



# 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 11, 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 11 will study the following topics:**

On Personal Development Days:

Day 1	Day 2	Day 3	Day 4
Effect of media on body image and strategies to build resilience/assertiveness against unwanted influence.	First Aid with the Red Cross.	sexual health and fertility - lifestyle factors and choices.	Parenting skills, young parenthood, adoption and fostering
Warning signs for poor mental health, plus helpful and unhelpful coping strategies.	Recognising situations where a person is being adversely influenced. Spotting when someone is at risk of becoming involved in crime or cybercrime.	Effect of industries and advertising on health and cosmetic decision making.	Help with mental health and supporting others' mental health through daily actions
Contraception, STIs and unintended pregnancy. Where to find support.	The concept of consent in maturing relationships e.g. marriage or long term partnerships.	Impact of the portrayal of sex in porn on relationships and sexual expectations/behaviour.	Digital literacy - challenging hate crime/
Sharing sexual images, and ethical conduct online.	Recognising unwanted attention (e.g. harassment and stalking) and how to access support.	Aspire to HE - FE vs HE.	Equality act, diversity in relationships and challenging discrimination.
UNIFROG – self assessment and goal setting.	Financial decision making, concerns, consumer rights, exploitation and employment models.	Data footprint and media information.	National Labour Market, employment types, patterns and opportunities.
What happens after year 11? Post 16 planning session.	Application and CV writing.	Elevate – External Speakers.	Aspire to HE.

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	Violent Crime	Zones of Regulation		Diversity	Addressing Extremism