



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 13, 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 13 will study the following topics:

On Personal Development Days:

Day 1	Day 2	Day 3	Day 4	Day 5
Contraception negotiation and use.	Travelling safely.	Substances and safety e.g. drink driving	Futures: what happens next?	The trading game
Idealised body image and considerations of long-term body alterations.	Support and strategies to promote wellbeing – escape room.	Maintaining a balanced lifestyle.	Moneysense - budgeting	Meningitis Now: healthcare related to age
Personal safety sand considerations when in new relationships including online.	Respectful relationships - working out difficulties.	Emotional Intimacy.	Independence	Ending relationships
Forced marriage and HBV.	Gangs, organised crime and carrying weapons	Pregnancy.	BC Alumni – guest speaker	STI’s
Victim blaming	Enterprise and work	Bullying in the workplace and the role of trade unions.	Student ambassador session	Budgeting and financial contracts
Prevent part 1	Cost of living crisis	Impact of online information and social media.	Quick stop food guide	Risks & benefits of debt and financial ventures

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.