

# Blue Coat PSHE newsletter – Autumn 1 2025

For further details please  
contact Miss Clemo  
(Head of RE and PSHE).

## 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.

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 RSE/Relationships Education. **You can read it here:** [Relationships, sex and health education: guides for parents - GOV.UK](#)

Brook is a great website for advice and support for many PSHE topics. Brook website: <https://www.brook.org.uk/>



**Blue Coat**  
Church of England School  
& Music College

# 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>Coercive control, abuse, and misogyny.</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.theparmentsguideto.co.uk/post/how-can-i-support-my-child-while-they-are-studying-for-their-gcse/">https://www.theparmentsguideto.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/parent/parents-a-z-mental-health-guide/">https://www.youngminds.org.uk/parent/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

How does the disposable vape ban work, and how harmful is vaping?



[How does the disposable vape ban work, and how harmful is vaping? - BBC News](#)

'Any child can be exploited by county lines gangs'



[York county lines crackdown sees £90k of drugs seized and 12 arrested - BBC News](#)

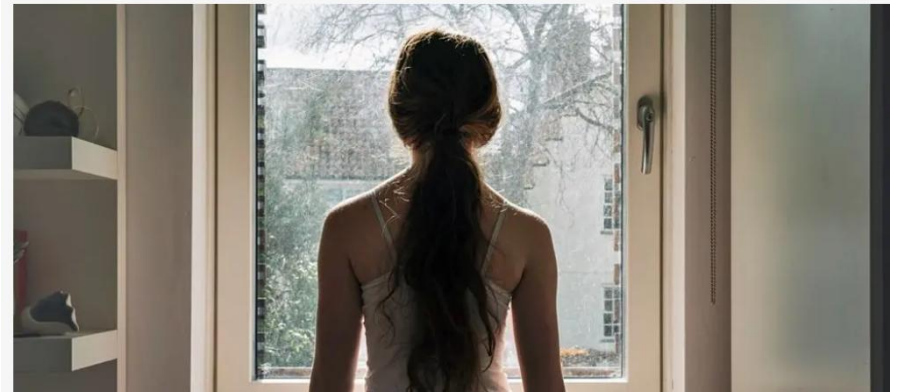
# PSHE in the news

**Police hail knife crime fall as new law comes in**



[West Midlands Police hail knife crime fall as new law comes in - BBC News](#)

**Teen mental health: When to seek help and what parents can do**



[Teen mental health – when to seek help and what parents can do themselves - BBC News](#)



# PSHE in the news

**'Endometriosis is so much more than painful periods'**



[Support group helps Bristol woman with endometriosis - BBC News](#)

**Boys 'need role models to combat online misogyny'**



[Mayor must help boys avoid misogyny epidemic - London Assembly - BBC News](#)

# Child Exploitation

## A Guide for Parents, Families and Carers

### What is child exploitation?

Child exploitation is the criminal and sexual exploitation of children for profit or gain and is predominantly associated with the drug trade known as county lines. Criminals groom and use children to move and supply drugs, carry weapons and carry out other criminal acts such as burglary, violence and anti-social behaviour. Sexual exploitation occurs when children are coerced into performing sexual acts as a means of intimidation and control, to pay off debts and when they are forced into relationships with perpetrators.

### The Facts

Child exploitation is taking place in towns and villages across the country, irrespective of wealth and location. It isn't confined to big cities or deprived areas.

Perpetrators targeting a child will pinpoint their vulnerabilities. Any boy or girl from around the age of 10 may be targeted. Some children may be more vulnerable than others.

Exploited children are not making a lifestyle choice. Methods of exploitation are sophisticated, manipulative and violent. Exploited children and their families are victims.

Exploited children are often not able to step away by choice. They are trapped and may see no way out. They may be threatened and experience extreme violence and their families may also be intimidated.

**If you suspect your child or a child in your care is being exploited this guide will help you to:**

Spot the signs your child is being exploited.

Know the strategies that may limit the risk to your child.

Work with the police, school and other services to protect your child.

Seek support and understand it is not your fault.

If you are concerned about exploitation in your community contact  
Crimestoppers 0800 555111 Police 101 Childline 0844 8920220

## Signs of grooming and exploitation

### BELONGINGS



Unexplained mobile phone, games console, money, clothes, bike, sweets, jewellery, cigarettes.

Multiple mobile phones and SIM cards, occasional money that can't be accounted for, belongings disappear or get sold.

**Criminals groom children with gifts. They use phones to control and send instructions.**

### APPEARANCE AND TASTES



Exaggerated gang style, intense interest in money and expensive items, taking a keen interest in music that glorifies violence, misogyny and drug use.

Unkempt and dirty, poor self-care, not bothered about appearance.

**Children work hard to fit in with perpetrators by mimicking their behaviour, clothing and tastes in music.**

### RELATIONSHIPS



New friendships with controlling older children, or girl or boyfriend, secrecy about friends, existing relationships are dropped, relationships at home become strained, problems at school.

Cut off from family and friends, significant problems at school including missing days and exclusions, not appearing to care about anyone else, occasionally seeking comfort.

**Criminals seek to isolate children from family, friends and supportive network.**

### BEHAVIOUR



Confrontational, controlling, brittle over-confidence, secretive and furtive, unexplained absences, language is changed and seems out of place, some anti-social behaviour.

Distant, violent, out of control, hypervigilant, frequently missing, sometimes for long periods, constantly monitoring phone and disappearing in response to messages, in trouble with police.

**Once trapped, children are controlled through extreme threats and violence.**

### WELLBEING



A sense that something isn't right, disorganised sleep, tiredness, excessive time spent online, unusual smell.

Bruises and cuts, moving around awkwardly or painfully, depressed and lost, disorganised sleep and lack of appetite, being under the influence of drugs.

**Exploited children are traumatised through violence, control and enforced drug addiction.**





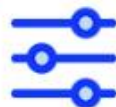
# TIKTOK PARENT GUIDE



## START A CONVERSATION

A great place to start when it comes to online safety is to talk about it. Speak with your child about the online risks mentioned above. We can talk about the importance of keeping personal information safe; support your child in learning to become digitally resilient.

Part of this also means being able to identify if someone their speaking with online is not to be trusted. For some great resources to help to talk to your young person about this, check out the Thinkuknow website.



## USE PRIVACY SETTINGS

With a public account anyone can view and download your videos, even if they haven't created a TikTok account. Talk to your young person about the benefits of privacy settings.

Although there may be resistance to setting privacy settings if a user is seeking more likes and followers, emphasise the value of having greater levels of control and privacy.



## USE RESTRICTED MODE

By going to the 'Digital Wellbeing' section on TikTok you can enable Restricted Mode. This has been created to filter out mature or inappropriate content.

While this may not be perfect, it should offer some level of filtering. To set restricted mode you will need to create a pin code.



## ENABLE FAMILY PAIRING MODE

Family pairing mode allows you to link your TikTok with your child's account. By using Family Pairing Mode you can change settings on your child's account including:

Screen Time Management - How long the app can be used for.

Restricted Mode - Filtering inappropriate content.

Direct Messages - Turn off direct messages completely, or restrict certain users from sending messages.



## LEARN HOW TO BLOCK AND REPORT

Make sure that your young person knows how to use all of the block and report features. It's possible to restrict comments, restrict Duets, report a comment and block a user.

These features can help users to have a greater level of control on the platform, but they are only helpful if your young person knows how to use them.

Talk through how to make use of these settings with your young person.



## BE MINDFUL OF SCREEN TIME

Excessive screen time on social media can have negative impacts on student wellbeing. If your young person is old enough to use TikTok, have a conversation with them to agree appropriate levels of screen time. You could start the conversation by asking them how much screen time per day they think would be good for them.

There is also the option of setting screen time limits under the screen time management option. This allows you to limit the amount of time a user can spend on the app per day. This option can then be locked with a PIN code.



# SCREEN TIME PARENT GUIDE



## BE A DIGITAL ROLE-MODEL

It's not just children who are susceptible to the persuasive design of Social Media and games. Anyone can find themselves swiping through a newsfeed for longer than they intended, or using their smartphone before bed or during meal times.

Children are looking to us to learn behaviours, and the addictive nature of smart phones is a societal challenge. Lead the way by limiting your own screen time and demonstrating positive digital habits.



## CREATE A FAMILY AGREEMENT

Creating a family agreement is a fantastic way of setting boundaries and clear expectations around screen time. This can include the amount of screen time that would be appropriate each week, along with when and where this will take place.

Get everyone to sign the agreement.  
Display the agreement where everyone can see it.

This family agreement can then act as a reminder of the boundaries that you have put in place to ensure healthy use of technology.



## BE MINDFUL OF THE IMPACTS OF SCREEN TIME

It can be useful to reflect on how our children's use of technology may be impacting them. To get started, try writing out an answer for each of these questions:

What impact is screen time and technology usage having on my children?

How are we currently using technology in the household?

What would I like to change about we use technology as a family?

Is our use of technology impacting our sleep?

If these questions raise concerns for you, think about the areas that you want to make changes.



## DECIDE AGE RESTRICTIONS IN ADVANCE

If your child is using a Social Media platform such as Instagram or TikTok, it may be difficult conversation to ask them to delete it once they have already started using it.

Instead of this, decide in advance what age you would want your child to be before they access a certain app or game.



## USE DIGITAL WELLBEING SETTINGS

Increasing social media apps are introducing wellbeing and screen time features. For example TikTok has Digital Well-Being features that allow you to limit screen time, and set restricted mode.

Instagram has a 'Your Activity' section, this allows users to see how much time they are spending on the app. You can also mute Push Notifications and set reminders to help users to limit time spent on the app.

**OpenView**  
**Education**  
TRAINING THROUGH THEATRE

Access more resources at  
[openvieweducation.co.uk](https://openvieweducation.co.uk)