

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 RSE/Relationships Education requirements, and two 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
Diversity and peer relationships Interpersonal relationships, including making and maintaining friends. Diversity and prejudice. Including living in a diverse society and protected characteristics. Child on child abuse, bullying (including online bullying).	Equality and discrimination Child on child abuse, including racism and HBT bullying. Group think. Human rights, the equality act and protected characteristics.	Respectful relationships Families, different family types, and parenting. Homelessness, including hidden homelessness. How to handle and resolve conflict in families and relationship changes.	Healthy relationships Consent and victim blaming. Sexual harassment. Positive masculinity. Healthy relationships. Harms of pornography.	Next steps Revision and study skills. Post 16 options and pathways. Employability. CV writing and interview skills.	Diversity and inclusion Living in a diverse society. Protected characteristics. Challenging prejudice and discrimination.	Intimate relationships Personal values, including in relation to contraception and sexual health. Fertility. Pregnancy.

Websites for further information and support

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



Inter Faith Week

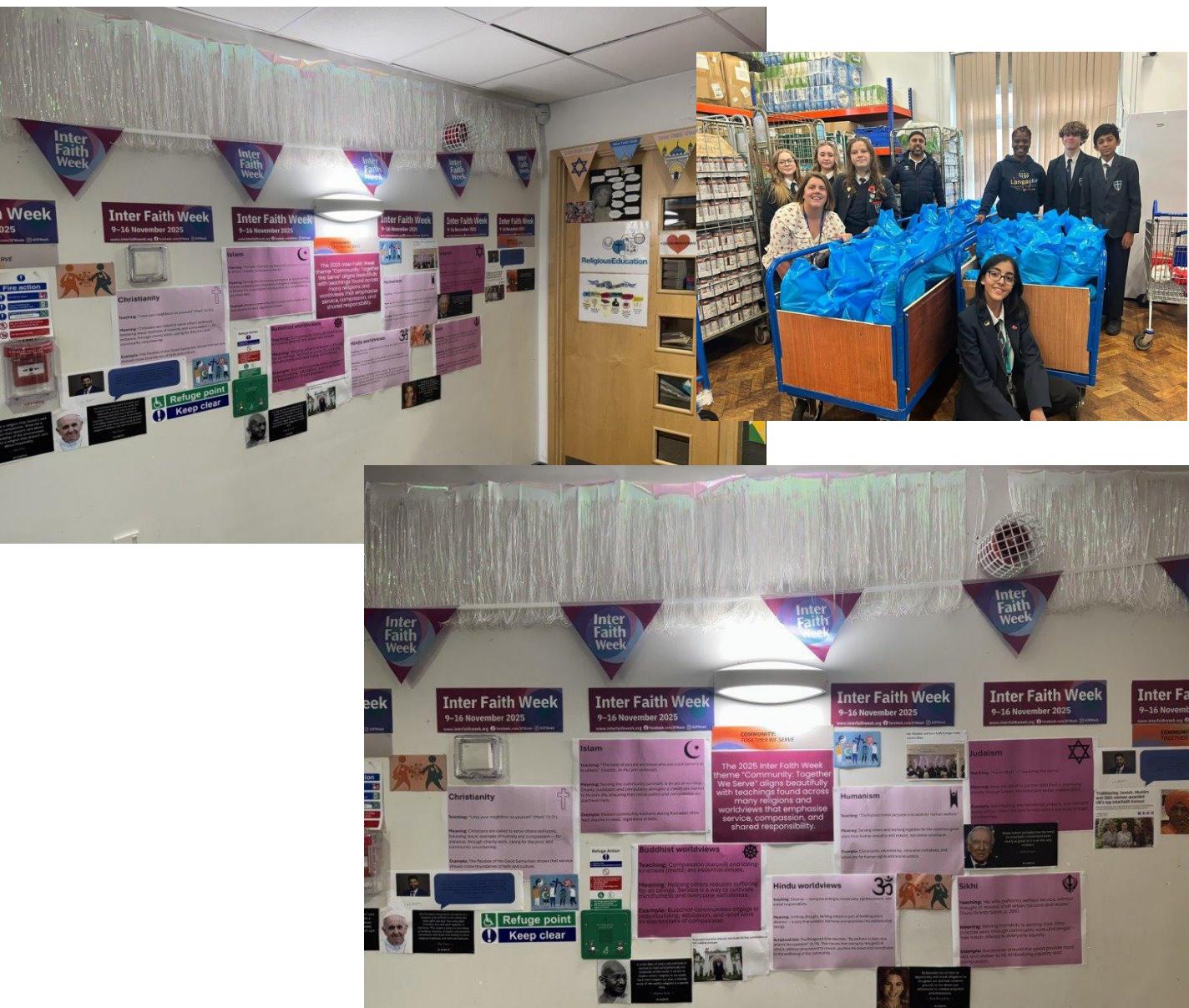
9–16 November 2025

9 – 16 NOVEMBER 2025

From 9–16 November, our school community came together to celebrate Inter Faith Week with a rich programme of activities designed to promote understanding, respect, and positive relationships between people of all beliefs. This year was particularly special, as it marked 10 years of Inter Faith Week celebrations at Blue Coat – a decade of fostering dialogue, appreciation of diversity, and meaningful connections across our school.

Marking a decade of celebrations, this year's Inter Faith Week was a powerful reminder of the importance of empathy, curiosity, and unity.

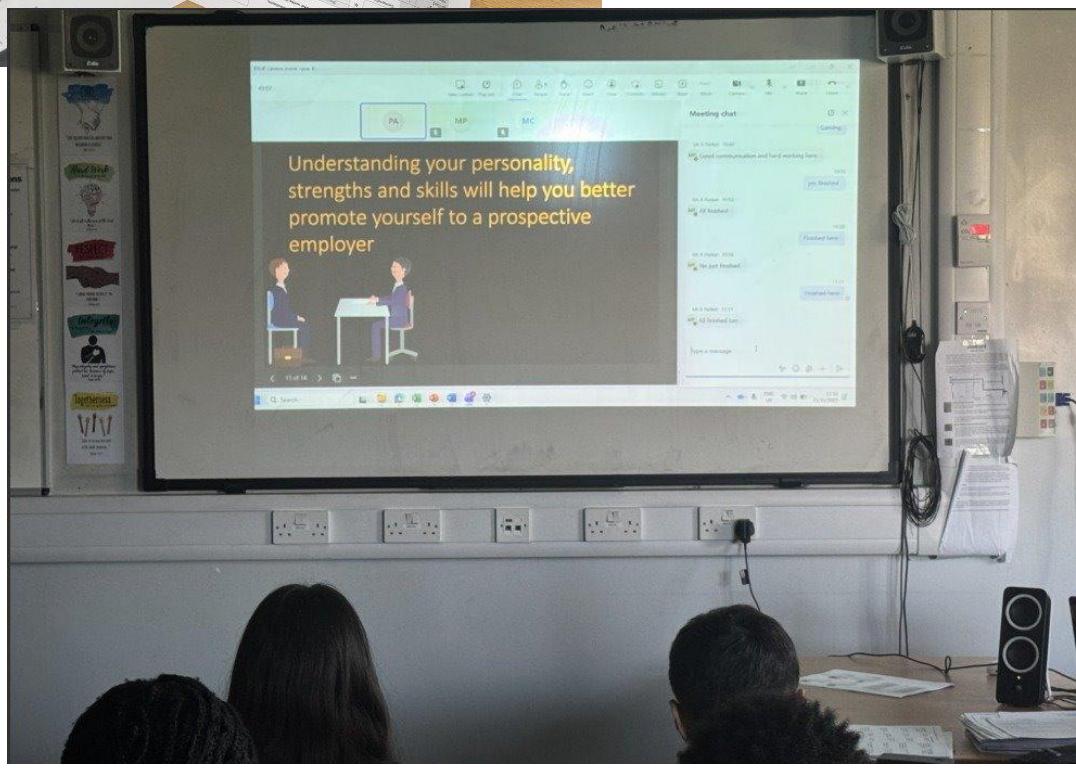
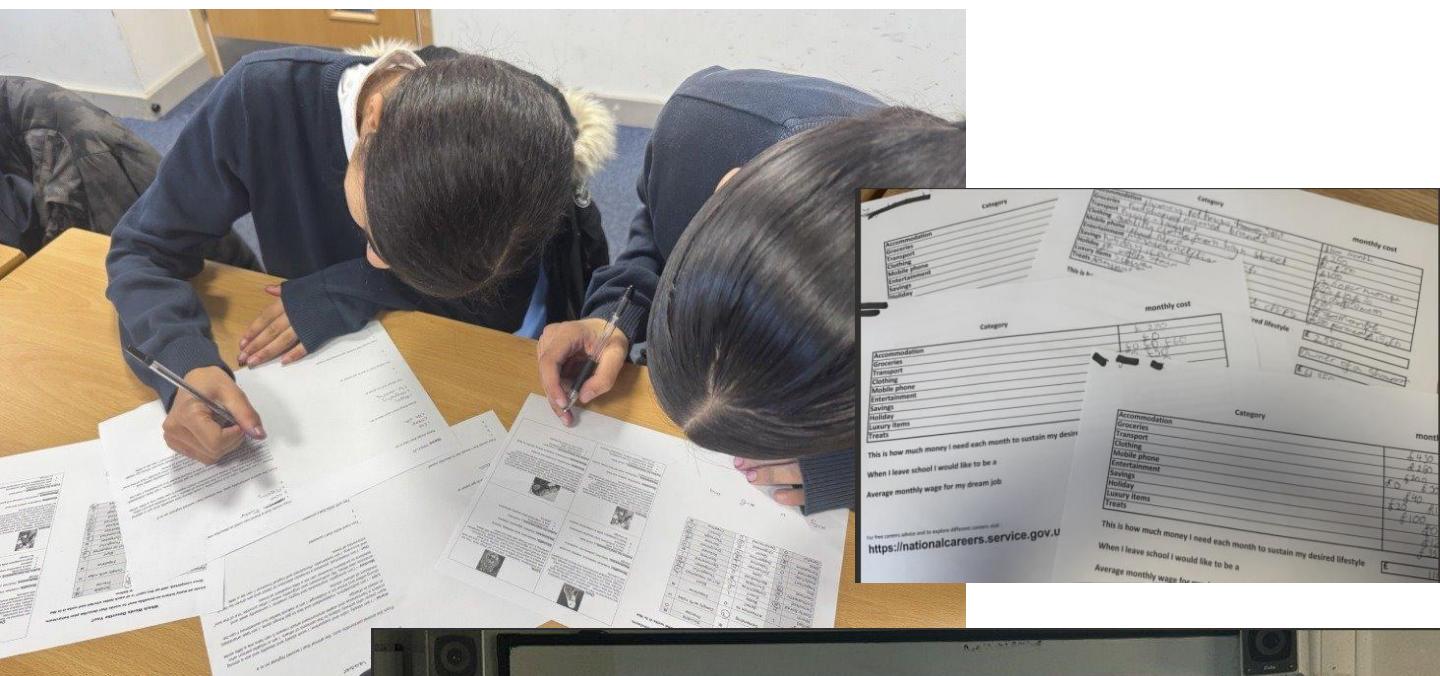
We are incredibly proud of how our students engaged with the programme and demonstrated Blue Coat's ongoing commitment to 'living life in all its fullness'.



Virtual careers and employment sessions

A huge thank you to Conrad from the Department for Work and Pensions who has been delivering fantastic virtual careers and employment sessions for our Year 7, 8, 9 and 10 students as part of our PSHE curriculum.

His guidance has helped our learners explore future pathways and gain real insight into the world of work.



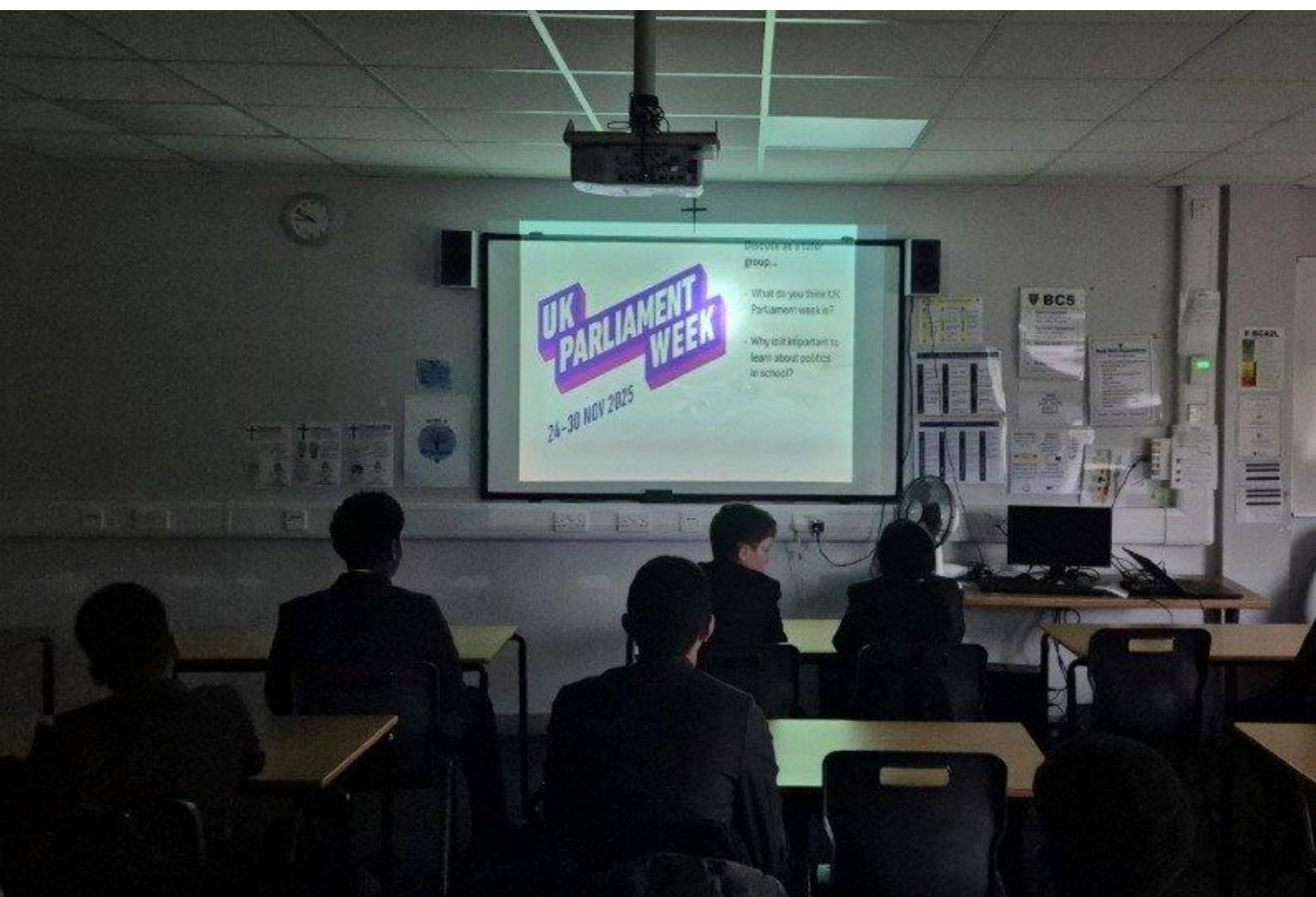
UK Parliament week

As part of UK Parliament Week, students across the school took part in a whole-school vote during tutor time on the topical question: Should the voting age be lowered to 16? Before voting, students explored key arguments for and against the proposal, helping them to make informed decisions and understand how democratic processes work at a national level.

With strong participation across all year groups, the final results were:

- 61% Yes – students believed the voting age should be lowered to 16
- 39% No – students felt the voting age should remain at 18

This activity formed an engaging part of our ongoing commitment to political literacy and active citizenship, giving students a meaningful opportunity to consider how political change could impact young people and the wider society.



Human rights day

Our PSHE Ambassadors have been hard at work putting up posters for Human Rights Day which was on December 10. It was fantastic to see our students taking the lead in raising awareness and championing positive values across our school community.



Knife crime live event

Students took part in a powerful national event as part of the Great Big Live Assembly, featuring a special screening of Highway to the Moon — a short film created by Letitia Wright exploring the devastating impact of knife crime.

The session, which included a live Q&A with Letitia Wright and expert speakers, gave students the opportunity to reflect on youth violence, safety, and the importance of making positive choices.



THE THINGS I WISH MY PARENTS HAD KNOWN

YOUNG PEOPLE'S ADVICE
ON TALKING TO YOUR
CHILD ABOUT ONLINE
SEXUAL HARASSMENT

Summary of top tips

- 1 Start speaking to your children about these issues before you first give them a phone or set up a social media account. This might feel very early, but you can do it in an age-appropriate way. It is better to be proactive than reactive.
Don't wait for the crisis.
- 2 Keep the conversation going. Adapt to your child so you can support them.
Don't mention it once and think that's enough.
- 3 Keep it casual, find everyday opportunities to speak about these issues with your child – like when you're walking or driving somewhere.
Don't scare them with 'the big talk'.
- 4 Focus on your child's emotions first and work out what they may have seen online. By listening to your child and understanding if they accessed harmful content, you can help to support them.
Don't punish them before listening and understanding.
- 5 Keep curious about the technology your child is using and stay up to date with platforms, apps and trends.
Don't pretend these issues don't exist
- 6 Set boundaries. Use filtering tools to limit your child's exposure to harmful content. Decide on rules and boundaries with your child, allowing them to input. Explain which monitoring and filtering tools you are using, and why.
Don't leave your child unsupervised online without using monitoring and filter tools. You wouldn't leave them alone in the park or the street, apply the same level of protection online.

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear, or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



#WakeUp Wednesday®

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Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/786040/survey_of_pupils_and_their_parents_or_carers_wave_5.pdf
<https://www.oecd.org/education/talis2018tables.htm> https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/621070/Health_behaviour_in_school-age_children_cyberbullying.pdf