PSHRE Curriculum

Dear Parents and Carers

At Prince Henry's High School, we are committed to providing a holistic Personal, Social, Health, Relationships and Economic (PSHRE) education that supports every young person to flourish academically, socially, emotionally and personally. Our PSHRE curriculum is shaped by our school values and is designed to help students develop the character, confidence and resilience needed to thrive both in school and beyond.

Through PSHRE students are encouraged to demonstrate respect, responsibility and integrity, whilst developing the knowledge, understanding and skills needed to make informed decisions, build positive relationships and contribute positively to their communities.

The Department for Education recognises the vital role of PSHRE with the inclusion of Relationships Health and Sex Education (RSHE) in preparing young people for their future, stating that 'Children and young people need knowledge and skills that will enable them to make informed and ethical decisions about their well being, health and relationships…'.

The curriculum therefore covers the content of the Statutory Guidance 2025 covering a wide range of age-appropriate topics, including physical and mental health, relationships, online safety, personal development, economic wellbeing and preparation for life in modern Britain.

A full break down of our curriculum map can be seen throughout Learning Journeys across Key stage 3 and 4. PSHRE lessons are delivered by colleagues within the department and within a supportive and inclusive learning environment where students feel confident to participate, ask questions and share ideas appropriately. Teachers establish clear ground rules at the beginning of lessons and use a range of distancing techniques that are in line with the values and ethos of the school.

PSHRE is a vital subject for providing all students with the knowledge and skills they need to make reliably informed positive and healthy choices within the context of our changing society.

Yours sincerely

Miss S L Thomas
Head of PSHRE

Mr B Freeman
Deputy Headteacher

SLT-AMD-PSHRE Curriculum Letter 2026