



IHPE Position Statement: PSHE

1. It will be compulsory for all schools to teach the health and relationships aspects of Personal, Social and Health education (PSHE) from 2020.
2. The Institute of Health Promotion and Education believes that this will contribute to the health, safety and preparation for the realities of adult life beyond school for all pupils.
3. Properly taught PSHE education will guarantee lessons for pupils on mental health and well-being, physical health including healthy lifestyles and first aid, and learning about safe, healthy relationships including consent and being safe on line.
4. Relationships Education (RSE education) should always be an integral part of PSHE education. This will enable pupils to develop the necessary knowledge and skills and allow teachers to make links to other important areas including alcohol and drugs, media literacy, equality and prejudice.
5. The Sex Education Forum <http://www.sexeducationforum.org.uk> provide resources and support for the teaching of Relationships and Sex Education (RSE) which IHPE recommend to schools.
6. Schools should draw upon the advice and curriculum developed by the PSHE Association <http://www.pshe-association.org.uk> which the IHPE fully endorses. The PSHE Association is the national body for PSHE education providing quality resources, guidance, training and support for schools.
7. PSHE education should be an integral part of a whole school approach to promoting health. In relation to health promoting schools there is a considerable amount of academic literature (including theoretical papers, descriptive studies and evaluations). Health promoting schools should be promoted nationally, and supported locally by public health specialists.
8. IHPE believes that for maximum impact children should be involved in the planning of PSHE programmes. Teachers should "Start where children and young people are: find out what they already know, understand, are able to do and are able to say."
9. It is crucial that parents, families and the wider community are involved when a school's PSHE curriculum is being developed.
10. IHPE believes that PSHE education should be high quality, well planned and taught by properly trained, confident and competent teachers.

Resources

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PSHE Association <http://www.pshe-association.org.uk>

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<https://www.bmj.com/content/356/bmj.j762/rr-3>

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7th October 2019

Citation: Lloyd J and Watson M C (2019) *IHPE Position Statement: PSHE (October 2019)*. Lichfield, Institute of Health Promotion and Education.