

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 – Spring 1

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
<p>Diversity and peer relationships</p> <p>Interpersonal relationships, including making and maintaining friends.</p> <p>Diversity and prejudice. Including living in a diverse society and protected characteristics.</p> <p>Child on child abuse, bullying (including online bullying).</p>	<p>Equality and discrimination</p> <p>Child on child abuse, including racism and HBT bullying.</p> <p>Group think</p> <p>Human rights, the equality act and protected characteristics.</p>	<p>Respectful relationships</p> <p>Families, different family types, and parenting.</p> <p>Homelessness.</p> <p>How to handle and resolve conflict in families and relationship changes.</p>	<p>Healthy relationships</p> <p>Consent and victim blaming.</p> <p>Healthy relationships including LGBTQ+ relationships.</p> <p>Risks of online dating and pornography.</p>	<p>Next steps</p> <p>Revision and study skills.</p> <p>Post 16 options and pathways.</p> <p>Employability.</p> <p>CV writing and interview skills.</p>	<p>Diversity and inclusion</p> <p>Living in a diverse society.</p> <p>Protected characteristics.</p> <p>Challenging prejudice and discrimination.</p>	<p>Intimate relationships</p> <p>Personal values, including in relation to contraception and sexual health.</p> <p>Fertility.</p> <p>Pregnancy.</p>

Websites for further information and support

<p>Friendships – https://parentingscience.com/kids-make-friends/</p> <p>Protected characteristics – https://www.equalityhumanrights.com/en/equality-act/protected-characteristics</p> <p>Bullying - https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers</p>	<p>Racism – https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/</p> <p>HBT bullying – https://learning.nspcc.org.uk/safeguarding-child-protection/lgbtq-children-young-people</p> <p>Protected characteristics – https://www.equalityhumanrights.com/en/equality-act/protected-characteristics</p>	<p>Families – https://www.studysmarter.co.uk/explanations/social-studies/sociology-of-family/family-types-in-the-uk/</p> <p>Homelessness – https://centrepoin.org.uk/youth-homelessness/get-help-now/im-worried-about-a-young-person/im-worried-about-my-child/</p> <p>Family changes (including separation) – https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce/</p>	<p>Consent - https://www.brook.org.uk/your-life/sex-and-consent/</p> <p>Healthy relationships – https://parents.actionforchildren.org.uk/stages-development/social-emotional-development/healthy-relationships-consent/</p> <p>Pornography - https://www.brook.org.uk/your-life/porn/</p>	<p>Post 16 options – https://www.ucas.com/further-education/ucas-progress/getting-started/what-are-my-options-after-gcses-or-national-5s</p> <p>Revision and study skills – https://www.theparentsguideto.co.uk/post/helping-your-child-with-their-revision</p> <p>Interview skills - https://www.myworldofwork.co.uk/parents-and-carers/preparing-your-child-for-their-first-interview</p>	<p>Protected characteristics – https://www.equalityhumanrights.com/en/equality-act/protected-characteristics</p> <p>Racism – https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/</p> <p>HBT bullying – https://learning.nspcc.org.uk/safeguarding-child-protection/lgbtq-children-young-people</p>	<p>Contraception – https://www.nhs.uk/LiveWell/Talkingaboutsex/Documents/DCSFtalktoyourchild.pdf</p> <p>Fertility – https://www.brook.org.uk/your-life/fertility-awareness-methods/</p> <p>Pregnancy - https://www.brook.org.uk/topics/pregnancy/</p>
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What's been going on in PSHE this half term?

PSHE ambassadors

We were delighted to have over 40 students from year 7-13 sign up to be PSHE ambassadors! This role involves supporting the PSHE curriculum and lessons. Our ambassadors are committed to being a representative for important issues such as mental health and supporting whole school events such as Holocaust Memorial Day and Black history month. If your child would like to sign up it is never too late. Please ask them to email Miss Clemo and she will add them to the edulink group.

Holocaust memorial day January 27 2023 – Virtual workshop with a Holocaust survivor

Holocaust Memorial Day is the day for everyone to remember the millions of people murdered in the Holocaust, under Nazi Persecution, and in the genocides which followed in Cambodia, Rwanda, Bosnia, and Darfur. 27 January marks the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp. If you would like to learn more please see here <https://www.hmd.org.uk/>

To commemorate Holocaust Memorial Day in school, our year 8 pupils will be taking part in an online workshop and talk with a Holocaust survivor through the Anne Frank education trust.

Christian Life Ministries – dignify workshops

Year 12 and 13 have been taking part in assemblies delivered by CLM Church delivered by experienced youth communicators. Their aim is to facilitate lessons and assemblies that create opportunities for pupils to be reflective by us asking the question “What do you think?”, encouraging your pupils to think a bit deeper about issues that are so important to their lives.

This half term they have been taking part in dignify workshops which explores relationships education and personal dignity.

Pride club talk

On February 9, students who attend the school's Pride Club have been invited to a online workshop to celebrate LGBTQ+ history month. The talk is with poet Dean Atta, which the Independent newspaper has listed as one of the 100 most influential LGBTQ+ people in the United Kingdom. He is best known for the Stonewall Book Award-winning young adult novel in verse *The Black Flamingo*. We are really looking forward to the talk!



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