



## WHY DO I LEARN ABOUT PSHE? WHAT'S IN IT FOR ME?

You develop the knowledge, skills and attributes that you need to manage your lives, now and in the future.

### WHY IS PSHE IMPORTANT TO ME?

PSHE helps you and other young people to stay safe, healthy and prepared for life's challenges and opportunities.



## RELATIONSHIPS



Families and friendships



Respecting ourselves and others



Safe relationships

## LIVING IN THE WIDER WORLD

Belonging to a community



Media literacy and digital resilience

Money and work



## HEALTH AND WELLBEING

Growing and changing



Physical health and Mental wellbeing



In case of Emergency dial 999



Keeping safe



“The final forming of a person’s character lies in their own hands.” Anne Frank  
**HOW WILL YOU CHOOSE TO LIVE YOUR LIFE? What healthy choices will you make?**

