

PSHE CHARTER

Personal Social Health Education

Co-created with PSHE Ambassadors to shape safe, inclusive, and empowering PSHE for all.

1. Speak Freely, Feel Safe

PSHE should be a space where everyone feels safe to speak, ask questions, or just listen, without pressure or judgement. Teachers must respect boundaries and allow time out if needed during sensitive topics. Pupils should have the opportunity to develop their own views and opinions. PSHE should signpost pupils to appropriate sources of support.

2. Respect and Inclusion for All

Everyone should feel seen, heard, and valued, regardless of background, identity, ability, or beliefs. Teachers should understand and respect cultural practices (e.g. hijabs, braids), let people work to their strengths, and promote kindness, not judgement. Views should be presented with a balance of different perspectives.

3. Real-Life, Relevant Learning

PSHE should cover real issues such as mental health, racism, knife crime, bullying and the impact of social media, including the experiences of real people and survivors. Lessons should feature real statistics, videos (not ones that traumatised pupils), and stories to show how these topics affect people and communities.

4. Creative, Practical and Engaging Lessons

Lessons should be interactive and varied to help pupils feel involved. There should be group work, discussions, videos, and activities relevant to the lesson content. Pupils should have the opportunity to share and debate opinions with their peers.



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement



**Nottingham
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5. High Standards and Trained Teachers

PSHE should be treated like any other subject, with trained staff, clear plans, and consistent delivery across schools. Age-appropriate Information should be presented accurately in a safe environment that does not cause distress or trigger pupils.

6. Pupil Voice and Leadership

Pupils should help shape PSHE through feedback, ambassador roles, and clubs. Every school should have PSHE Ambassadors to talk to their peers and raise awareness.

7. Healthy Minds, Healthy Lives

PSHE should teach pupils how to live well, physically, mentally, and emotionally both on and offline. That includes fitness, diet, wellbeing, relationships and knowing where to get help or who to talk to. Pupils should know that it's not just for specific people but for everyone, as they are part of a community.

8. Challenge Discrimination and Explore Diversity

PSHE must challenge stereotypes and educate about different cultures, religions, genders, backgrounds, and identities. Awareness days and promotion campaigns should be part of school life, with opportunities for pupils to lead the planning and delivery.

9. Local Relevance and Real Impact

Lessons should connect to what's happening in all communities and schools. Lessons should include real statistics and scenarios, so pupils understand it's not just theory it's real life and has an impact.

10. Care, Respect and Equality

Treat everyone equally. Never judge someone's opinion, appearance, ethnicity, or background. Everyone has a right to feel included and express their thoughts and feelings.

