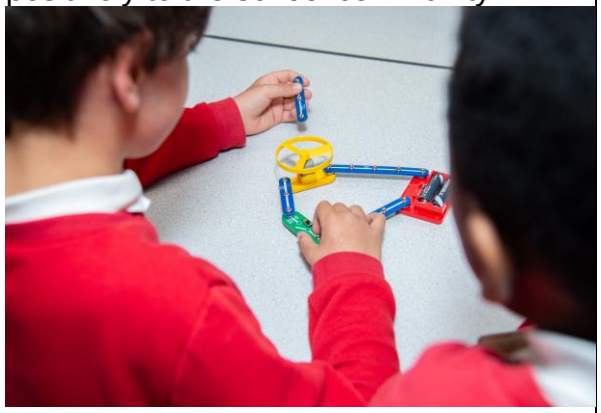
Relationships and Health Education (RSE) & Personal, Social, Health Education (PSHE)

RSE and PSHE are delivered in a planned and progressive way to support pupils' personal development, behaviour and attitudes. Together, these subjects help pupils to understand themselves, develop positive relationships with others and make informed, responsible choices. Learning supports pupils to build healthy relationships, care for their physical and mental wellbeing, understand their role within society and stay safe, including when using digital technologies.

PSHE is taught weekly across the school and contributes to safeguarding, equality and inclusion. Learning is age-appropriate, inclusive and responsive to pupils' needs.

Confidence Pupils learn to recognise emotions, identify personal strengths and express themselves appropriately. This supports self-esteem, engagement in learning and positive participation in school life. 	**Respect** Pupils learn the importance of mutual respect, considering the impact of words and actions on others and contributing positively to the school community. 	**Relationships** Pupils learn about friendships, families, communication and managing conflict. Teaching promotes kindness, cooperation and respectful relationships. 

Self-regulation Pupils are supported to develop strategies to manage emotions and behaviour, understand choices and consequences, and respond appropriately to challenge and change. 	**Empathy** Pupils are encouraged to understand and respect different experiences, beliefs and perspectives, supporting equality and inclusion. 