



# Lighthouse | PSHE and RSE Policy

## 1. Purpose and Scope

This policy outlines how Lighthouse Tuition South-West supports the personal, social, health, and emotional development of students, including elements of Relationships and Sex Education (RSE).

While Lighthouse Tuition South-West does not deliver discrete PSHE or RSE lessons, we recognise that these areas are fundamental to a child's overall development and are naturally embedded within our provision.

This policy applies to:

- All tutors, staff, and contractors
- All students accessing tuition or alternative provision
- All delivery settings including home, hubs, schools, and community-based provision

## 2. Legal Framework

This policy is informed by:

- Children Act 1989 & 2004
- Equality Act 2010
- Keeping Children Safe in Education (2025)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education (DfE, 2019)
- SEND Code of Practice (2015)

## 3. Our Approach

Lighthouse Tuition South-West takes a holistic, relational, and SEND-informed approach to PSHE and RSE.

We recognise that:

- Personal, social, and emotional development is central to learning
- Many students, particularly those with SEND, benefit from explicit support in understanding relationships, boundaries, and wellbeing
- Learning in these areas is most effective when it is contextual, responsive, and embedded in real-life interactions

PSHE and RSE are therefore delivered through:

- Everyday interactions and conversations
- Modelling respectful relationships
- Supporting emotional regulation and communication
- Structured learning activities where appropriate

## 4. Key Areas of Learning

Through our provision, students are supported to develop understanding in the following areas:

Personal Development





- Self-awareness and confidence
- Emotional regulation
- Resilience and independence

#### Social Development

- Building and maintaining positive relationships
- Respecting others and understanding differences
- Communication and social skills

#### Health and Wellbeing

- Mental health and emotional wellbeing
- Basic physical health awareness
- Recognising and managing stress or anxiety

#### Relationships Education (RSE elements)

- Understanding appropriate and inappropriate behaviour
- Personal boundaries and consent (age and developmentally appropriate)
- Online safety and respectful communication
- Recognising safe and trusted adults

### 5. SEND and Individual Needs

Lighthouse Tuition South-West recognises that PSHE and RSE must be adapted to meet individual needs.

Tutors must:

- Deliver content in a way that is accessible and appropriate to the learner
- Consider communication differences and sensory needs
- Be aware that some students may require repetition, visual support, or simplified language
- Work in line with EHCPs or individual plans where applicable

Sensitive topics must always be approached carefully, with consideration for the child's developmental stage and emotional readiness.

### 6. Safeguarding and Boundaries

All PSHE and RSE-related discussions must be underpinned by safeguarding principles.

Tutors must:

- Maintain professional boundaries at all times in line with the Code of Conduct
- Avoid initiating inappropriate or explicit discussions
- Respond appropriately to questions, using clear, factual, and age-appropriate language
- Report any safeguarding concerns immediately to Sophie Hocking (DSL)

If a child discloses information during a discussion, this must be managed in line with safeguarding procedures.





### 7. Working with Parents and Carers

Lighthouse Tuition South-West recognises the importance of working in partnership with parents and carers.

We will:

- Respect the role of parents/carers in supporting their child's development
- Communicate openly where relevant discussions arise
- Ensure that any sensitive topics are handled appropriately

As PSHE and RSE are not delivered as standalone lessons, there is no formal right to withdraw. However, concerns from parents will always be considered and respected.

### 8. Tutor Responsibilities

Tutors must:

- Model respectful, inclusive behaviour
- Use appropriate language at all times
- Support students' social and emotional development
- Adapt discussions to suit individual needs
- Seek guidance if unsure how to respond to a topic

### 9. Monitoring and Review

The effectiveness of this approach will be monitored through:

- Ongoing tutor reflection
- Feedback from students and parents/carers
- Review of incidents or safeguarding concerns

Adjustments will be made as required to ensure the approach remains appropriate and effective.

### 10. Policy Review

This policy will be reviewed annually or in line with changes to statutory guidance.

Name of Tutor: \_\_\_\_\_

Signed by Tutor: \_\_\_\_\_

Date: \_\_\_\_\_

Signed on behalf of Lighthouse Tuition (South-West)

Director Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

