



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 8, 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 8 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
Mental Health	Moneysense	Smoking & Vaping	Enterprise – the apprentice	Relationships – friendships and romance	Citizenship – British Values & Government

On Personal Development Days:

Day 1	Day 2	Day 3	Day 4	Day 5
Prevent Part 1	Unifrog 101	Managing risk and personal safety: gambling.	Resisting peer pressure in relation to substance misuse	A healthy diet, and what influences our food choices.
The impact of media and social media on self esteem, physical and mental health.	Different industries and job roles	Challenging myths and stigma associated with mental health.	Relationship breakdowns, loss and bereavement.	Where to get help with mental health.
Characteristics of abusive behaviours, resolving conflicts, accessing support.	Enterprise – what opportunities are there in Walsall?	Healthy and unhealthy relationships - warning signs of abuse, and getting help.	Giving and withdrawing consent (in any context, including online)	Relationship values - marriage, trust, gender roles.
Diversity in sexuality and attraction.	Budgeting and Salaries	How substance use can affect our decisions and relationships	Reconciliation after disagreements.	Introduction to contraception (builds on science)
Communication. Developing skills that employers value.	Skills and qualities in the workplace	Challenging stereotypes and cultural expectations.	Evaluating digital and online content	School Nurses – keeping clean and personal hygiene
Peer approval, gangs, and risk taking behaviours.	Career Pathways: with careers advisor Mrs C. Facey	Financial Literacy	Citizenship – political system in the UK.	Attitudes to money and financial decisions

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