

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 – Summer 2

Year 7	Year 8	Year 9	Year 10	Year 12
<p>Self worth and self esteem</p> <p>Friendships and romance</p> <p>Assertive communication</p>	<p>Introduction to consent</p> <p>Social media misuse</p> <p>Introduction to contraception</p>	<p>Consent</p> <p>Dangers of pornography and sexting</p> <p>Contraception and STI's</p>	<p>Communities and belonging</p> <p>Extremism, including incel ideology</p> <p>Prevent and terrorism</p>	<p>First aid and CPR</p> <p>Impact of substance use</p> <p>Personal safety and travel</p>

Websites for further information and support

<p>Self esteem: https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-esteem/</p> <p>Friendships: https://www.childrensmentalhealthweek.org.uk/news-and-blogs/2023/february/5-ways-to-support-your-child-to-make-friends/</p> <p>Assertive communication: https://www.twinkl.co.uk/blog/15-key-steps-for-increasing-assertiveness-skills-in-children-11-17-20</p>	<p>Consent: https://childmind.org/article/how-talk-kids-sex-consent-boundaries/</p> <p>Social media use: https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/</p> <p>Contraception: https://www.brook.org.uk/topic/s/contraception/</p>	<p>Contraception: https://www.brook.org.uk/topics/contraception/</p> <p>Consent: https://childmind.org/article/how-talk-kids-sex-consent-boundaries/</p> <p>Porn: https://parents.actionforchildren.org.uk/mental-health-wellbeing/online-safety-wellbeing/how-to-talk-to-your-child-about-pornography/</p>	<p>Extremism: https://www.educateagainsthate.com/how-to-talk-to-your-child-about-extremism/</p> <p>Terrorism: https://www.savethechildren.org/us/charity-stories/talking-to-children-about-terrorism</p> <p>Prevent and radicalisation: https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/</p>	<p>First aid: https://www.sja.org.uk/get-advice/first-aid-advice/?parentId=12265&categoryId=12349</p> <p>CPR: https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult/</p> <p>Substance use: https://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/children-and-drugs/</p>
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What's been going on in PSHE?

PSHE ambassadors

We are delighted to have over 70 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.



Mental health awareness week

To commemorate this important week, our PSHE lessons marked Mental Health Awareness Week with a special focus on the theme 'Moving More for Our Mental Health.' Through engaging activities and discussions, students explored the profound connection between physical activity and mental well-being.



Anne Frank Trust workshops – Gender equality

We are excited to announce that students from Years 7 to 10 will be participating in a series of workshops on gender equality, facilitated by the Anne Frank Trust. These workshops, integrated into our RE and PSHE lessons, aim to inspire and educate our students on the importance of gender equality and the ongoing fight against discrimination. The Anne Frank Trust, renowned for its work in promoting social justice and human rights, will provide an engaging and thought-provoking program.



Refugee week

This year, our school is proud to celebrate Refugee Week with a series of special lessons in RE and PSHE, highlighting the experiences and contributions of refugees around the world. In RE and PSHE classes, students will engage in a variety of activities and discussions to learn about the journeys of refugees, the challenges they face, and the resilience they show.

As part of our Refugee Week celebrations, we are also organising a donation drive in support of Carriers of Hope, a local charity dedicated to assisting refugees and asylum seekers. We encourage students, families, and staff to contribute items such as clothing, non-perishable food, toiletries, and household essentials.

