

# Update on the drug and alcohol part of the new statutory PSHE curriculum

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# Statutory requirements around RSHE/PSHE

In Sept 2020 this was introduced as a statutory subject for 5-15 year olds (up to year 11).

The new curriculum is split into several areas including RSHE and PSHE; Citizenship; Spiritual, moral and cultural development; Careers.... :

# Drug and alcohol education

Drug and alcohol education fits in the same section as:

- a) Relationships
- b) Relationships and sex education
- c) physical health and mental wellbeing
- d) Other elements of PSHE

It must cover the facts about legal and illegal harmful substances and associated risks, including smoking and vaping, alcohol use and use of other drugs.

# Why introduce statutory status

- Ensures consistent high quality RSHE teaching
- Key element of prevention work.
- Evidence shows that prevention and early intervention represent good value for money.
- Statutory status means that children can not be withdrawn from lessons by their parents

# Whole School Approach to Mental Wellbeing

- Effective drug and alcohol education should be part of a whole school approach to mental wellbeing, where everything is joined up so that the whole school works together to promote a sense of belonging. This should include a trauma informed approach across the whole system.

# A Whole School Approach: 8 Principles

The eight principles that contribute to this are:

- Leadership and management that supports and champions efforts to promote health and wellbeing
- An ethos and environment that promotes respect and values diversity
- **Curriculum**, teaching and learning to promote resilience and support social and emotional learning
- Enabling the student voice to influence decisions
- Staff development to support their own CPD
- Identifying need and monitoring the impact of interventions
- Working with parents and carers
- Targeted support and appropriate referrals

# Effective drug and alcohol education

- Should be delivered using a spiral curriculum
- Should be part of a whole school approach
- Is age and experience appropriate
- Starts from where pupils are
- Is embedded into a wider PSHE/RSHE curriculum e.g. mental health, relationships, sex and relationships etc...
- Uses appropriate teaching strategies
- Uses national trends and local insights
- Balances knowledge, skills and attributes

# Primary curriculum

Knowledge , skills and aptitude, exploring:

- What helps us stay healthy (mental and physical health)
- What keeps us safe
- Media influence
- Healthy friendships
- How can we manage risk in different places
- Household products- year 1 and 2
- Alcohol and tobacco- years 3 and 4
- Prescribed and over the counter meds

# Secondary curriculum

Knowledge , skills and aptitude, exploring:

- Influences on health- year 7
- Alcohol and drug misuse including peer influence-year 8
- Healthy and unhealthy friendships, substance use and exploitation-year 9
- Impact of drugs, gangs role models in the media- year 10

# Support for teachers

- Guidance for all staff in schools- DfE
- PSHE Association has produced further support - lots of lesson plans including for SEND
- In Bristol -Public Health support- Bristol Healthy Schools and PSHE hub

# Ofsted framework

HMI Curriculum Unit Lead PSHE and RSHE – unlikely that a school will be judged good if personal development of pupils is judged as not good

Pupils have to know how to be safe and healthy and how to manage academic, personal and social lives in a positive way.

Inspectors will look at:

- Quality of leadership- are pupils enabled to overcome barriers to learning
- Effectiveness of monitoring and evaluation
- How well the school meets the needs of all vulnerable groups of pupils
- Evidence of a positive ethos that promotes a culture of safety- bullying is a key theme.
- Quality of teaching, including social and emotional learning and developing resilience and appropriate professional development
- Ofsted Inspectors take the views of pupils into account, including whether the most vulnerable pupils have a voice- what do they think of PSHE curriculum
- Level of engagement with parents in supporting pupils' development in term of achievement, behaviour and safety and their spiritual, moral, social and cultural development.