



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	Day 5
External workshop session: Talent Foundry	Effect of media on body image. Building resilience against unwanted influence.	Emergency first aid training	Cosmetic procedures/ body alterations	Understanding deepfakes and AI
	Warning signs for poor mental health, plus helpful and unhelpful coping strategies.	Coercion and crime.	Effect of industries and advertising on health and cosmetic decision making.	Help with mental health
Personal Statement Writing	Contraception, STIs and unintended pregnancy. Where to find support.	Consent in maturing relationships e.g. between married couples	Parenthood, fostering and adoption.	The SLL project – external speaker on the harm of online content & sexual media.
Mock Interviews	Risky and emergency situations – West Midlands Fire Service	Moral and ethical conduct online. The issues around sharing personal images.	Equality act, diversity in relationships	Equality act, diversity in relationships and challenging discrimination.
6 th Form Experience session	Risks of involvement cybercrime including adverse peer pressure	Financial decision making, concerns, consumer rights, exploitation and employment models.	Prevent part 1	Citizenship: British youth justice system
Interview skills and first impressions	Human rights and international law	Citizenship: UK legal system and positively contributing in society.	Rules, laws, the justice system and the police	Citizenship: How public money is raised and spent.

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 exam stress, British Values and organised crime, as well as celebrating national events such as Black History Month, sporting events and religious occasions.