

Key Concepts of Personal Wellbeing

Healthy lifestyles

1. Recognising that healthy lifestyles, and the wellbeing of self and others, depend on information and making responsible choices
2. Understanding that physical, mental, sexual and emotional health affect our ability to lead fulfilling lives, and that there is help and support available when they are threatened.

Risk

1. Understanding risk in both positive and negative terms and understanding that individuals need to manage risk to themselves and others in a range of situations
2. Appreciating that pressure can be used positively or negatively to influence others in situations involving risk.

Critical understanding

1. Engaging with ideas and texts, understanding and responding to the main issues.
2. Assessing the validity and significance of information and ideas from different sources.
3. Exploring others' ideas and developing their own.
4. Analysing and evaluating spoken and written language to appreciate how meaning is shaped.

Diversity

1. Appreciating that, in our communities, there are similarities as well as differences between people of different race, religion, culture, ability or disability, gender, age or sexual orientation.

Decision-making and managing risk

Pupils should be able to:

1. use knowledge and understanding to make informed choices about safety, health and wellbeing
2. find information and support from a variety of sources
3. assess and manage the element of risk in personal choices and situations
4. use strategies for resisting unhelpful peer influence and pressure
5. know when and how to get help
6. identify how managing feelings and emotions effectively supports decision-making and risk management.

Developing relationships and working with others

Pupils should be able to:

1. use the social skills of communication, negotiation, assertiveness and collaboration
2. value differences between people and demonstrate empathy and a willingness to learn about people different from themselves.

Curriculum Opportunities of Personal wellbeing

The curriculum should provide opportunities for pupils to:

1. make real choices and decisions based on accurate information obtained through their own research using a range of sources, including the internet, other media sources and visits/visitors to and people from the wider community
2. take part in individual and group discussion to consider personal, social and moral dilemmas and the choices and decisions relating to them
3. work as members of groups and teams, taking on different roles and responsibilities
4. identify sources of help and support and take responsibility for providing accurate information to others.