



Personal, Social, Health and Economic Education

Personal, Social, Health and Economic Education (PSHE) at Blue Coat is delivered through the Personal Development curriculum.

In year 10, this is split into two delivery methods:

- 1) Personal Development Days – four days every year, when normal lessons are suspended, and pupils follow a programme of PSHE based activities for the day, including the statutory topics of Health, Relationships and Sex (as appropriate to their age), plus topics such as careers, finance and personal safety.
- 2) Form time ‘wider world’ activities, covering elements of citizenship, culture and community.

This year, pupils in year 10 will study the following topics:

On Personal Development Days:

Day 1	Day 2	Day 3	Day 4
Assessing personal strengths - what affects self-esteem and mental health?	Establishing a balanced approach to time online and a healthy lifestyle.	Risks and consequences of substance misuse.	Health education: intimacy and STIs.
Being role models and influencing others, including the risks of weapons and gangs.	Strategies to promote wellbeing.	Accessing health care, giving blood and taking responsibility for your own health.	Unhealthy behaviours and addictions including gambling.
Positive relationships, the benefits of long term commitment.	Abuse in relationships (including coercion, control, manipulation and persuasion) and strategies to manage this.	Domestic abuse and sexual assault – where to get help and support.	Consideration of faith and values in personal relationships.
The different stages of relationships – how love changes over time.	Developing the skills to assess readiness for sex.	Honour based violence and forced marriage.	Consent: Understand the influence of drugs & alcohol on sexual behaviour and consent.
Labour market and challenging stereotypes around work and career.	Employment rights and responsibilities	Budgeting and making effective financial decisions.	Using social media.
UNIFROG – self-evaluation, goal and path setting.	Media literacy and digital resilience: extremism.	Risky and emergency situations.	Elevate – External Speakers.

In form time ‘Wider World’ sessions:

Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Remembering Queen Elizabeth II	Harassment and consent	Zones of Regulation		Diversity	Personal Devices