

PSHE education at Meadow Park is delivered through the three core themes of Health and Wellbeing, Living in the Wider World, and Relationships and Sex Education (RSE). Through these themes, students explore a wide range of important issues, including mental health and emotional wellbeing, puberty and sexual development, first aid and personal safety, contraception and sexual health, drug, alcohol and tobacco awareness, finance and careers, online safety and digital literacy, consent and respectful relationships, as well as topics linked to gangs, exploitation and managing risk.

Students receive one timetabled PSHE lesson each fortnight, taught in a safe and structured environment that encourages open discussion, reflection and personal growth. The curriculum is sequenced so that learning builds each year, allowing students to deepen their understanding as they develop socially, emotionally and academically.

As well as the fortnightly lesson, PSHE is delivered in areas of Science, IT, RE and Maths. It is also delivered once a week in tutor time. Specialist visitors also contribute throughout the year, where expert knowledge enhances classroom learning.

Relationships and Sex Education (RSE) at Meadow Park is designed in accordance with the Department for Education Statutory Guidance (July 2025). The school's RSE curriculum ensures students receive reliable, factual and age-appropriate information that enables them to make safe, informed and responsible decisions about their health, their relationships and their future. The aim of RSE at Meadow Park is to create a framework in which sensitive and age-appropriate discussions can take place while preparing students for puberty and helping them understand the physical and emotional changes they will experience. It promotes a positive and inclusive culture around relationships, identity and sexuality, and teaches students the correct vocabulary to describe themselves and their bodies. The curriculum actively addresses and challenges misconceptions, myths and misunderstandings relating to relationships, sex and health, and plays a vital role in safeguarding students by helping them recognise unhealthy or harmful behaviours, including coercion and exploitation.