

## Health and Wellbeing Across Learning

S2 PSE

### SfP - H&W OUTCOMES - MENTAL AND EMOTIONAL WELLBEING

EXPERIENCE & OUTCOMES S2 (THIRD)	Taught in S1 Curriculum Topic/Theme	Month/Time of year taught
<p>I am aware of and able to express my feelings and am developing the ability to talk about them.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-01a</b></p>	<ul style="list-style-type: none"> <li>• Student Inductions – Expectations/Standards</li> <li>• Citizenship – Rights and Responsibilities</li> <li>• Called to Love – Me, how do I see myself, how do others see me and my personality</li> <li>• Self Esteem – Body Confidence</li> <li>• Antibullying Week</li> </ul>	<ul style="list-style-type: none"> <li>• August</li> <li>• September</li> <li>• February</li> <li>• November</li> <li>• November</li> </ul>
<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-02a</b></p>	<ul style="list-style-type: none"> <li>• Global/Citizenship – Rights and Responsibilities</li> <li>• Called to Love Lesson – Family/Relationships, people that I trust</li> <li>• Cyberbullying</li> </ul>	<ul style="list-style-type: none"> <li>• September</li> <li>• March/April</li> <li>• October</li> </ul>
<p>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-03a</b></p>	<ul style="list-style-type: none"> <li>• Student Induction – diary planner</li> <li>• Anti Bullying – reinforcement of supports</li> <li>• S2 Course Choice</li> <li>• Self Esteem – Body Confidence</li> <li>• Substance Misuse – peer pressure (alcohol)</li> <li>• Called to Love – People I can Trust</li> </ul>	<ul style="list-style-type: none"> <li>• August</li> <li>• October</li> <li>• January/February</li> <li>• November</li> <li>• September</li> <li>• March</li> </ul>
<p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-04a</b></p>	<ul style="list-style-type: none"> <li>• Student Inductions – Expectations/Standards</li> <li>• Citizenship – Rights and Responsibilities</li> <li>• Called to Love Lesson - Me, how do I see myself, how do others see me and my personality</li> <li>• Substance Misuse – protective strategies (alcohol) in cooperation with Lothian &amp; Borders Police</li> <li>• Self Esteem – Body Confidence</li> </ul>	<ul style="list-style-type: none"> <li>• August</li> <li>• September</li> <li>• February</li> <li>• September /October</li> <li>• November</li> </ul>

	<ul style="list-style-type: none"> <li>• Called to Love – Relationships, Aspects of Behaviour</li> <li>• S2 Course Choice – preparation for Transition (S3 Study Skills)</li> </ul>	<ul style="list-style-type: none"> <li>• March</li> <li>• May</li> </ul>
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EXPERIENCE & OUTCOMES S2 (THIRD)	Taught in S2 Curriculum Topic/Theme	Month/Time of year taught
<p>I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-05a</b></p>	<ul style="list-style-type: none"> <li>• Called to Love - Me, how do I see myself, how do others see me and my personality, People I trust</li> <li>• Citizenship – Rights and Responsibilities</li> <li>• Self Esteem – Body Confidence</li> <li>• Substance Misuse – Alcohol – Jo’s Story (Keeping Myself Safe) in cooperation with Lothian and Borders Police</li> </ul>	<ul style="list-style-type: none"> <li>• February/March</li> <li>• September</li> <li>• October</li> <li>• September/October</li> </ul>
<p>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-06a</b></p>	<ul style="list-style-type: none"> <li>• Self Esteem – Body Confidence</li> <li>• Called to Love – Relationships</li> <li>• Cyberbullying - Childline</li> <li>• S2 Course Choice preparation and interview</li> <li>• S2 Recommendations and Target Setting</li> <li>• Antibullying Week – RESPECT ME</li> </ul>	<ul style="list-style-type: none"> <li>• November</li> <li>• March/April</li> <li>• October</li> <li>• February/March</li> <li>• January/February</li> <li>• November</li> </ul>
<p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.</p> <p><b>*Responsibility of all</b></p>	<ul style="list-style-type: none"> <li>• S2 Course Choice</li> <li>• Called to Love – Relationships</li> <li>• Self Esteem – Body Confidence</li> <li>• Inserts into Assembly Programme</li> </ul>	<ul style="list-style-type: none"> <li>• January/February</li> <li>• February/March</li> <li>• November</li> <li>• Various</li> </ul>

<b>HWB 3-07a</b>		
<p>I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.</p> <p><b>*Responsibility of all HWB 3-08a</b></p>	<ul style="list-style-type: none"> <li>• Self Esteem – Body Image</li> <li>• Citizenship – Rights and Responsibilities</li> <li>• Antibullying Week – RESPECT</li> <li>• Cyberbullying</li> <li>• Called to Love – Relationships</li> <li>• Citizenship – Charity/Raising Awareness with target groups</li> <li>• House Council/Peer mentoring</li> <li>• Paired reading programme</li> </ul>	<ul style="list-style-type: none"> <li>• November</li> <li>• September</li> <li>• November</li> <li>• October</li> <li>• March</li> <li>• Ongoing</li> <li>• Ongoing</li> <li>• Ongoing</li> </ul>

**SfP - H&W OUTCOMES - SOCIAL WELLBEING**

EXPERIENCE & OUTCOMES S2 (THIRD)	Taught in S2 Curriculum Topic/Theme	Month/Time of year taught
<p>As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show the respect for rights of others.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-09a</b></p>	<ul style="list-style-type: none"> <li>• S2 Student Induction/Code of Conduct/Expectations</li> <li>• House Council/Democracy</li> <li>• A Right Blether – Me and My Rights/ Me and My Community</li> <li>• Anti Bullying Week – RESPECT ME</li> <li>• Transport Safety – Your Call</li> <li>• S2 Course Choice – target setting</li> <li>• Called to Love - Me, how do I see myself, how do others see me and my personality</li> <li>• Substance Misuse – alcohol, knowledge to make informed decisions</li> <li>• TOAST – fire work safety</li> </ul>	<ul style="list-style-type: none"> <li>• August</li> <li>• Ongoing</li> <li>• September</li> <li>• November</li> <li>• April</li> <li>• January/February</li> <li>• February/March</li> <li>• September</li> <li>• November</li> </ul>
<p>I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community, one which values individuals equally and is a welcoming place for all.</p>	<ul style="list-style-type: none"> <li>• S2 Student Induction/Code of Conduct/Expectations</li> <li>• House Council/Democracy</li> <li>• A Right Blether – Me and My Rights/ Me and My Community</li> </ul>	<ul style="list-style-type: none"> <li>• August</li> <li>• August/Ongoing</li> <li>• September</li> </ul>

<p><b>*Responsibility of all</b></p> <p><b>HWB 3-10a</b></p>	<ul style="list-style-type: none"> <li>• Anti Bullying Week – RESPECT ME</li> <li>• S2 Personal Learning Plan – wider achievement</li> <li>• Called to Love - Me, how do I see myself, how do others see me and my personality</li> <li>• Inserts into Assembly Programme</li> </ul>	<ul style="list-style-type: none"> <li>• November</li> <li>• Ongoing</li> <li>• February/March</li> <li>• Ongoing</li> </ul>
<p>I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-11a</b></p>	<ul style="list-style-type: none"> <li>• S2 Report – Target Setting Review &amp; Interview</li> <li>• S2 Report – Personal Learning Plans &amp; recognition of wider achievement</li> <li>• S2 Course Choice - Skills and Qualities/Learning Styles</li> <li>• Planning for choices supporting development of skills for life, learning and work</li> <li>• Peer education – paired/group work opportunities - YPI</li> </ul>	<ul style="list-style-type: none"> <li>• February</li> <li>• February</li> <li>• January/February</li> <li>• January/February/Ongoing</li> <li>• Ongoing</li> </ul>
<p>Representing my class, school and/or wider community encourages my self-worth and confidence and allows me to contribute to and participate in society.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-12a</b></p>	<ul style="list-style-type: none"> <li>• S2 Course Choice – planning for choice and change – Careers</li> <li>• Inserts to Assembly Programme</li> <li>• YPI</li> <li>• House Councils</li> <li>• S2 Personal Learning Plans – recognising wider achievement</li> </ul>	<ul style="list-style-type: none"> <li>• January/February</li> <li>• Ongoing</li> <li>• April/May</li> <li>• Ongoing</li> <li>• February/Ongoing</li> </ul>
<p>Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-13a</b></p>	<ul style="list-style-type: none"> <li>• Extra Curricular Activities</li> <li>• House Council</li> <li>• Inserts in Assembly Programme</li> <li>• House/Whole School Fundraising</li> <li>• House Points – positive stamps Diary Planners</li> <li>• YPI</li> </ul>	<ul style="list-style-type: none"> <li>• All ongoing</li> <li>• April/May/June</li> </ul>
<p>I value the opportunities I am given to make friends and be part of a group in a range of situations.</p> <p><b>*Responsibility of all</b></p>	<ul style="list-style-type: none"> <li>• Extra Curricular Activities</li> <li>• House Council</li> <li>• Inserts in Assembly Programme</li> <li>• House Group Opportunities/promotion of form</li> <li>• House/Whole School Fundraising</li> </ul>	<ul style="list-style-type: none"> <li>• All ongoing</li> </ul>

<b>HWB 3-14a</b>	<ul style="list-style-type: none"> <li>• Celebration of Monthly Mass, Feast Day Celebrations, Holy Days of Obligation</li> <li>• House Points – positive stamps Diary Planners</li> <li>• YPI</li> <li>• Activities Week w.b. 25<sup>th</sup> June</li> </ul>	<ul style="list-style-type: none"> <li>• April/May/June</li> </ul>
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**SfP - H&W OUTCOMES - PHYSICAL WELLBEING**

EXPERIENCE & OUTCOMES S2 (THIRD)	Taught in S2 Curriculum Topic/Theme	Month/Time of year taught
<p>I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-15a</b></p>	<ul style="list-style-type: none"> <li>• Self Esteem – Body Image</li> <li>• Substance Misuse – short and long term of alcohol misuse</li> </ul>	<ul style="list-style-type: none"> <li>• November</li> <li>• September</li> </ul>
<p>I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-16a</b></p>	<ul style="list-style-type: none"> <li>• Keeping myself Safe – Jo’s Story in cooperation with Lothian and Borders Police</li> <li>• Antibullying Week – RESPECT ME</li> <li>• Transport Safety – Your Call</li> <li>• Cyberbullying</li> <li>• TOAST – fire work safety</li> </ul>	<ul style="list-style-type: none"> <li>• September/October</li> <li>• November</li> <li>• April</li> <li>• October</li> <li>• November</li> </ul>
<p>I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-17a</b></p>	<ul style="list-style-type: none"> <li>• Keeping myself Safe – Jo’s Story in cooperation with Lothian and Borders Police</li> <li>• Antibullying Week – RESPECT ME</li> <li>• Transport Safety – Your Call</li> <li>• Cyberbullying</li> <li>• TOAST – fire work safety</li> </ul>	<ul style="list-style-type: none"> <li>• September/October</li> <li>• November</li> <li>• April</li> <li>• October</li> <li>• November</li> </ul>
<p>I know and can demonstrate how to travel safely.</p> <p><b>*Responsibility of all</b></p> <p><b>More info on HWB 3-18a</b></p>	<ul style="list-style-type: none"> <li>• Your Call – Resource Pack – Road Safety – safe travel, peer pressure</li> </ul>	<ul style="list-style-type: none"> <li>• April</li> </ul>

### SfP - H&W OUTCOMES - PLANNING FOR CHOICE AND CHANGE

EXPERIENCE & OUTCOMES S2 (THIRD)	Taught in S2 Curriculum Topic/Theme	Month/Time of year taught
<p>I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-19a</b></p>	<ul style="list-style-type: none"> <li>• S2 Course Choice – skills, qualities, attributes, recommendations</li> <li>• S2 Report – Review and Evaluation</li> <li>• Supporting the development of transferrable skills for life , skills for work – S2 PLP and planners</li> <li>• About my Job <a href="http://www.planitplus.net">www.planitplus.net</a> – skills match</li> <li>• Planning for the future and who can support me ?</li> <li>• YPI</li> <li>• S2 Personal Learning Plans – recognition of transferrable skills and wider achievement</li> <li>• Moneysense (in cooperation with) - Managing your account and budgeting</li> </ul>	<ul style="list-style-type: none"> <li>• January/February</li> <li>• February</li> <li>• January/February</li> <li>• April/May</li> <li>• Ongoing</li> <li>• October/November</li> </ul>
<p>I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life.</p> <p><b>HWB 3-20a</b></p>	<ul style="list-style-type: none"> <li>• S2 Course Choice – skills, qualities, attributes, recommendations</li> <li>• S2 Report – Review and Evaluation</li> <li>• Supporting the development of transferrable skills for life , skills for work – S2 PLP's and planners</li> <li>• About my Job <a href="http://www.planitplus.net">www.planitplus.net</a></li> <li>• Planning for the future and who can support me ?</li> <li>• YPI</li> <li>• S2 Personal Learning Plans – recognition of transferrable skills wider achievement</li> </ul>	<ul style="list-style-type: none"> <li>• January/February</li> <li>• February</li> <li>• January/February</li> <li>• January/February</li> <li>• January/February</li> <li>• April/May</li> <li>• Ongoing</li> </ul>

**SfP - H&W OUTCOMES - RELATIONSHIPS, SEXUAL HEALTH & PARENTHOOD**

EXPERIENCE & OUTCOMES S1 (THIRD)	Taught in S1 Curriculum Topic/Theme	Month/Time of year taught
<p>I understand and can demonstrate the qualities and skills required to sustain different types of relationships.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-44b</b></p>	<ul style="list-style-type: none"> <li>• Called to Love - Me, how do I see myself, how do others see me and my personality, People I trust, Love and Affection, Families, Boyfriend/Girlfriend, Ideal Partner, Parenthood and Marriage</li> <li>• Citizenship – Rights and Responsibilities</li> <li>• Self Esteem – Body Confidence</li> <li>• Substance Misuse – Alcohol – Jo’s Story (Keeping Myself Safe) in cooperation with Lothian and Borders Police</li> <li>• S2 Course Choice – understanding working relationships</li> <li>• Anti Bullying Week – RESPECT ME</li> </ul>	<ul style="list-style-type: none"> <li>• March/April</li> <li>• September</li> <li>• November</li> <li>• September</li> <li>• January/February</li> <li>• November</li> </ul>
<p>I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.</p> <p><b>*Responsibility of all</b></p> <p><b>HWB 3-45b</b></p>	<ul style="list-style-type: none"> <li>• AntiBullying Week – recognising behaviours verbal and non verbal communication – aggressive, passive, assertive and manipulative</li> </ul>	<ul style="list-style-type: none"> <li>• TBA</li> </ul>