

England

Personal, Social and Health Programme (Key Stage 3)

Personal, Social and Health Education	
Learning Opportunities in Core Theme 1: Health and Wellbeing	
Self Concept	H1. How we are all unique; that recognising and demonstrating personal strengths build self confidence, self esteem and good health and wellbeing. H2. To understand what can affect wellbeing and resilience (eg. Life changes, relationships, achievements and employment). H4. Simple strategies to help build resilience to negative opinions, judgements and comments.
Mental health and emotional wellbeing	H6. How to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary. H7. The Characteristics of mental and emotional health and strategies for managing these. H9. Strategies to understand and build resilience, as well as how to respond to disappointments and setbacks. H10. A range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support. H12. How to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need.
Healthy Lifestyles	H13. The importance of, and strategies for, maintaining a balance between school, work, leisure, exercise and online activities. H21. How to access health services when appropriate.

Learning Opportunities in Core Theme 2: Relationships	
Positive relationships	R2. Indicators of positive, healthy relationships and unhealthy relationships, including online.
Relationship values	R10. The importance of trust in relationships and the behaviours that can undermine or build trust.
Forming and maintaining respectful relationships	R14. The qualities and behaviours they expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friends, including online). R19. To develop conflict management skills and strategies to reconcile after disagreements. R23. The services available to support healthy relationships and manage unhealthy relationships, and how access them.
Bullying, abuse and discrimination	R41. The need to promote inclusion and challenge discrimination, and how to do so safely, including online.
Social influences	R43. The role peers can play in supporting one another to resist pressure and influence, challenge harmful social norms and access appropriate support.
Respecting self and others	R31. To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships.
Learning Opportunities in Core Theme 3:	
Learning Skills	L1. Study, organisational, research and presentation skills. L2. To review their strengths, interests, skills, qualities and values and how to develop them.
Choices and pathways	L9. The benefits of setting ambitious goals and being open to opportunities in all aspects of life.