



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 12, 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 12 will study the following topics:

On Personal Development Days:

Day 1	Day 2	Day 3	Day 4	Day 5
Drugs, alcohol and tobacco.	Managing risk and personal safety.	First Aid training – violent crime injuries	UCAS – future planning	Life skills – money management & budgeting
Reality of independent living/risk of homelessness	Mental health - recognising common signs.	Awareness of health - including self checking for serious illnesses.		Interview skills & professional etiquette
Sexual assault and abuse	Positive relationships, personal and cultural values.	Contraception & taking responsibility.	Professional conduct	Future pathways – university, apprenticeship and work
Unhealthy relationships and negative influences.	Harassment and how to de-escalate in social situations.	Managing boundaries online.	Free speech vs hate speech	Goal setting and future planning workshop
Aspire to HE - what is HE?	Aspire to HE - what are the costs	Jobs of the future – impact of AI	UK Tax system	Resilience, mindset and managing stress
Prevent Part 1	Applying for work experience.	Extremism and radicalisation.	Workplace confidentiality and cyber security	Assessment centre simulation

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.