



What is PSHE?

PSHE is your personal, social and health education.

‘Personal education’ is when we learn about what makes us special, our likes or dislikes, feelings and emotions and responsibilities. ‘Social education’ is where we learn about friendships, the community groups we belong to and how to behave in different situations. ‘Health education’ means that we learn about how to keep our bodies or minds safe and well.



Some one who studies PSHE is a role model! Role models build positive, respectful relationships with others, understand how to look after their physical and mental health, protect the environment and celebrate the diversity (uniqueness) of the world.

Greta Thunberg, Malala Yousafzai and Nelson Mandela and are all examples of role models who have overcome challenges and shown us that it does not matter how who we are—we can respect ourselves, others and our world and do amazing things!



I will be learning these skills in PSHE (KS2):

- Knowing how to show respect for myself, other people, the opinions of others and the law.
- Knowing what it means to be ‘responsible’, how I can act responsibly and what ‘shared responsibility’ means.
- Learning about diversity within our local, national and global communities.
- Knowing how to recognise and challenge stereotypes, prejudice, racism and extremism.
- Understanding the difference between positive and negative relationships and how to manage these.
- Being able to use a varied vocabulary to express my own emotions and talk about my mental health or well-being.
- Understanding how to live a healthy lifestyle, make good choices, minimise risk and keep myself physically and mentally well.
- Knowing how to keep others safe by administering basic first aid and / or seeking help from emergency services.
- Knowing about legal and illegal drugs and the effects they have on the body/mind.
- Knowing about different types of jobs / careers and how we can use / look after money.
- Understanding the changes we go through during puberty and about reproduction.