

PSHE Education Programme of Study (Key Stages 1 – 4) October 2014

This is the second edition of the PSHE Association's programme of study. It has been updated to reflect the rapidly changing world in which our pupils are living and learning and to sit alongside the 2014 National Curriculum. It should be read alongside our updated guidance on [Developing your PSHE curriculum](#).

Section 2.5 of the [national curriculum framework](#) states that all schools should make provision for PSHE, drawing on good practice. In order to help schools to meet this objective, our programme of study identifies the key concepts and skills that underpin PSHE education and help schools to fulfil their statutory responsibility to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life as set out in [Section 78 of the Education Act 2002](#).

This programme of study covers Key Stages 1 to 4 and is based on three core themes within which there will be broad overlap and flexibility:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

It is important that schools do not attempt to cover all of the suggested content contained in this document as doing so would lead to a series of superficial experiences that would most likely be restricted to providing information. Instead, we encourage schools to select content that is relevant to their pupils and use these as a context through which to explore the overarching concepts and to develop the essential skills and attributes set out below.

We continue to be committed to raising the standards of the subject nationally so offer this guidance free to all schools, though in order to bring this programme of study to life and tailor it to the specific needs of your school, pupils and community we recommend that schools take up the additional support and professional development opportunities available through [membership of the PSHE Association](#).

Purpose of study

PSHE education is a planned, developmental programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

PSHE education can help schools to reduce or remove many of the barriers to learning experienced by pupils, significantly improving their capacity to learn and achieve ([see our evidence briefing](#)). The PSHE education programme makes a significant contribution to pupils' spiritual, moral, social and cultural (SMSC) development, their behaviour and safety and the school's statutory responsibility to promote pupils' wellbeing. In addition the learning provided through a comprehensive PSHE education provision is an essential to safeguarding pupils, as [Ofsted has set out](#).

PSHE education equips pupils with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing. A critical component of PSHE education is providing opportunities for children and young people to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future.

PSHE education contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.

Aims

The overarching aim for PSHE education is to provide pupils with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

Attainment targets

There are no attainment targets for PSHE education. Schools should continue to make use of the existing Department for Education end of Key Stage statements to inform the assessment process. These are available via the following hyperlinks:

- [End of Key Stages 1 and 2](#) (Combined with citizenship)
- End of Key Stage 3 [Economic Wellbeing](#) and [Personal Wellbeing](#)
- End of Key Stage 4 [Economic Wellbeing](#) and [Personal Wellbeing](#)

During the academic year 2014-15 the PSHE Association will construct a framework to support schools to assess progress in PSHE education.

Opportunities for both Assessment for Learning and Assessment of Learning should be built into provision. Baseline assessment, in order to understand pupils' prior learning, is essential to ensure new learning is relevant and progress can be assessed. Providing pupils with opportunities to reflect on and assess their learning, recognising its relevance to their day to day lives and how they are progressing is a fundamental aspect of PSHE education. Assessment of PSHE education should encompass opportunities for teacher, peer and self-assessment. Progress in PSHE education should be recorded and reported to parents in line with all other non-core curriculum subjects. For support with assessment in PSHE education see the PSHE Association website and training courses.

Subject Content

The three overlapping and linked '**Core Themes**' (Health and wellbeing, Relationships, Living in the Wider World), expressed as areas of core knowledge, understanding, language, skills and strategies, and taught in accordance with pupils' readiness, are appropriate across all Key Stages and build upon Early Years Foundation Stage Learning. It is important to recognise that many decisions about both health and lifestyle are made in a social context or are influenced by the attitudes, values and beliefs of significant others.

PSHE education should respect and take account of pupils' prior learning and experiences. Programmes should reflect the universal needs shared by all children and young people as well as the specific needs of the pupils in the school. PSHE education should be taught through a spiral programme, revisiting themes, whilst increasing the challenge, broadening the scope, and deepening pupils' thinking.

PSHE education prepares pupils for both their futures and their present day-to-day lives. It is essential that pupils have the opportunity to recognise and reflect on how learning is relevant to them and can be applied in their own lives. PSHE education has a rich body of knowledge taught through topics. Learners need to 'know about...', 'know how to...' and also 'be able to...' The chosen topics should provide a context to progressively expand and enrich overarching concepts and transferable skills as set out on the next page.

Overarching Concepts

1. **Identity** (their personal qualities, attitudes, skills, attributes and achievements and what influences these)
2. **Relationships** (including different types and in different settings)
3. **A healthy** (including physically, emotionally and socially) **balanced lifestyle** (including within relationships, work-life, exercise and rest, spending and saving and diet)
4. **Risk** (identification, assessment and how to manage risk rather than simply the avoidance of risk for self and others) and **safety** (including behaviour and strategies to employ in different settings)
5. **Diversity** and **equality** (in all its forms)
6. **Rights** (including the notion of universal human rights), **responsibilities** (including fairness and justice) and **consent** (in different contexts)
7. **Change** (as something to be managed) and **resilience** (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance)
8. **Power** (how it is used and encountered in a variety of contexts including persuasion, bullying, negotiation and 'win-win' outcomes)
9. **Career** (including enterprise, employability and economic understanding)

PSHE education makes a significant contribution to the development of a wide range of essential skills.

Essential Skills		
The <u>intrapersonal</u> skills required for self-management	The <u>interpersonal</u> skills required for positive relationships in a wide variety of settings	Skills of <u>enquiry</u>
<ol style="list-style-type: none"> 1. Critical, constructive self-reflection (including being aware of own needs, motivations and learning, strengths and next steps for development, how we are influenced by our perception of peers' behaviour) 2. Learning from experience to seek out and make use of constructive feedback 3. Setting challenging personal goals (including developing strategies to achieve them and knowing when to change them) 4. Making decisions (including knowing when to be flexible) 5. Recognising some of the common ways our brains can 'trick us' or 'trap us' in unhelpful thinking (including generalisation, distortion of 	<ol style="list-style-type: none"> 1. Active listening 2. Empathy 3. Communication (non-verbal and verbal including assertiveness and recognising how this differs from aggressive and passive behaviour; being able to present and communicate ideas, arguments and thoughts effectively) 4. Team working (including agreeing clear and challenging outcomes, facilitation, co-operation, networking and the ability to provide, receive and respond to, constructive feedback and take on different roles; the ability to recognise and learn from others' experience) 5. Negotiation (including flexibility, self-advocacy 	<ol style="list-style-type: none"> 1. Formulating questions 2. Gathering and using data (including assessing the validity and reliability of sources of data and using a variety of sources) 3. Analysis (including separating fact from opinion) 4. Planning and deciding 5. Recalling and applying knowledge creatively and in novel situations 6. Drawing and defending conclusions using evidence and not just assertion 7. Identification, assessment (including prediction) and management of risk 8. Evaluating social norms

<p>events, deletion of information, misconceptions or misperceptions about the behaviour of peers)</p> <ol style="list-style-type: none"> 6. Resilience (including self-motivation, adaptability, constructively managing change including setbacks and stress) 7. Self-regulation (including managing strong emotions e.g. negativity and impulse) 8. Recognising and managing the need for peer approval 9. Self-organisation (including time management) 	<p>and compromise)</p> <ol style="list-style-type: none"> 6. Recognising and utilising strategies for managing pressure, persuasion and coercion 7. Responding to the need for positive affirmation for self and others 	<ol style="list-style-type: none"> 9. Reviewing progress against objectives
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Building your Programme of Study

The grid below, combined with the skills and concepts above is intended to support schools in developing their own PSHE education programmes and should be used flexibly according to pupils' prior learning, experience, needs and readiness.

Knowledge and understanding are interlinked and learning from one area may be pertinent to others (for example, enquiry into tobacco use and its impact on health will enrich pupils' concept of a healthy lifestyle; their understanding of the concept of persuasion helps them to recognise the power of peer approval and the need for assertiveness skills). It is important to recognise that many lifestyle choices, such as the use of alcohol, take place in social situations. It is therefore important to understand that, whilst this framework distinguishes between 'Health' and 'Relationships' as two separate themes, in reality there will always be extensive overlap and when planning, schools should draw from more than one theme. For example, sexual health has been included in 'Health' but should of course also be considered within the context of healthy relationships.

This framework is not definitive and schools should adapt and enrich it as they feel appropriate, including relocating learning in different Key Stages where appropriate to pupils' readiness or needs. PSHE education addresses both pupils' direct experience and preparation for their future. It is therefore important to provide a spiral programme of knowledge, skills and attitudinal development, where prior learning is revisited, reinforced and extended in age- and stage-appropriate contexts. Those planning PSHE education should liaise with colleagues responsible for other relevant subjects in order to ensure consistency for pupils: science, computing, citizenship, P.E., design and technology and economic and business education, for example. They should also take account of existing school policies and DfE guidance documents including those relating to Sex and Relationships Education (it is essential that any aspect of sex and relationships education is taught within

the school's sex and relationships education policy – see our [guidance document for schools on producing their SRE policy](#)), preventing and tackling bullying (including online bullying), safeguarding and equality.

Quality not quantity –Why 'less' maybe 'more'

Whilst the framework below identifies a broad range of important issues that pupils should learn about, it is essential that their experience of PSHE education is not simply a series of 'one-off', disconnected sessions each on a different topic and focussing only on factual content.

While factual knowledge is essential, schools have limited curriculum time and we therefore recommend that co-ordinators use local data (for example see [Public Health England CHIMAT data sets](#)) and their knowledge of their own pupils' needs, (for example pupil questionnaires) to prioritise the topics that are most relevant to their pupils. These will provide a relevant context for pupils to both broaden and deepen their understanding of the key concepts and to develop competence in the essential skills. It is important that pupils can see how the skills acquired through looking at one issue can be transferrable to other contexts.

Our world is rapidly changing and whilst the content of PSHE is vitally important, it can quickly date and we cannot predict the challenges, opportunities and responsibilities that pupils may face in their future. It is the overarching concepts and essential skills that will enable pupils to manage the challenges, opportunities and responsibilities they will face now and in their future.

Note on updates to the PSHE Association Programme of Study

The PSHE Association Programme of Study is regularly updated to keep in line with best practice. Consequently the learning outcomes set out below are subject to change or reordering.

This version was last updated in October 2014

Key Stages 1 and 2

During Key Stages 1 and 2, learners gradually build on the skills, attitudes and values, knowledge and understanding they have started to acquire and develop during the Early Years/Foundation Stage. PSHE education offers learning opportunities and experiences which reflect the increasing independence and physical and social awareness of learners as they move through the primary phase. They learn skills to develop effective relationships, assume greater personal responsibility and keep themselves safe. It is important to remain flexible as events such as bereavement might require learning to be drawn from Key Stage 2 into Key Stages 1. PSHE education assists pupils to cope with the changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

Core Theme 1: Health and wellbeing

Suggested Programme of Study for Health and wellbeing

Pupils should be taught:

1. what is meant by a healthy lifestyle
2. how to maintain physical, mental and emotional health and wellbeing
3. how to manage risks to physical and emotional health and wellbeing
4. ways of keeping physically and emotionally safe
5. about managing change, including puberty, transition and loss
6. how to make informed choices about health and wellbeing and to recognise sources of help with this
7. how to respond in an emergency
8. to identify different influences on health and wellbeing

Notes & Guidance: Core Theme 1. Health and wellbeing

Key Stage 1	Key Stage 2
<p>Pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health 2. to recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences 3. to think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals 4. about good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings 5. about change and loss and the associated feelings (including moving home, losing toys, pets or friends) 6. the importance of and how to maintain personal hygiene 7. how some diseases are spread and can be controlled and the responsibilities they have for their own health and that of others 8. about the process of growing from young to old and how people’s needs change 9. about growing and changing and new opportunities and responsibilities that increasing independence may bring 10. the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls 11. that household products, including medicines, can be harmful if not used properly 12. rules for and ways of keeping physically and emotionally safe (including safety online, the responsible use of ICT, the difference between secrets and surprises and understanding not to keep adults’ secrets; road safety, cycle safety and safety in the environment (including rail , water and fire safety)) 13. about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them 	<p>Building on Key Stage 1, pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. what positively and negatively affects their physical, mental and emotional health (including the media) 2. how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a ‘balanced lifestyle’ 3. to recognise opportunities to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet 4. to recognise how images in the media do not always reflect reality and can affect how people feel about themselves 5. to reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals 6. to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others 7. to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them 8. about change, including transitions (between Key Stages and schools), loss, separation, divorce and bereavement 9. to differentiate between the terms, ‘risk’, ‘danger’ and ‘hazard’ 10. to deepen their understanding of risk by recognising, predicting and assessing risks in different situations and deciding how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience 11. to recognise their increasing independence brings increased responsibility to keep themselves and others safe 12. that bacteria and viruses can affect health and that following simple routines can reduce their spread 13. that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media

<p>14. to recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'</p>	<p>14. to recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong</p> <p>15. school rules about health and safety, basic emergency aid procedures, where and how to get help</p> <p>16. what is meant by the term 'habit' and why habits can be hard to change</p> <p>17. which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety, that some are legal, some are restricted and some are illegal to own, use and supply to others</p> <p>18. how their body will, and emotions may, change as they approach and move through puberty</p> <p>19. about human reproduction</p> <p>20. about taking care of their body, understanding that they have autonomy and the right to protect their body from inappropriate and unwanted contact their body autonomy and rights; understanding that actions such as female genital mutilation (FGM) constitute abuse, are a crime and how to get support if they have fears for themselves or their peers.</p> <p>21. strategies for keeping physically and emotionally safe including road safety (including cycle safety- the Bikeability programme), safety in the environment (including rail , water and fire safety), and safety online(including social media, the responsible use of ICT and mobile phones)</p> <p>22. the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others</p> <p>23. about people who are responsible for helping them stay healthy and safe and ways that they can help these people</p>
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Core Theme 2: Relationships

Suggested Programme of Study for Relationships

Pupils should be taught:

1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
2. how to recognise and manage emotions within a range of relationships
3. how to recognise risky or negative relationships including all forms of bullying and abuse
4. how to respond to risky or negative relationships and ask for help
5. how to respect equality and diversity in relationships.

Notes & Guidance: Core Theme 2. Relationships	
Key Stage 1	Key Stage 2
<p>Pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. to communicate their feelings to others, to recognise how others show feelings and how to respond 2. to recognise how their behaviour affects other people 3. the difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises 4. to recognise what is fair and unfair, kind and unkind, what is right and wrong 5. to share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class 6. to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation) 	<p>Building on Key Stage 1, pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. to recognise and respond appropriately to a wider range of feelings in others 2. to recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships 3. to recognise ways in which a relationship can be unhealthy and who to talk to if they need support. 4. to be aware of different types of relationship, including those between acquaintances, friends, relatives and families, 5. that civil partnerships and marriage are examples of stable, loving relationships and a public demonstration of the commitment made between two people who love and care for each other and want to spend

<ul style="list-style-type: none"> 7. to offer constructive support and feedback to others 8. to identify and respect the differences and similarities between people 9. to identify their special people (family, friends, carers), what makes them special and how special people should care for one another 10. to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them) 11. that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable) 12. to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say 13. that there are different types of teasing and bullying, that these are wrong and unacceptable 14. how to resist teasing or bullying, if they experience or witness it, whom to go to and how to get help 	<p>their lives together and who are of the legal age to make that commitment</p> <ul style="list-style-type: none"> 6. to be aware that marriage is a commitment freely entered into by both people, that no one should enter into a marriage if they don't absolutely want to do so 7. that their actions affect themselves and others 8. to judge what kind of physical contact is acceptable or unacceptable and how to respond 9. the concept of 'keeping something confidential or secret', when we should or should not agree to this and when it is right to 'break a confidence' or 'share a secret' 10. to listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary constructively challenge their points of view 11. to work collaboratively towards shared goals 12. to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves 13. that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation, and disability (see 'protected characteristics' in the Equality Act 2010) 14. to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, how to respond and ask for help) 15. to recognise and manage 'dares' 16. to recognise and challenge stereotypes
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Core Theme 3: Living in the wider world – Economic wellbeing and being a responsible citizen

Suggested Programme of Study for living in the wider world

Pupils should be taught:

1. about respect for self and others and the importance of responsible behaviours and actions
2. about rights and responsibilities as members of families, other groups and ultimately as citizens
3. about different groups and communities
4. to respect equality and to be a productive member of a diverse community
5. about the importance of respecting and protecting the environment
6. about where money comes from, keeping it safe and the importance of managing it effectively
7. how money plays an important part in people's lives
8. a basic understanding of enterprise.

**It is important to read this section alongside any guidance produced by citizenship education organisations such as the [Association for Citizenship Teaching](http://www.acit.org.uk).*

Notes & Guidance: Core Theme 3. Living in the wider world	
Key Stage 1	Key Stage 2
<p>Pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. how to contribute to the life of the classroom 2. to help construct, and agree to follow, group and class rules and to understand how these rules help them 3. that people and other living things have needs and that they have responsibilities to meet them (including being able to take turns, share and understand the need to return things that have been borrowed) 4. that they belong to various groups and communities such as family and school 	<p>Building on Key Stage 1, pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. to research, discuss and debate topical issues, problems and events concerning health and wellbeing and offer their recommendations to appropriate people 2. why and how rules and laws that protect themselves and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules 3. to understand that everyone has human rights, all peoples and all societies and that children have their own special rights set out in the

<ul style="list-style-type: none"> 5. what improves and harms their local, natural and built environments and about some of the ways people look after them 6. that money comes from different sources and can be used for different purposes, including the concepts of spending and saving 7. about the role money plays in their lives including how to manage their money, keep it safe, choices about spending money and what influences those choices 	<p>United Nations Declaration of the Rights of the Child</p> <ul style="list-style-type: none"> 4. that these universal rights are there to protect everyone and have primacy both over national law and family and community practices 5. to know that there are some cultural practices which are against British law and universal human rights, such as female genital mutilation 6. to realise the consequences of anti-social and aggressive behaviours such as bullying and discrimination of individuals and communities 7. that there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment 8. to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices 9. what being part of a community means, and about the varied institutions that support communities locally and nationally 10. to recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing 11. to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom 12. to think about the lives of people living in other places, and people with different values and customs 13. about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer 14. to develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT) 15. that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment 16. about enterprise and the skills that make someone 'enterprising' 17. to explore and critique how the media present information
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Key Stages 3 and 4

At Key Stage 3, pupils build on the skills, attitudes, values, knowledge and understanding they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that learners are experiencing, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the skills which will equip them for the opportunities and challenges of life. Pupils are encouraged to manage diverse relationships and the increasing influence of peers and the media. PSHE education allows them to be more confident in addressing the challenges of effective learning and making a full and active contribution to society.

At Key Stage 4, pupils extend and rehearse the skills, further explore attitudes and values, and deepen knowledge and understanding acquired during Key Stage 3. PSHE education reflects the fact that learners are moving towards an independent role in adult life, taking on greater responsibility for themselves and others. By Key Stage 4 increasing numbers of pupils may be gaining direct experience of issues taught through PSHE education. Schools should not feel constrained by the Key Stage 3/4 demarcation shown below and should adapt their planning to reflect their pupils' needs and local priorities.

Core Theme 1: Health and wellbeing

Suggested Programme of Study for Health and wellbeing

In order to develop the concepts and skills identified above, pupils should be taught:

1. how to manage transition
2. how to maintain physical, mental and emotional health and wellbeing including sexual health*
3. about parenthood and the consequences of teenage pregnancy
4. how to assess and manage risks to health and to stay, and keep others, safe
5. how to identify and access help, advice and support

6. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; emotional health and wellbeing and sexual health
7. how to respond in an emergency including administering first aid
8. the role and influence of the media on lifestyle.

** Sexual health is included within this core theme; however it is important that sexual health is considered within the context of healthy relationships. There will be similar broad overlap and flexibility between topics and areas in all three core themes.*

Notes & Guidance: Core Theme 1. Health and wellbeing	
Key Stage 3	Key Stage 4
<p>Pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. to recognise their personal strengths and how this affects their self-confidence and self-esteem 2. to recognise that the way in which personal qualities, attitudes, skills and achievements are evaluated by others, affects confidence and self-esteem 3. to be able to accept helpful feedback or reject unhelpful criticism 4. to understand that self-esteem can change with personal circumstances, such as those associated with family and friendships, achievements and employment 5. the characteristics of mental and emotional health and strategies for managing it; to manage growth and change as normal parts of growing up (including consolidation and reinforcement of Key Stage 2 learning on puberty, human reproduction, pregnancy and the physical and emotional changes of adolescence) 6. the risks associated with female genital mutilation (FGM), its status as a criminal act and sources of support for themselves or their peers who they believe may be at risk, or who may have already been subject to FGM. 7. the importance of taking increased responsibility for their own personal hygiene 8. the purpose and importance of immunisation and vaccination 9. that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain STIs 	<p>Building on Key Stage 3, pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. to evaluate the extent to which their self-confidence and self-esteem are affected by the judgments of others 2. to make effective use of constructive feedback and differentiating between helpful feedback and unhelpful criticism 3. the characteristics of emotional and mental health and the causes, symptoms and treatments of some mental and emotional health disorders (including stress, anxiety and depression) 4. strategies for managing mental health including stress, anxiety, depression, self-harm and suicide, and sources of help and support 5. where and how to obtain health information, advice and support (including sexual health services) 6. to take increased responsibility for monitoring their own health (including testicular and breast self-examination) 7. how lifestyle choices affect a foetus 8. about STIs, including HIV/AIDS, how to protect themselves and others from infection and how to respond if they feel they or others are at risk 9. to recognize and manage feelings about, and influences on, their body image including the media’s portrayal of idealised and artificial body shapes 10. about health risks and issues related to this, including cosmetic procedures

<ul style="list-style-type: none"> 10. about contraception, including the condom and pill (see also <i>Relationships</i>) 11. the benefits of physical activity and exercise and the importance of sleep 12. to recognise and manage what influences their choices about exercise 13. the importance of balance between work, leisure and exercise 14. what constitutes a balanced diet and its benefits (including the risks associated with both obesity and dieting) 15. what might influence their decisions about eating a balanced diet 16. how the media portrays young people, body image and health issues and that identity is affected by a range of factors, including the media and a positive sense of self 17. about eating disorders, including recognising when they or others need help, sources of help and strategies for accessing it 18. ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations 19. a knowledge of basic first aid and life-saving skills 20. to understand risk within the context of personal safety, especially accident prevention and road and cycle safety (through the Bikeability programme) 21. the positive and negative roles played by drugs in society (including alcohol) 22. factual information about legal and illegal substances, including alcohol, volatile substances, tobacco and cannabis and the law relating to their supply, use and misuse 23. to recognise and manage different influences on their decisions about the use of substances, (including clarifying and challenging their own perceptions values and beliefs) including managing peer influence 24. the personal and social risks and consequences of substance use and misuse, including the benefits of not drinking alcohol (or delaying the age at which to start) and the benefits of not smoking including not harming others with second-hand smoke 25. the safe use of prescribed and over the counter medicines 26. the risks and consequences of 'experimental' and 'occasional' substance use and the terms 'dependence' and 'addiction' 27. about how to access local health services 28. about cancer and cancer prevention, including healthy lifestyles, acknowledging that childhood cancers are rarely caused by lifestyle choices. 	<ul style="list-style-type: none"> 11. how to recognise and follow health and safety procedures 12. how to find sources of emergency help and how to give basic and emergency first aid in appropriate contexts 13. about personal safety and protection, reducing risk and minimising harm in different settings (including social settings, the street, on roads and during travel) 14. the short and long-term consequences of substance use and misuse for the health and mental and emotional wellbeing of individuals, families and communities, including the health risks related to second-hand smoke 15. understand the terms 'habit', 'dependence' and 'addiction' in relation to substance use and to whom to talk if they have concerns 16. the wider risks and consequences of legal and illegal substance use including on their personal safety, career, relationships and future lifestyle 17. about checking yourself for cancer and other illnesses, including knowing what to do if you are feeling unwell and checking for signs of illness; and how to overcome worries about seeking help and being an assertive user of the NHS
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Core Theme 2: Relationships

Suggested Programme of Study for relationships

Pupils should be taught:

1. how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills
2. how to recognise and manage emotions within a range of relationships
3. how to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse, sexual and other violence and online encounters
4. about the concept of consent in a variety of contexts (including in sexual relationships)
5. about managing loss including bereavement, separation and divorce
6. to respect equality and be a productive member of a diverse community
7. how to identify and access appropriate advice and support.

Notes & Guidance: Core Theme 2. Relationships	
Key Stage 3	Key Stage 4
<p>Pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including teams, class, friendships etc.) 2. to further develop and rehearse the skills of team working including objective setting, outcome planning, cooperation, negotiation, managing setback and compromise 3. to further develop the communication skills of active listening, negotiation, offering and receiving constructive feedback and assertiveness 4. to explore the range of positive qualities people bring to relationships 5. that relationships can cause strong feelings and emotions (including 	<p>Building on Key Stage 3, pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. strategies to manage strong emotions and feelings 2. the characteristics and benefits of positive, strong, supportive, equal relationships 3. that living together, marriage and civil partnerships are ways that people freely and without coercion, demonstrate their commitment to each other 4. parenting skills and qualities and their central importance to family life (including the implications of young parenthood) 5. to recognise when a relationship is unhealthy or abusive (including the unacceptability of both emotional and physical abuse or violence)

<p>sexual attraction)</p> <ol style="list-style-type: none"> 6. the features of positive and stable relationships (including trust, mutual respect, honesty) and those of unhealthy relationships 7. that the media portrayal of relationships may not reflect real life 8. different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect these (including age, gender, power and interests) 9. the nature and importance of marriage, civil partnerships and other stable, long-term relationships for family life and bringing up children 10. that marriage is a commitment, entered into freely, never forced through threat or coercion and how to safely access sources of support for themselves or their peers should they feel vulnerable. 11. the roles and responsibilities of parents, carers and children in families 12. how to deal with a breakdown in a relationship and the effects of change, including loss, separation, divorce and bereavement 13. to understand the importance of friendship and to begin to consider love and sexual relationships in this context 14. to understand what expectations might be of having a girl/boyfriend 15. to consider different levels of intimacy and their consequences 16. to acknowledge the right not to have intimate relationships until ready 17. about readiness for sex and the benefits of delaying sex (or any level of intimacy beyond that with which the individual feels comfortable) 18. that consent is freely given and that being pressurised, manipulated or coerced to agree to something is not 'consent'; that the seeker of consent is responsible for ensuring that consent has been given and if not given or withdrawn, that decision should always be respected. 19. to learn about the law in relation to consent (including the legal age of consent for sexual activity, the legal definition of consent and the responsibility in law for the seeker of consent to ensure that consent has been given) 20. about contraception, including the condom and pill (see also 'Health') and the importance of communication and negotiation in contraceptive use 21. about the risks related to unprotected sex, which could include exploring the consequences of unintended pregnancy and the options available in such circumstances 22. to recognise the portrayal and impact of sex in the media and social media (which might include music videos, advertising and sexual images 	<p>including honour based violence, forced marriage and rape) and strategies to manage this or access support for self or others at risk.</p> <ol style="list-style-type: none"> 6. managing changes in personal relationships including the ending of relationships 7. to develop an awareness of exploitation, bullying and harassment in relationships (including the unique challenges posed by online bullying and the unacceptability of physical, emotional, sexual abuse in all types of teenage relationships, including in group settings such as gangs) and how to respond 8. about the concept of consent in relevant, age-appropriate contexts building on Key Stage 3 9. about impact of domestic abuse (including sources of help and support) 10. the impact of separation, divorce and bereavement on families and the need to adapt to changing circumstances 11. about statutory and voluntary organisations that support relationships experiencing difficulties or in crisis, such as relationship breakdown, separation, divorce, or bereavement 12. how to access such organisations and other sources of information, advice and support 13. about diversity in sexual attraction and developing sexuality, including sources of support and reassurance and how to access them 14. to understand the role of sex in the media and its impact on sexuality (including pornography and related sexual ethics such as consent, negotiation, boundaries, respect, gender norms, sexual 'norms', trust, communication, pleasure, orgasms, rights, empowerment, sexism and feminism) 15. how to seek consent and to respect others' right to give, not give or withdraw consent to engage in different degrees of sexual activity 16. to recognise when others are using manipulation, persuasion or coercion and how to respond 17. to understand the pernicious influence of gender double standards and victim-blaming 18. to recognise the impact of drugs and alcohol on choices and sexual behaviour 19. to manage unwanted attention in a variety of contexts (including harassment and stalking) 20. to understand and respect others' faith and cultural expectations concerning relationships and sexual activity
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<p>shared between young people)</p> <p>23. about the difference between sex, gender identity and sexual orientation</p> <p>24. to recognise that there is diversity in sexual attraction and developing sexuality</p> <p>25. the terms associated with sex, gender identity and sexual orientation and to understand accepted terminology.</p> <p>26. about the unacceptability of sexist, homophobic, transphobic and disablist language and behaviour, the need to challenge it and how to do so</p> <p>27. to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person and online/via text, exploitation and trafficking) and to have the skills and strategies to manage being targeted or witnessing others being targeted</p> <p>28. the support services available should they feel or believe others feel they are being abused and how to access them</p> <p>29. to recognise peer pressure and have strategies to manage it</p> <p>30. to understand the feelings and pressure that the need for peer approval, including in relation to the purchase and use of tobacco and alcohol (including cheap/illicit alcohol and cigarettes), drugs and other risky behaviours, can generate</p> <p>31. to understand the terms 'habit', 'dependence' and 'addiction' in relation to substance use and to whom to talk if they have concerns</p> <p>32. laws relating to the carrying of offensive weapons (including what might motivate someone to carry one and the range of consequences)</p> <p>33. about the difference between friendship groups and gangs (including the risks posed by membership of gangs on individuals, families and communities)</p> <p>34. the safe and responsible use of information communication technology (including safe management of own and others' personal data including images)</p>	<p>21. to assess readiness for sex</p> <p>22. about accessing and the correct use of contraception, negotiating condom use, reinforcing and building on learning in Key Stage 3</p> <p>23. to understand the consequences of unintended pregnancy and of teenage parenthood (in the context of learning about parenting skills and qualities and their importance to family life)</p> <p>24. the reasons why parents choose to adopt/foster or to place children for adoption/fostering</p> <p>25. about abortion, including the current legal position and the range of beliefs and opinions about it</p> <p>26. the pathways available in the event of unintended pregnancy, the possible physical and emotional reactions and responses people may have to each option and who to talk to for accurate, impartial advice and support</p> <p>27. that fertility levels can vary in different people; can be damaged by some sexually transmitted infections, decreases with age</p> <p>28. about the options open to people who are not able to conceive</p> <p>29. the role peers can play in supporting one another (including helping vulnerable friends to access reliable, accurate and appropriate support)</p>
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Core Theme 3: Living in the wider world: economic wellbeing, careers and the world of work

Strong links with aspects of the 'Relationships' theme should be recognised during planning. Similarly links with citizenship education will require joint planning and liaison.

Suggested Programme of Study for living in the wider world

Pupils should be taught:

1. about rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy
2. how to make informed choices and be enterprising and ambitious
3. how to develop employability, team working and leadership skills and develop flexibility and resilience
4. about the economic and business environment
5. how personal financial choices can affect oneself and others and about rights and responsibilities as consumers.

Notes & Guidance: Core Theme 3: Living in the wider world	
Key Stage 3	Key Stage 4
<p>Pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. to recognise, clarify and if necessary challenge their own core values and how their values influence their choices 2. the knowledge and skills needed for setting realistic and challenging personal targets and goals (including the transition to Key Stage 3) 3. the similarities, differences and diversity among people of different race, culture, ability, disability, sex, gender identity, age and sexual orientation and the impact of stereotyping, prejudice, bullying, discrimination on individuals and communities 4. about the potential tensions between human rights, British law and cultural and religious expectations and practices 5. about the primacy of human rights; and how to safely access sources of 	<p>Building on Key Stage 3, pupils should have the opportunity to learn:</p> <ol style="list-style-type: none"> 1. to evaluate their own personal strengths and areas for development and to use this to inform goal setting 2. about the unacceptability of all forms of discrimination, and the need to challenge it in the wider community including the workplace 3. to think critically about extremism and intolerance in whatever forms they take (including the concept of 'shame' and 'honour based' violence) 4. to recognise the shared responsibility to protect the community from violent extremism and how to respond to anything that causes anxiety or concern 5. about harassment and how to manage this (including the workplace) 6. how their strengths, interests, skills and qualities are changing and how

<p>support for themselves or their peers if they have concerns or fears about those rights being undermined or ignored</p> <ol style="list-style-type: none"> 6. about discrimination, how to respond when being discriminated against and responsibilities towards those who are experiencing discrimination 7. to recognise that they have the same rights to opportunities in learning and work as all other people; to recognize and challenge stereotypes; and/or family or cultural expectations that may limit their aspirations 8. about their own identity as a learner, preferred style of learning and to develop study, research and presentation and organisational skills 9. to identify own strengths, interests, skills and qualities as part of the personal review and planning process, including their value to future employability 10. different types of work, including employment, self-employment and voluntary work; that everyone has a 'career'; their pathway through education and work 11. about the laws and by-laws relating to young people's permitted hours and types of employment and how to minimise health and safety risks 12. about different work roles and career pathways, including clarifying their own early aspirations 13. about the labour market (including the diversity of local and national employment opportunities), about learning options, skills, occupations and progression routes and about self-employment 14. about the choices available to them at the end of Key Stage 3, sources of information, advice and support, and the skills to manage this decision-making process 15. the benefits of being ambitious and enterprising in all aspects of life 16. about the skills and qualities required to engage in enterprise, including seeing opportunity, managing risk, marketing, productivity, understanding the concept of quality, cash flow and profit 17. about different types of business, how they are organized and financed 18. to assess and manage risk in relation to financial decisions that young people might make 19. about gambling (including on-line) and its consequences, why people might choose to gamble and how the gambling industry encourages this 20. to explore social and moral dilemmas about the use of money, (including how the choices pupils make as consumers affect other people's economies and environments) 	<p>these relate to future employability</p> <ol style="list-style-type: none"> 7. about the information, advice and guidance available to them and how to access it 8. to further develop study and employability skills (including time management, self-organisation and presentation, project planning, team-working, networking and managing online presence) 9. about the range of opportunities available to them for career progression, including in education, training and employment 10. about changing patterns of employment (local, national, European and global) 11. to take full advantage of any opportunities for work experience that are available 12. about rights and responsibilities at work (including their roles as workers, and the roles and responsibilities of employers and unions) 13. about attitudes and values in relation to work and enterprise (including terms such as 'customer service' and 'protecting corporate or brand image') 14. about confidentiality in the workplace, when it should be kept and when it might need to be broken 15. to develop their career identity, including how to maximise their chances when applying for education or employment opportunities 16. to recognise and manage the influences on their financial decisions, (including managing risk, planning for expenditure, understanding debt and gambling in all its forms) 17. to be a critical consumer of goods and services (including financial services) and recognise the wider impact of their purchasing choices 18. their consumer rights and how to seek redress
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The PSHE Association is the subject association representing teachers and other professionals teaching PSHE education in schools. It offers training, consultancy and other support and guidance on all aspects of PSHE education. For further information about this visit <http://www.pshe-association.org.uk>