

## Personal, Social and Health Education

### **Topics to be covered:**

These topics are revisited each year in the Upper Prep and developed appropriately for each age group.

- Behaviour /anger management / tolerance of others
- Good mental health
- Members of a community: inclusivity versus prejudice
- Sex and relationships
- Body image and changes
- Personal identity and challenging stereotypes
- Online safety and saying no to bullying
- Drugs and alcohol
- Respect: self and of others
- Dealing with stress and the importance of sleep

All topics will consider the five broad social and emotional aspects of learning: self-awareness, managing feelings, motivation, empathy and social skills.

### **Developing pupils' skills in these areas will equip them to:**

- be successful learners
- make and sustain friendships
- deal and resolve conflict effectively
- solve problems
- manage strong feelings such as anger and anxiety
- persist in the face of difficulties
- work and play cooperatively
- compete fairly
- recognise and stand up for their rights and the rights of others
- understand and value the difference and commonalities between people, respecting the rights of others to have beliefs and values different from their own
- understand the skills needed in future employment by attending a careers fair held at school