



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 9, 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 9 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: skills and qualities to engage in enterprise.	Mental health and emotional wellbeing: healthy and unhealthy coping strategies.	Contraception, parenthood and personal safety - risks & consequences.	CPR and the importance of emergency first aid training.
Managing internal and external influences and building resilience to manage our health.	Drugs alcohol and tobacco - personal and legal risks including dependence and addiction.	Awareness of health, including check-ups, screening, personal hygiene and dental health.	Eating Disorders.
Resisting the pressure to join gangs and carry weapons, getting help and overcoming misconceptions.	Establishing morals, values and boundaries in romantic/intimate relationships.	Giving and withdrawing consent.	Managing relationships – the effect of substance misuse on our relationships.
Positive relationships - media portrayal of relationships.	Abuse, harassment, exploitation and grooming.	Consent, the law, and personal image sharing.	FGM.
LORICK: Resilience. Developing skills that employers value.	UNIFROG.	Privacy and risk online.	Social media literacy and digital resilience: social media and influencers.
Challenging prejudice and discrimination, promoting inclusion.	Choices and pathways: Options at y9 and future pathways.	LORICK: Organisation). Developing skills that employers value.	Recognising financial exploitation including online money scams.

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	Homophobia	Communication	Consent	Diversity	Your Voice – Make a Difference