough times including bereavement. Students will learn about healthy relationships and the legal position relating to consent including victim support. Students will learn how to take responsibility for their sexual health.

Health Education Programmes of Study	
Relates to item 7.1 within the RSHE Policy	
Year 7	Students will develop the skills they need for high school - students will learn self-managing, self-confidence and communication skills as well as our Pindar Values; understanding how they impact on themselves, our school and our local community. Students will understand the effect puberty has on our emotions and feelings as well as the physical changes teenage bodies go through and being aware of how to ensure students keep their bodies clean and healthy during this time. Students will learn about cyberbullying, how to recognise it and what to do about it. Students will learn about how to keep safe including basic first aid techniques. They will look at healthy lifestyles and how to ensure they maintain a healthy body and mind.
Year 8	Students will learn about the healthy ways to deal with mental ill health and where to get help and support as well as exploring resilience and digital resilience. Students will learn about self-awareness and emotional intelligence including their own resilience and anger management techniques. Students will also learn about the menstrual cycle and different types of sanitary protection as well as STIs. They will look at mental health and emotional wellbeing relating to body image.

Health Education Programmes of Study	
Relates to item 7.1 within the RSHE Policy	
Year 9	Students will learn about mental health and how to deal with stress. Students will look at the topic of suicide and suicidal thoughts and where to access support. Students will learn about antisocial behaviour, gangs and county lines as well as knife crime and personal safety. These topics particularly relate to the effects on young people and include ways to receive support if needed.
Year 10	Students will learn the skills that they need in order to approach the challenges of education, life and the world of work. The sessions are heavily skills based and about the individual, resilience and growth mindset. Students will learn about drugs: Class A, B and C drugs: risk management and managing addiction. Students will also learn about the risks involved with gambling, its effects and dangers, knife crime reasons and the support available around these topics.
Year 11	Students will learn how to manage negative thinking and to recognise the symptoms of mental ill health as well as where to access support. They will go on to look at risk taking including impulsiveness and the effect of gambling and again, where to receive support. Students will learn about personal health including taking responsibility for our own physical health through prevention and self checking. Students will learn about the menopause and their own reproductive health.

Assessment
Relates to item 15.2 within the RSHE Policy
<p>Assessments will include:</p> <ul style="list-style-type: none"> ● KS3 endpoints assessments ● Written tests at the end of units ● Check out tasks at the end of lessons