

PSE

Why we do PSE.

PSE helps to deliver Health and Wellbeing outcomes and experiences in the following areas:

- Mental, emotional, social and physical wellbeing
- Planning for choices and changes
- Substance misuse
- Relationships, sexual health and parenthood

What does the course involve?

We use a series of topics to give this context namely

- Mental health, with particular attention on raising awareness of the signs and symptoms of mental ill health and how to seek help and support for yourself and others.
- Careers education, with emphasis on identifying individuals' strengths and weaknesses, skills and abilities and matching these with career ideas.
- SHARE (Safe Happy Relationship Education) promotes positive relationships and assertiveness skills as well as raising awareness of how to be safe and how to protect against unplanned pregnancies and sexually transmitted infections.
- Drugs education, with particular emphasis on health risks and the law.
- Alcohol and smoking, with pupils working together in small groups to produce a presentation. This topic promotes team work and asks pupils to evaluate their skills in working with others as well as updating their knowledge on alcohol and smoking.
- Study skills helping pupils to identify their learning style and match this with revision and study techniques.
- Work experience in S3 we begin planning process for pupils who would like revision and study techniques.

How is your work assessed?

A balance of self-evaluation and peer assessment will be used.

Homework in this course

Homework may be given to reinforce class work or help with research, revision and study skills.

Possible pathways in the Senior Phase

PSE will continue for all pupils with greater emphasis on planning for choices and changes as pupils work towards life after school.