

PSHE

(Personal, Social, Health and Economic Education)

For what age?	At what level?
Key Stage 1 to Key Stage 4	Universal and whole class

What is PSHE Education?

According to the PSHE Association, PSHE is:

A planned programme of school-based learning opportunities and experiences that deal with the real life issues children and young people face as they grow up. It comprises two strands: personal well-being and economic well-being.

What make good PSHE Education?

- PSHE Education should use programmes that use a sequenced step-by-step training approach; use active forms of learning; focus sufficient time on skill development; and have explicit learning goals.
- When selecting a PSHE Programme, schools should consider if the programme:
 1. Uses a connected and coordinated set of activities to achieve its objectives relative to skill development?
 2. Uses active forms of learning to help students learn new skills?
 3. Has at least one component devoted to developing personal or social skills?
 4. Teaches specific skills focusing on social and emotional learning rather than targeting skills or positive development in general terms?
- Teachers need to be equipped with the correct skills and knowledge to enable them to deliver effective PSHE education.
- A whole school approach should be taken to health and well-being, as this is linked to pupils' readiness to learn.
- Where possible, engagement from a wider group of stakeholders that are involved in the students' lives is important in determining the impact of the interventions.

Why is PSHE Education important?

- The United Nations Convention on the Rights of the Child Article 29 states: *States Parties agree that the education of the child shall be directed to the development of the child's personality, talents and mental and physical abilities to their fullest potential.*
In order to achieve this, the teaching of social and emotional skills should be considered a core objective of schools.

- Social and emotional development is crucial to overall development, both in terms of personality development as well as academic progress and school career.
- Social and emotional skills can be seen as protective factors that reduce the probability that students exposed to risk factors will engage in problem behaviour.
- Children with better emotional wellbeing make more progress in primary school, and are more engaged in secondary school.
- PSHE education helps students to develop:
The knowledge, skills and attributes they need to thrive as individuals, family members and members of society, now and in the future (PSHE Association, 2014)
- Social, emotional and behavioural (SEB) universal interventions/ programmes, whose content is sufficiently similar to PSHE Programmes, includes aspects of emotional intelligence. This includes competencies that allow students to recognize and manage emotions, solve problems effectively, and establish positive relationships with others.
- Universal SEB interventions/ programmes enhance social and emotional competencies and positive self-perceptions/ self-esteem. They are cause a reduction in anxiety and depression or emotional distress; help to prevent conduct problems and aggressive or antisocial behaviour; and promote positive and prosocial behaviour.
- High-quality PSHE lessons correlate with a reduction in levels of bullying and an increase in feelings of school belonging.

Where can I find more information on PSHE?

You can find more about PSHE and developing a PSHE curriculum by visiting:

- [PSHE Association website](#)