



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 8, this is split into three delivery methods:

- 1) A weekly Personal Development lesson, looking in depth at a variety of PSHE topics.
- 2) 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.
- 3) Form time ‘wider world’ activities, covering elements of citizenship, culture and community.

This year, pupils in year 8 will study the following topics:

In weekly Personal Development lessons:

Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Zones of Regulation		Respecting me, you, us.	Curious about Conflict.	Physical Wellbeing	Mental Wellbeing

On Personal Development Days:

Day 1	Day 2	Day 3	Day 4
Learning skills: understanding my strengths, weaknesses and values, and using that to set realistic yet ambitious goals for my future.	Managing risk and personal safety: gambling.	Drugs, alcohol and tobacco: health risks and strategies to manage influences relating to drugs, alcohol and tobacco use.	A healthy diet, and what influences our food choices.
Self concept: the impact of media and social media on self concept and physical/mental health.	Mental health and emotional wellbeing: challenging stigma, myths and misconceptions associated with help-seeking and mental health concerns.	Respectful relationships: coping strategies for relationship breakdowns (including loss and bereavement).	Mental health and emotional wellbeing: help with mental health.
Characteristics of abusive behaviours, resolving conflicts, accessing support.	Healthy and unhealthy relationships - warning signs of abuse, and getting help.	Giving and withdrawing consent (in any context, including online)	Relationship values - marriage, trust, gender roles.
Diversity in sexuality and attraction.	The influence of drugs and alcohol on our relationships and social situations.	Contraception and STIs.	Conflict management skills, including how to reconcile after disagreements.
LORICK – communication. Developing skills that employers value.	Choices and pathways: challenging stereotypes and cultural expectations.	Media literacy and digital resilience: evaluating digital content.	Benefits of social media and engagement opportunities.
Peer approval (including gangs) and strategies to manage risk taking behaviours.	LORICK: Kindness.	UNIFROG.	Financial choices: understanding of money and managing financial decisions.

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	Racism	Harassment	Communication	Diversity	Your Voice – Make a Difference