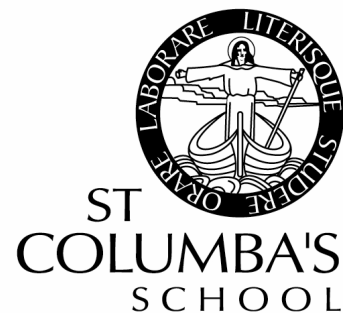


Personal and Social Education Overview



Personal and Social Education is designed to foster the personal and social development of our pupils. This is a key aspect of their education for today and the years ahead. We are seeking to guide them towards:

- Developing qualities of self-esteem
- Informed decision making
- Showing respect and care for others
- Positive attitudes
- A commitment to learning for life
- A sense of belonging
- Confidence in coping with life in a changing world
- Knowing their rights and responsibilities as a citizen

PSE has a major contribution to make to supporting physical, emotional and mental health and well-being, as well as maximising achievement and success.

Personal and Social Education is taught weekly in House groups by the Head of House in Senior School and the form teachers in Transitus. Throughout Transitus, SI, SII and SV all pupils receive one period per week of P.S.E., whilst in SIII and SIV it is delivered through weekly 30 minute sessions.

The curriculum is designed to cover personal, social, health and careers education. Many topics which are covered in the early years are repeated at a later stage, in order to ensure that materials are suited to the age of the age of the pupils involved and that their needs are met as they gain experience and maturity.

Transitus

TERM 1

TOPIC	DETAILS
Introduction to Social Education	Ground Rules Working Together
Personal Development	Study Skills
Achievements and Expectations	Interviews
Keeping Safe	Introduction to Safety In the Home Road Safety Fire Safety Rail Safety

TERM 2

Sex Education: Growing Up	Physical Changes Emotional Changes Conception/Reproduction
Health	Teeth Personal Hygiene Diet and Fitness
Relationships	Friendships and Peer Pressure Bullying
Personal Development	Study Skills
Citizenship	Right and Wrong Responsibility

TERM 3

Healthy Living	Drugs Education
Personal Development	Review of the Year

SI

TERM 1

TOPIC	DETAILS
Introduction	Personal Profile/Role of Guidance/ Teacher/House System / Regents / Honours System Behaviour / Credit / Order Marks / Bullying Policy Introduction to PSE
Making Progress	School Diaries / Homework / Study Advice Study Skills Revision and Preparation for Exams Managing Stress
Safe use of Internet	Acceptable use of ICT Policy/Dangers of Social Networking Discussion
Relationships	Relationships with Peers and Family Building Good Class Relationships Friendships Bullying Tolerance Conflict Resolution Loss
Discrimination	Racism / Sexism / Homophobia

TERM 2

Sex Education	Review of Physical and Emotional Change
Health Education	Good Health Mental, Physical, Social
	Smoking
	Food Diet and Eating Disorders Body Image
	Alcohol Binge Drinking Effects on the Body The Law

TERM 3

Health Education	Epilepsy Drugs Review of Knowledge Update / New Drugs
Social Development	Responsibility Honesty
Personal Development	Personal Qualities, Skills and Achievements Reviewing the Year Setting Goals

SII

TERM 1

TOPIC	DETAILS
Introduction	Setting targets for SII
The Real Game	Unit 1 – Foundations Unit 2 – Making a Living Unit 3 – Quality of Life Unit 4 – Changes & Choices Unit 5 – The Personal Journey
Bullying	Follow up and reminder of S1 topic

TERM 2

TOPIC	DETAILS
Careers	What to consider when choosing subjects Opportunities Use of Careers Library Research a career Individual presentation Follow up discussion
Health	To challenge stigma especially in the area of mental health. To value others Stress and depression Causes Symptoms What do

TERM 3

TOPIC	DETAILS
Ardeonaig Trip	What to expect Activities Participation Team Work Peer Pressure
Relationships	Changes in relationships
Racism	Causes Consequences Form To develop good relationships To respect differences To play an active role in a multi racial society

SIII

TOPIC	DETAILS
Introduction	Pupil profile Setting targets for SIII Study Skills
Personal Strengths	Personal Qualities Self-Esteem Everyone's different Peer pressure
Decision Making	How do we make decisions: FACT Consequences
Sex Education	Sex and the Law Contraception STIs Abstinence
Relationships	Respect Communication Coping with pressure Assertiveness Bullying
Careers Education	Achievement in SIII Looking at Entry Requirements Job prospects & university courses

SIV

TOPIC	DETAILS
Introduction	Pupil profile Target setting for SIV Futurewise questionnaire
Alcohol	Alcohol & the law Social & physical effects Binge drinking
Drugs	Classification & the law Social & health effects Resisting peer pressure
Careers	Futurewise profiling and feedback Work shadowing Futurewise profile analysis Subject Choice
Mental Health	Stress & Anxiety Exam stress Coping strategies & relaxation techniques Depression Self Esteem

SV

TOPIC	DETAILS
Introduction	Personal profile Overview of SV Key dates for SV leavers
Family Conflict	Positive and negative strategies
Consumer Rights	Rights and responsibilities of the consumer
Gambling	The law Social effects
Blood & Organ Donation	Awareness of issues surrounding blood and organ donation
Marriage	Does marriage have a role in the 21 st Century Good and bad reasons to marry The influence of marriage on family life Divorce
Sexuality	Discrimination Bullying
Sexual Health	STIs Contraception Where to go for advice
Pregnancy & Abortion	If I had a baby I could Fathers' rights Social and ethical issues
Rape	Legal definitions Protection Attitudes towards consent Alcohol
Road Safety	Pedestrian safety Driver and passenger safety
Meningitis	Awareness of symptoms
Careers	Employment patterns Employment skills Coursefinder (ISCO online facility) Scottish/English Universities H.E. Course Analysis Subject Choice Work Experience preparation C.V Writing Covering letters Work experience week Work Experience evaluation