

## 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 1

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
<ul style="list-style-type: none"> <li>• Transition to secondary school.</li> <li>• Respect in School.</li> <li>• Personal safety in and outside school.</li> <li>• First aid.</li> </ul>	<ul style="list-style-type: none"> <li>• Drug classification and risks.</li> <li>• Pressures related to drug, alcohol, and smoking/vapes and e-cigarettes.</li> <li>• Drugs, alcohol, and smoking/vaping laws.</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy friendships and peer pressure.</li> <li>• Gangs and knife crime.</li> <li>• Grooming and exploitation.</li> <li>• Bystander behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>• Transition to KS4.</li> <li>• The importance of mental health.</li> <li>• Warning signs of mental health.</li> <li>• Mental health stigma.</li> </ul>	<p>Communication in relationships, including consent.</p> <p>Contraception and STI's.</p> <p>Families, marriage, pregnancy, and abortion.</p>	<p>Starting A Levels</p> <p>Mental health.</p> <p>Stress and importance of managing stress.</p> <p>Body image.</p>	<p>Managing personal health away from home.</p> <p>Health screening.</p> <p>Contraception and STI's.</p>

## Website for further information and support

<p><b>Transition -</b>  <a href="https://www.youngminds.org.uk/parent/blog/helping-your-child-manage-the-move-from-primary-to-secondary-school/">https://www.youngminds.org.uk/parent/blog/helping-your-child-manage-the-move-from-primary-to-secondary-school/</a></p> <p><b>Personal safety -</b>  <a href="https://www.itsnotokay.co.uk/children/keep-safe/">https://www.itsnotokay.co.uk/children/keep-safe/</a></p>	<p><b>Drugs and alcohol -</b>  <a href="https://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/">https://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/</a></p> <p><b>Smoking and e-cigarettes and vapes -</b>  <a href="https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/">https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/</a></p>	<p><b>Peer pressure -</b>  <a href="https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/">https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/</a></p> <p><b>Grooming and exploitation –</b>  <a href="https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/">https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/</a></p>	<p><b>KS4 transition –</b>  <a href="https://www.theparentsguideto.co.uk/post/how-can-i-support-my-child-while-they-are-studying-for-their-gcse">https://www.theparentsguideto.co.uk/post/how-can-i-support-my-child-while-they-are-studying-for-their-gcse</a></p> <p><b>Mental health -</b>  <a href="https://www.youngminds.org.uk/parents-a-z-mental-health-guide/">https://www.youngminds.org.uk/parents-a-z-mental-health-guide/</a></p>	<p><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></p> <p><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></p>	<p><b>Starting A Levels -</b>  <a href="https://tutorful.co.uk/guides/the-parents-guide-to-every-school-year/a-parent-s-guide-to-key-stage-5-a-levels">https://tutorful.co.uk/guides/the-parents-guide-to-every-school-year/a-parent-s-guide-to-key-stage-5-a-levels</a></p> <p><b>Body image -</b>  <a href="https://www.youngminds.org.uk/young-person/coping-with-life/body-image/">https://www.youngminds.org.uk/young-person/coping-with-life/body-image/</a></p>	<p><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></p> <p><b>Support for transition to university -</b>  <a href="https://www.studentminds.org.uk/supportforparents.html">https://www.studentminds.org.uk/supportforparents.html</a></p>
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