



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 | Day 5 |
|--------------------------------|---|--|--|--|
| Apprenticeship workshop | Personal strength, self-esteem & mental health | Establishing a balanced approach to time online and a healthy lifestyle. | Vaping | School Nurse Session: Contraception. |
| Personal statement writing | Being role models and influencing others, being resistant to gang influence | Strategies to promote wellbeing. | Accessing health care, giving blood and taking responsibility for your own health. | Unhealthy behaviours and addictions including gambling. |
| Motivational speaker: Matt Sen | Positive relationships, the benefits of long term commitment. | Child Sexual Exploitation – Street Teams | Prevent Part 1 | Consideration of faith and values in personal relationships. |
| Unifrog | The different stages of relationships – how love changes over time. | Developing the skills to assess readiness for sex. | Honour based violence and forced marriage. | Alcohol and consent |
| Skills needed in the workplace | Media literacy and digital resilience | Employment rights and responsibilities | Budgeting and making effective financial decisions. | Using social media. |
| Interview preparation | Citizenship: Parliamentary democracy, accountability and spending. | Citizenship: UK’s relationship with the rest of the world. | Citizenship: Other forms of government outside the UK. | Illegal financial activities |

In form time ‘Wider World’ sessions:

The Wider World form time session is a responsive programme, picking up on current affairs, news, local issues and anything arising from student voice.

Students may cover issues such as racism, diversity, misogyny, British Values and organised crime, as well as celebrating national events such as Black History Month, sporting events and religious occasions.