



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 13, 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 13 will study the following topics:

On Personal Development Days:

| Day 1 | Day 2 | Day 3 | Day 4 |
|--|--|--|--|
| Contraception negotiation and use. | Travelling safely. | Drugs, alcohol, tobacco – impact on ours and others safety e.g. drink driving. | Healthcare in new places e.g. at university, and healthcare issues relevant to your age. |
| Idealised body image and considerations of long-term body alterations. | Support and strategies to promote wellbeing. | Maintaining a balanced lifestyle. | Aspire to HE - preparing for university and independent living. |
| Personal safety and considerations when in new relationships including online. | Respectful relationships - working out difficulties. | Emotional Intimacy. | Ending relationships. |
| Forced marriage and HBV. | Elevate – External Speakers. | Pregnancy. | STIs. |
| Aspire to HE - creation of CVs. | Enterprise and work | Employment rights and responsibilities. | Budgeting and financial contracts. |
| Aspire to HE - mock interviews. | Careers. | Impact of online information and social media. | Evaluate the potential gains and risks of different debt arrangements, including repayment implications. |

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 |