

## 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 teachers.

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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# PSHE in the news – Autumn 1

**1. US Presidential Election** – Keep up to date with all the presidential election in the US as people vote on the next president of the USA. Election deadline is Tuesday 5<sup>th</sup> November.

Please see the following article for further information: <://www.bbc.co.uk/news/topics/cj3ergr8209t>

**2. Black History Month** – October marked Black History Month. At Blue Coat School, we had many activities taking place throughout the month to celebrate and mark BHM. Students were able to learn of the origins, history and moreover the importance of BHM for people today.

Please see the following article for further information: <https://www.bbc.co.uk/news/explainers-54522248>

**3. Budget, vapes and smoking** – As the Labour government outlined their budget in October 2024, taxes on vaping and smoking were increased. For vapes, it was identified an increase of £2.20 per 100ml of e-cigarette from October 2026 and £2.20 per 100 cigarettes in tobacco.

Please see the following article for further information: <https://www.bbc.co.uk/news/articles/cj0j2mj763do>

# Blue Coat PSHE newsletter – Autumn 1 2024

## PSHE Memorable experiences!



Sixth form students attend Peace and Reconciliation event, September 2024



Sixth form PSHE assembly focusing on Knife crime, October 2024



Blue Coat School BMH Display created by the student Diversity Team



# Children are being exploited by gangs involved in drug crime.

## Know the signs to spot.

County lines gangs use children and vulnerable people to courier drugs and money. A young person who is involved in county lines activity might exhibit some of these signs:



Persistently going missing from school or home, or being found out-of-area



Unexplained acquisition of money, clothes or mobile phones



excessive receipt of texts or phone calls



Relationships with controlling, older individuals or gang association



Leaving home or care without explanation



Suspicion of self-harm, physical assault or unexplained injuries



Parental concerns



Significant decline in school performance



Significant changes in emotional well-being