

## What is PSHE Education?

PSHE is an umbrella term for a whole range of different education topics that are grouped under the headings Personal, Social, Health, and Economic Education. These topics include themes such as personal finances, drugs and alcohol awareness, mental health and wellbeing, careers, online safety, and relationships and sex education (RSE)

PSHE provides children and young people with the skills and knowledge they need to live healthy lives in an ever-changing and diverse society.

## How can I support my child's PSHE Education?

- Allowing your child to talk about PSHE topics at home can be a really good way for them to explore and contextualise some of the content.
- If you have time, research some of the areas you know are coming up in your child's PSHE programme, and anticipate any awkward questions.
- Be honest if you don't know the answer to a question. However, you can listen to your child and explore these areas further together.
- Sensitive conversations can be easier to have if you are not facing each other directly, so whilst driving or walking, for example.
- Ask open questions. For example, how is your friendship group at the moment?
- Listen and try not to lecture. They will ask for advice when they want it.

## The PSHE programme at Blue Coat School

Pupils in years 7-10 have fortnightly PSHE lessons. PSHE classes are taken by a dedicated PSHE teacher to facilitate respectful and responsible discussions in an inclusive atmosphere.

Pupils in year 11 have 12 hours of PSHE delivered by their RE, English, and PE teachers during the Autumn and Spring terms.

Pupils in the sixth form have fortnightly PSHE assemblies and a dedicated MS teams PSHE channel with lessons and guidance.

You can view the PSHE curriculum and guidance (including RSE policy) on the school website here: <https://bluecoatschool.com/pshe/>

As a parent or carer, you play a crucial role in supporting your children's learning in PSHE. Please see below for further guidance and information

The DfE has published a useful list of FAQs for parents on the new RSE/Relationships Education requirements, and two new guides on Relationships Education, RSE and Health Education.

**You can read it here:** <https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>

Brook is a great website for advice and support for many PSHE topics. Brook website: <https://www.brook.org.uk/>



# PSHE topics – Autumn 2

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
<b>Developing skills and aspirations</b> <ul style="list-style-type: none"> <li>• Future careers.</li> <li>• Teamwork and enterprising skills.</li> <li>• Goals for the future and how to set goals.</li> </ul>	<b>Community and careers</b> <ul style="list-style-type: none"> <li>• Types of employment.</li> <li>• Employment law and discrimination (including protected characteristics).</li> <li>• Goals for the future and how to handle career limitations.</li> </ul>	<b>Setting goals</b> <ul style="list-style-type: none"> <li>• Career options and qualification pathways.</li> <li>• Problem solving and decision making skills.</li> <li>• How to make good decisions when choosing GCSE options.</li> </ul>	<b>Financial decision making</b> <ul style="list-style-type: none"> <li>• Budgeting and saving.</li> <li>• Impact of debt (including overdrafts, credit cards, and payday loans).</li> <li>• Gambling (delivered by external providers).</li> <li>• Cyber crime.</li> </ul>	<b>Communication in relationships</b> <ul style="list-style-type: none"> <li>• Communication in relationships, including consent.</li> <li>• Contraception and STIs.</li> <li>• Families, marriage, pregnancy, and abortion.</li> </ul>	<b>Readiness for work</b> <ul style="list-style-type: none"> <li>• Career opportunities.</li> <li>• Post 18 options.</li> <li>• Preparing for the world of work (including positive and professional online presence).</li> </ul>	<b>Next steps</b> <ul style="list-style-type: none"> <li>• Post 18 options.</li> <li>• Preparing for the world of work (including positive and professional online presence).</li> <li>• Job application process.</li> </ul>

## Websites for further information and support

<b>Help with searching careers:</b> <a href="https://nationalcareers.service.gov.uk/">https://nationalcareers.service.gov.uk/</a>	<b>Help with searching careers:</b> <a href="https://nationalcareers.service.gov.uk/">https://nationalcareers.service.gov.uk/</a>	<b>Help with choosing GCSE options:</b> <a href="https://www.bbc.co.uk/bitesize/articles/zdswf4j">https://www.bbc.co.uk/bitesize/articles/zdswf4j</a>	<b>Budgeting and financial resources:</b> <a href="https://www.young-enterprise.org.uk/teachers-hub/financial-education/resources">https://www.young-enterprise.org.uk/teachers-hub/financial-education/resources</a>	<b>Relationships -</b> <a href="https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/health-y-relationships/">https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/health-y-relationships/</a>	<b>Help with searching careers:</b> <a href="https://nationalcareers.service.gov.uk/">https://nationalcareers.service.gov.uk/</a>	<b>Help with searching careers:</b> <a href="https://nationalcareers.service.gov.uk/">https://nationalcareers.service.gov.uk/</a>
<b>Goal setting:</b> <a href="https://biglifejournal-uk.co.uk/blogs/blog/guide-effective-goal-setting-teens-template-worksheet">https://biglifejournal-uk.co.uk/blogs/blog/guide-effective-goal-setting-teens-template-worksheet</a>	<b>Employment law:</b> <a href="https://www.acas.org.uk/young-workers-apprentices-and-work-experience">https://www.acas.org.uk/young-workers-apprentices-and-work-experience</a>	<b>Decision making:</b> <a href="https://www.verywellfamily.com/steps-to-good-decision-making-skills-for-teens-2609104">https://www.verywellfamily.com/steps-to-good-decision-making-skills-for-teens-2609104</a>	<b>Gambling:</b> <a href="https://www.begambleaware.org/helpin-g-young-person">https://www.begambleaware.org/helpin-g-young-person</a>	<b>Sexual health -</b> <a href="https://www.yoursexualhealthmatters.org.uk/further-sexual-health-support/parents">https://www.yoursexualhealthmatters.org.uk/further-sexual-health-support/parents</a>	<b>Having a positive online presence:</b> <a href="https://blog.hubspot.com/marketing/online-presence">https://blog.hubspot.com/marketing/online-presence</a>	<b>Having a positive online presence:</b> <a href="https://blog.hubspot.com/marketing/online-presence">https://blog.hubspot.com/marketing/online-presence</a>

## What's been going on in PSHE this term?

### **Year 9 restart a heart day**

October 16 marks Restart a Heart Day, which relates to cardiopulmonary resuscitation (CPR) and defibrillator use or first aid surrounding heart attacks.

On October 17 year 9 students took part in this day by learning how to do CPR and basic first aid as part of their PSHE programme. Well done to all students and staff involved in this important day!

### **Black History Month and mental health**

In tutor time, students commemorated world mental health day and Black History Month by reflecting on how racism can mean feeling unsafe and unwelcome. Race and mental health are closely linked, and systemic racism is detrimental to people's mental health.

The mental health charity Mind has put together some great resources to support mental health during this month – <https://www.mind.org.uk/news-campaigns/where-to-get-support-during-black-history-month/>

### **Year 10 gambling talk – December 12**

On Monday December 12, during period 2 year 10 will be having a PSHE talk on gambling in the theatre. This forms part of their PSHE curriculum and is delivered through a government programme called red card gambling.

Their mission is to create lasting social change through their work and assemblies. They aim to educate people on the dangers of gambling, reduce crime in communities, raise awareness of mental health, and deliver their work nationwide.

## Important information for parents and carers – Andrew Tate

### **Who is he and what should we know about him?**

- Tate is an extreme misogynist (someone who is prejudiced against women).
- His worth is \$355 million. In the past he has made \$9 million a month from his "Subscription service" university where young men sign up to learn from Tate.
- He goes far beyond calling for traditional gender roles and believes women are actually the property of men.
- He has actively aligned himself with the organised misogyny subculture known as the Manosphere.
- He has a long history of expressing far-right views, especially towards Islam. He is also homophobic and transphobic.
- He is a close associate of numerous far-right extremists.
- He has intimidated his critics, even to the extent of turning up at their home address.
- He has a history of violence against women. He has admitted to criminality, including bribing officials and police. For example, Tate has described an incident where he accidentally broke a woman's jaw after she knocked his phone out his hand in a night club.
- Tate was in a series of Big Brother but was kicked out after a video emerged of him abusing a woman.
- Tate has said that he moved to Romania because the rate of rape convictions is so much lower there than in the UK.

Tate exploits low self-esteem and fears in young men. Tate is offering an easy answer to boys and men who are struggling, that women are the cause of their problems, and that they can be "heroes" by following his brand.

He is grooming young people to radicalisation with offers of power and importance- just like other cases in history, when one group is made to feel better about themselves by putting another down.