



RECONNECT
— LEARNING —
PATHWAYS BACK TO EDUCATION

PSHE Policy

RECONNECT LEARNING

VERSION 1.0

SEPTEMBER 2026

Personal, Social, Health and Economic Education — preparing children and young people for life in modern Britain.

Policy Overview

Policy Title

PSHE Policy

Version

1.0

Policy Owner

Ellen Kerr

Managing Director

Date Approved

September 2026

Review Date

September 2027



1. Policy Statement

Reconnect Learning believes that Personal, Social, Health and Economic Education (PSHE) is an essential part of preparing children and young people for life in modern Britain.

PSHE supports learners to develop the knowledge, skills, confidence and resilience needed to stay safe, healthy and prepared for adulthood.

Through a broad and balanced PSHE curriculum, learners are supported to understand themselves, build positive relationships, manage risks, make informed decisions and contribute positively to society.



PSHE is delivered in a manner that is inclusive, age-appropriate, trauma-informed and responsive to the needs of individual learners.

2. Purpose

The purpose of this policy is to support every learner across all dimensions of their personal development and future readiness.



Personal Development

Promote learners' personal development and self-awareness.



Wellbeing

Support physical, emotional and mental wellbeing.



Resilience

Develop resilience and self-confidence.



Positive Relationships

Promote positive, respectful relationships.



Adulthood Readiness

Prepare learners for adulthood and independence.



Economic Wellbeing

Support careers education and employability skills.

Safeguarding

Support safeguarding and risk awareness.

British Values

Promote British Values throughout the curriculum.

Citizenship

Encourage responsible citizenship and community participation.

3. Scope

Provision Types

This policy applies to all learners accessing:

- Alternative Provision
- Home Tuition
- EOTAS Provision
- Outreach Programmes
- Online Learning
- Reintegration Programmes
- Community-Based Learning

Delivery Methods

PSHE may be delivered through a variety of flexible approaches:

- Individually
- In small groups
- Through project-based learning
- Through mentoring sessions
- Through enrichment activities
- Through online provision

4. Legal Framework

This policy has regard to the following legislation, statutory guidance and frameworks:

Primary Legislation

- Education Act 2002
- Children Act 1989
- Children Act 2004
- Equality Act 2010
- Data Protection Act 2018
- UK GDPR

Statutory Guidance

- Keeping Children Safe in Education (KCSIE) 2026
- Working Together to Safeguard Children 2026
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance
- SEND Code of Practice: 0 to 25 Years (2015)
- Prevent Duty Guidance (current version)

Additional Frameworks

- DfE Personal Development Expectations
- Alternative Provision Quality Standards

 This policy should be read alongside Reconnect Learning's Safeguarding and Child Protection Policy, which is the organisation's overarching safeguarding policy.

5. Aims of PSHE

Reconnect Learning aims to help every learner thrive across six key areas of personal development.



Stay Safe

Understand how to recognise and respond to risks.



Stay Healthy

Develop healthy physical and emotional wellbeing.



Build Positive Relationships

Develop communication, empathy and respect.



Prepare for Adulthood

Develop independence and life skills.



Responsible Citizens

Understand rights, responsibilities and diversity.



Economic Wellbeing

Develop employability, financial and career skills.

6. Curriculum Areas

PSHE at Reconnect Learning is organised into three core themes, each designed to equip learners with essential knowledge and skills for life.

HEALTH & WELLBEING



- Mental health
- Emotional literacy
- Physical health
- Healthy lifestyles
- Online wellbeing
- Managing stress
- Self-care
- Substance misuse awareness

RELATIONSHIPS



- Family relationships
- Friendships
- Healthy relationships
- Consent
- Boundaries
- Respect
- Bullying
- Online relationships
- Communication skills

LIVING IN THE WIDER WORLD



- British Values
- Diversity & Inclusion
- Equality
- Careers & employability
- Financial education
- Community participation
- Democracy
- Rights & responsibilities
- Digital citizenship

Health and Wellbeing

CORE THEME 1

Learners may explore a wide range of topics to support their physical and emotional health:

→ **Mental Health and Wellbeing**

Understanding and managing mental health.

→ **Emotional Literacy**

Recognising and expressing emotions effectively.

→ **Self-Esteem and Confidence**

Building a positive sense of self.

→ **Physical Health**

Understanding the importance of physical activity and nutrition.

→ **Healthy Lifestyles**

Making informed choices about health and lifestyle.

→ **Online Wellbeing**

Maintaining wellbeing in digital spaces.

→ **Managing Stress and Anxiety**

Developing healthy coping strategies.

→ **Self-Care**

Prioritising personal health and rest.

→ **Substance Misuse Awareness**

Understanding risks associated with substances.

→ **Personal Safety**

Recognising and responding to unsafe situations.

Relationships

CORE THEME 2

Learners may explore the full spectrum of relationships, developing the skills to build healthy, respectful connections:

Family Relationships

Understanding family dynamics and roles.

Friendships

Building and maintaining positive friendships.

Healthy Relationships

Recognising the features of healthy and unhealthy relationships.

Consent and Boundaries

Understanding consent, personal boundaries and respect.

Bullying and Cyberbullying

Recognising, responding to and preventing bullying.

Online Relationships

Navigating relationships safely in digital environments.

Communication Skills

Developing effective verbal and non-verbal communication.

Peer Influence

Understanding and managing peer pressure.

Living in the Wider World

CORE THEME 3

Learners may explore their role in society and develop the skills needed to participate actively and responsibly:

British Values

Democracy, rule of law, individual liberty, mutual respect and tolerance.

Diversity and Inclusion

Equality, protected characteristics and respectful relationships.

Careers and Employability

Exploring career pathways and developing employability skills.

Financial Education

Understanding money, budgeting and financial responsibility.

Democracy and Rights

Community participation, rights and responsibilities.

Digital Citizenship

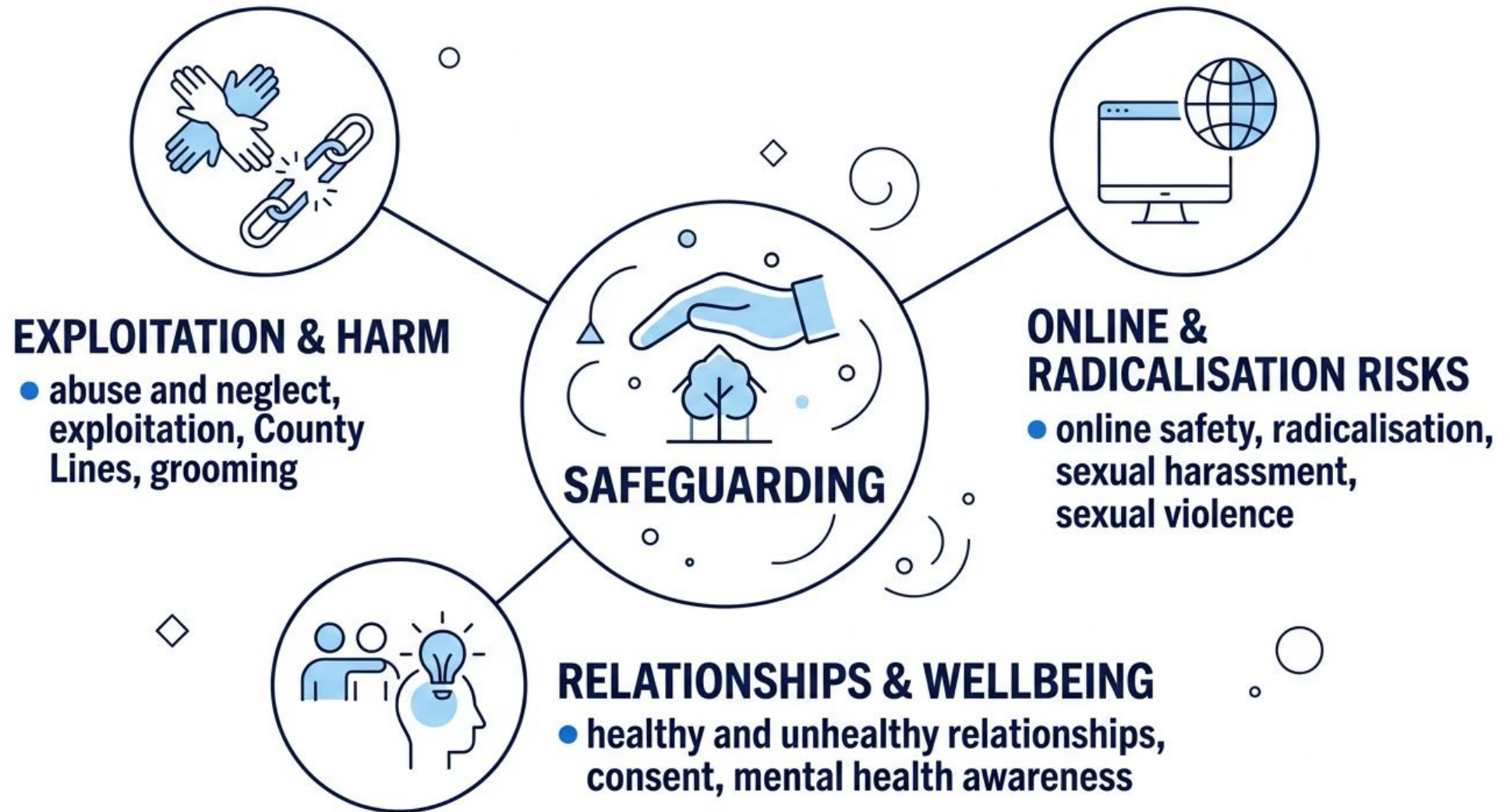
Responsible use of technology and future planning.



Reconnect Learning will ensure PSHE contributes to careers education, employability skills, financial capability and preparation for adulthood, supporting learners to make informed choices about future education, employment and training pathways.

7. Safeguarding Through PSHE

PSHE plays a significant role in safeguarding. Learners will be supported to understand a range of safeguarding themes and to recognise concerns and seek help.



 Staff must follow safeguarding procedures where concerns arise during or following PSHE sessions. Learners will never be pressured to share personal experiences.

8. Relationships, Sex and Health Education (RSHE)

Reconnect Learning recognises the importance of age-appropriate Relationships, Sex and Health Education. Where delivered, RSHE will be carefully planned to meet the needs of all learners.

1

Factual and Inclusive

Content will be accurate, evidence-based and inclusive of all learners.

2

Promote Respect and Equality

RSHE will actively promote respectful relationships and equality.

3

Support Safeguarding

Content will help learners recognise risks and seek appropriate support.

4

Reflect Statutory Guidance

Delivery will align with the RSE and Health Education Statutory Guidance.

5

Age and Needs Appropriate

Content will be tailored to learners' ages, stages and individual needs.



Reasonable adjustments will be made for learners with SEND to ensure full and meaningful participation.

9. British Values

PSHE supports the promotion of British Values, helping learners to understand and engage with the principles that underpin life in modern Britain.

Democracy

Understanding participation and decision-making in a democratic society.

Rule of Law

Understanding rights, responsibilities and the consequences of actions.

Individual Liberty

Supporting learners to make informed choices and develop independence.

Mutual Respect

Promoting respectful relationships across all communities.

Tolerance

Understanding and respecting diversity in all its forms.

10. Prevent Duty

PSHE supports the Prevent Duty by equipping learners with the critical thinking skills and resilience needed to resist radicalisation and extremism.

What Learners Will Develop

- Think critically about information and media
- Challenge misinformation and propaganda
- Recognise manipulation and coercive behaviour
- Respect diversity and different viewpoints
- Build resilience against radicalisation

Delivery Approach

Prevent themes will be explored in an age-appropriate manner, sensitive to the backgrounds and experiences of individual learners.

Staff delivering Prevent-related content will have received appropriate training and will follow Reconnect Learning's safeguarding procedures at all times.

- ❏ Prevent is embedded throughout the PSHE curriculum rather than delivered as a standalone topic.

11. Online Safety

Online safety education is embedded throughout the PSHE curriculum at Reconnect Learning, reflecting the central role of digital technology in young people's lives.



Safe Online Communication

Understanding how to communicate safely and responsibly online.



Cyberbullying

Recognising, reporting and preventing cyberbullying.



Social Media Awareness

Understanding the risks and benefits of social media platforms.



Digital Footprints

Understanding the lasting impact of online activity.



Online Exploitation

Recognising grooming, exploitation and unsafe online contact.



Privacy and Security

Protecting personal information and maintaining digital security.

12. Mental Health and Wellbeing

PSHE makes a significant contribution to positive mental health outcomes for learners. This work complements the Mental Health & Wellbeing Policy.

Recognise Emotions

Developing emotional literacy and self-awareness.

Healthy Coping

Understanding and practising healthy coping strategies.

Manage Stress

Learning healthy strategies for managing pressure.



Develop Resilience

Building the capacity to cope with challenges.

Seek Support

Knowing when and how to ask for help.

Build Self-Esteem

Developing a positive and realistic sense of self.

13. Equality, Diversity and Inclusion

Reconnect Learning is committed to ensuring that PSHE is fully inclusive, accessible and free from discrimination. All learners will be treated with dignity and respect.

Our Commitment

PSHE will be:

Inclusive

Accessible

Respectful

**Non-
Discriminatory**

Topics Promoted

PSHE will promote understanding of:

- Protected characteristics under the Equality Act 2010
- Equality and fairness
- Diversity in all its forms
- Inclusion and belonging
- Respectful relationships across communities

14. SEND and Additional Needs

Reconnect Learning recognises that some learners may require additional support to access PSHE meaningfully. Reasonable adjustments will be made to ensure full participation for all.

Adapted Resources

Materials will be adapted to meet individual learning needs, including simplified language and alternative formats.

Additional Explanations

Staff will provide additional explanations and check for understanding throughout sessions.

Visual Supports

Visual aids, symbols and other supports will be used where appropriate to aid comprehension.

Differentiated Learning

Content and activities will be differentiated to match learners' abilities and stages of development.

Personalised Approaches

Individual learning plans and personalised approaches will be used where needed.

15. Teaching and Learning Approaches

PSHE at Reconnect Learning is delivered through a variety of engaging, learner-centred approaches. All teaching will be trauma-informed, inclusive and age-appropriate.

1

Discussion and Reflection

Facilitated discussion and structured reflection activities.

2

Scenario-Based Learning

Real-world scenarios and role play to develop practical skills.

3

Project Work

Extended projects and community engagement activities.

4

Mentoring

One-to-one and small group mentoring sessions.



All teaching approaches are designed to be trauma-informed, inclusive, learner-centred and age-appropriate.

16. Managing Sensitive Issues

Some PSHE topics may be sensitive or personally significant for learners. Staff will take a careful, considered approach to ensure all learners feel safe and supported.

Staff Will:

- Create safe learning environments with clear ground rules
- Establish and maintain appropriate boundaries
- Respect confidentiality boundaries at all times
- Respond appropriately and sensitively to disclosures
- Follow safeguarding procedures where concerns arise

Key Principle

Learners will never be pressured to share personal experiences during PSHE sessions.

The safety and dignity of every learner is paramount. Ground rules will be established at the start of sessions covering sensitive topics, and staff will be prepared to respond calmly and appropriately to any disclosures that arise.

17. Assessment and Monitoring

Assessment in PSHE focuses on the holistic development of the learner, rather than solely on written outcomes. It is designed to capture growth, participation and personal development.

5

Assessment Focus Areas

Participation, understanding, personal development, skill development, and reflection and growth.

Participation

Engagement with sessions and activities.

Understanding

Demonstrating knowledge of key PSHE concepts.

Personal Development

Evidence of growth in confidence, resilience and self-awareness.

Skill Development

Development of practical life and social skills.

Reflection and Growth

Ability to reflect on learning and identify areas for development.

-  Assessment records, learner reflections, learner voice feedback, curriculum plans, safeguarding concerns arising through PSHE, planning documentation, monitoring records and associated documentation will be retained in accordance with Reconnect Learning's Records Retention Schedule, the Data Protection Act 2018 and UK GDPR.

18. Learner Voice

Reconnect Learning is committed to placing learners at the heart of PSHE planning and delivery. A child-centred approach means that learner voice is actively sought and valued.



Views Are Heard

Learners' views and feedback are actively sought and taken seriously.



Topic Selection

Learners contribute to topic selection where appropriate, ensuring relevance to their lives.



Feedback Informs Planning

Learner feedback directly informs the planning and development of the PSHE curriculum.



Relevance to Needs

PSHE remains responsive and relevant to the current needs and experiences of learners.

19. Staff Responsibilities

All staff delivering PSHE at Reconnect Learning carry important responsibilities to ensure high-quality, safe and inclusive provision.



Deliver High-Quality Sessions

Plan and deliver engaging, well-structured PSHE sessions appropriate to learners' needs.



Maintain Professional Boundaries

Uphold appropriate professional boundaries at all times during delivery.



Follow Safeguarding Procedures

Act in accordance with Reconnect Learning's safeguarding policies and procedures.



Promote Inclusion

Ensure all learners are included, respected and supported throughout sessions.



Maintain Appropriate Records

Keep accurate and appropriate records of sessions, concerns and learner progress.

20. Training and Professional Development

Staff will receive ongoing training to ensure they are equipped to deliver high-quality PSHE provision. Training records will be maintained by the Managing Director.

PSHE Delivery

Effective approaches to PSHE teaching and facilitation.

Safeguarding

Up-to-date safeguarding knowledge and procedures.

RSHE

Relationships, Sex and Health Education statutory requirements.

Online Safety

Current online safety risks and educational approaches.

Mental Health

Supporting learner mental health and wellbeing.

Prevent

Prevent Duty awareness and delivery.

SEND and Inclusion

Supporting learners with SEND and additional needs.

Trauma-Informed Practice

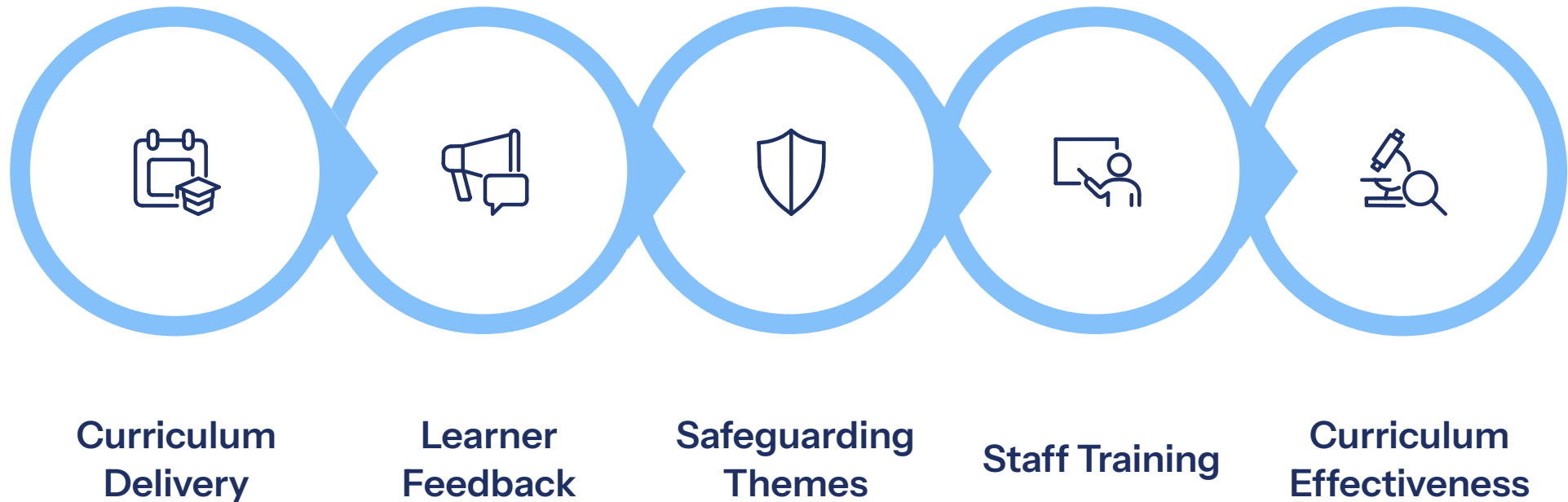
Delivering PSHE using trauma-informed approaches to support vulnerable learners.



Training records will be maintained by the Managing Director and reviewed as part of the annual monitoring cycle.

21. Monitoring and Review

The Managing Director will monitor PSHE provision on an ongoing basis to ensure quality, effectiveness and compliance.



This policy will be reviewed annually and without unnecessary delay following changes to legislation, statutory guidance, safeguarding practice, curriculum guidance, organisational arrangements or learning identified through audits, inspections, complaints, learner feedback, monitoring or service reviews.

22. Related Policies

This policy should be read alongside the following Reconnect Learning policies and guidance documents, which together form a comprehensive framework for learner safety and development.

Safeguarding and Child Protection Policy

Mental Health and Wellbeing Policy

Relationships and Behaviour Policy

Anti-Bullying Policy

Online Safety Policy

Prevent Duty and Radicalisation Policy

Equality, Diversity and Inclusion Policy

SEND Policy

Attendance Policy

Low-Level Concerns Policy

Managing Allegations Against Staff Policy

Quality Assurance Policy

23. Contact Information

Policy Lead

Name: Ellen Kerr

Position: Managing Director & Designated Safeguarding Lead (DSL)

Organisation: Reconnect Learning

Email: info@reconnectlearning.co.uk

Queries and Questions

Questions regarding PSHE provision at Reconnect Learning should be directed to the Managing Director.

Ellen Kerr is responsible for the oversight, implementation and review of this policy and is the first point of contact for any queries relating to PSHE delivery, curriculum content or compliance.



All correspondence should be directed to the email address provided.

Version Control

Version	Date	Author	Changes
1.0	September 2026	Ellen Kerr	Initial Issue

Approved By

Ellen Kerr

Position

Managing Director, Reconnect Learning

Date Approved

September 2026

Review Date

September 2027

Compliance Status

This policy has been developed with regard to the relevant legislation, statutory guidance and governance expectations applicable at the date of approval and will be reviewed following significant legislative or regulatory changes. The following frameworks have been addressed:

✓ Keeping Children Safe in Education (KCSIE) 2026

✓ Working Together to Safeguard Children 2026

✓ Relationships, Sex and Health Education Statutory Guidance

✓ Prevent Duty Guidance

✓ Equality Act 2010

✓ SEND Code of Practice: 0 to 25 Years (2015)

✓ DfE Personal Development Expectations

✓ British Values Requirements

✓ Alternative Provision Quality Standards

 This policy has been developed with regard to the legislation and statutory guidance in force at the date of approval. It will be reviewed following any significant legislative or regulatory changes.