

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

Websites for further information and support

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

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/>

PSHE ambassadors

We were delighted to have over 60 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.

Year 9 gangs and knife crime talk – November 23

On November 23 year 9 students will take part in an engaging talk about gangs, knife crime, and myths about gangs. This talk will be delivered by Guiding Young Minds who support young people in transforming their lives through attitude and behaviour management. They encourage young people to overcome difficulties and struggles in life, guiding them through growth and development in a positive way.

PSHE in the news

Young people with eating disorders in England on the rise

Eating disorders, such as bulimia, anorexia, and binge-eating, are serious mental health problems that can severely affect the quality of life of children and their families. In the UK, it is estimated that there are 1.25 million people with eating disorders, and a disproportionate number are below the age of 25.

Read here: <https://www.childrenscommissioner.gov.uk/blog/young-people-with-eating-disorders-in-england-on-the-rise/>

Support: <https://www.beateatingdisorders.org.uk/>

Earlier mental health support announced for thousands nationwide

Thousands of children and young people will receive earlier mental health treatment in a move to help save lives and ensure fewer youngsters reach crisis point, through early support hubs across the country.

The government is making nearly £5 million available to provide earlier, open-access mental health intervention at 10 hubs in community locations.

Read here: <https://www.gov.uk/government/news/earlier-mental-health-support-announced-for-thousands-nationwide>

Support: <https://www.youngminds.org.uk/>

UK children and adults to be safer online as world-leading bill becomes law

The Online Safety Act has received Royal Assent, heralding a new era of internet safety and choice by placing world-first legal duties on social media platforms.

The new laws take a zero-tolerance approach to protecting children from online harm, while empowering adults with more choices over what they see online.

Read here: <https://www.gov.uk/government/news/uk-children-and-adults-to-be-safer-online-as-world-leading-bill-becomes-law>

Support: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>