

## The National Curriculum of England

KEY STAGE	SUBJECT	DESCRIPTION
Key Stage 3	Citizenship	<b>Pupils should be taught about:</b> the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities.
Key Stage 4	Citizenship	<b>Pupils should be taught about:</b> diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding.
Key Stage 4	Citizenship	<b>Pupils should be taught about:</b> the different ways in which a citizen can contribute to the improvement of his or her community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity.

## Northern Ireland Curriculum

KEY STAGE	SUBJECT	DESCRIPTION
Key Stage 3	Learning for Life and Work: Personal Development	<b>Pupils should have opportunities to:</b> <ul style="list-style-type: none"> <li>explore and express a sense of self;</li> <li>investigate the influences on a young person;</li> <li>explore the different ways to develop self esteem;</li> <li>explore the concept of Health as the development of a whole person;</li> <li>investigate the influences on physical and emotional /mental personal health of, for example, immunisation, regular physical activity, personal hygiene, diet, stress, addiction, life / work balance etc;</li> <li>develop understanding about, and strategies to manage, the effects of change on body, mind and behaviour;</li> <li>explore the qualities of relationships including friendship;</li> <li>develop coping strategies to deal with challenging relationship scenarios;</li> <li>develop strategies to avoid and resolve conflict.</li> </ul>
Key stage 4:	Learning for Life and Work: Personal Development	<b>Pupils should be enabled to:</b> <ul style="list-style-type: none"> <li>develop an understanding of how to maximise and sustain their own health and well-being;</li> <li>reflect on, and respond to, their developing concept of self, including managing emotions and reactions to on-going life experiences;</li> <li>develop their understanding of relationships and sexuality and the responsibilities of healthy relationships.</li> </ul>

## Curriculum for Excellence - Scotland

KEY STAGE	SUBJECT	STRAND	CONTENT	CODE
<b>Third and Fourth</b>	Health and wellbeing	<b>Mental and emotional wellbeing</b>	I am aware of and able to express my feelings and am developing the ability to talk about them.	<a href="#">HWB 3-01a / HWB 4-01a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Mental and emotional wellbeing</b>	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.	<a href="#">HWB 3-02a / HWB 4-02a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Mental and emotional wellbeing</b>	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.	<a href="#">HWB 3-03a / HWB 4-03a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Mental and emotional wellbeing</b>	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.	<a href="#">HWB 3-04a / HWB 4-04a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Mental and emotional wellbeing</b>	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.	<a href="#">HWB 3-05a / HWB 4-05a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Mental and emotional wellbeing</b>	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.	<a href="#">HWB 3-06a / HWB 4-06a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Mental and emotional wellbeing</b>	I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.	<a href="#">HWB 3-07a / HWB 4-07a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Mental and emotional wellbeing</b>	I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.	<a href="#">HWB 3-08a / HWB 4-08a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Social wellbeing</b>	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.	<a href="#">HWB 3-10a / HWB 4-10a</a>

## Curriculum for Excellence - Scotland

KEY STAGE	SUBJECT	STRAND	CONTENT	CODE
<b>Third and Fourth</b>	Health and wellbeing	<b>Social wellbeing</b>	Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.	<a href="#">HWB 3-13a / HWB 4-13a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Social wellbeing</b>	I value the opportunities I am given to make friends and be part of a group in a range of situations.	<a href="#">HWB 3-14a / HWB 4-14a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Relationship, sexual health and parenting</b>	I understand the importance of being cared for and caring for others in relationships, and can explain why.	<a href="#">HWB 3-44a / HWB 4-44a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Relationship, sexual health and parenting</b>	I understand and can demonstrate the qualities and skills required to sustain different types of relationships.	<a href="#">HWB 3-44b / HWB 4-44b</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Relationship, sexual health and parenting</b>	I recognise that power can exist within relationships and can be used positively as well as negatively.	<a href="#">HWB 3-45a / HWB 4-45a</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Relationship, sexual health and parenting</b>	I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions.	<a href="#">HWB 3-46b / HWB 4-46b</a>
<b>Third and Fourth</b>	Health and wellbeing	<b>Relationship, sexual health and parenting</b>	I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult.	<a href="#">HWB 3-46c / HWB 4-46c</a>

## The National Curriculum for Wales

KEY STAGE	SUBJECT	SKILL	SECTION
Key stage 3	Personal and Social Education	Developing thinking	<p><b>Learners should be given opportunities to:</b></p> <ul style="list-style-type: none"> <li>use some prior knowledge to explain links between cause and effect</li> <li>consider others' views to inform opinions and make informed decisions and choices effectively</li> <li>use a range of techniques for personal reflection.</li> </ul>
Key stage 3	Personal and Social Education	Developing communication	<p><b>Learners should be given opportunities to:</b></p> <ul style="list-style-type: none"> <li>listen attentively in different situations and respond appropriately</li> <li>communicate confidently personal feelings and views through a range of appropriate methods</li> <li>express opinions clearly and justify a personal standpoint.</li> </ul>
Key stage 3	Personal and Social Education	Active citizenship	<p><b>Learners should be given opportunities to:</b></p> <ul style="list-style-type: none"> <li>develop respect for themselves and others</li> </ul> <p><b>and to understand:</b></p> <ul style="list-style-type: none"> <li>how young people can have their views listened to and influence decision-making.</li> </ul>
Key stage 3	Personal and Social Education	Health and emotional well-being	<p><b>Learners should be given opportunities to:</b></p> <ul style="list-style-type: none"> <li>display a responsible attitude towards keeping the mind and body safe and healthy</li> <li>develop positive attitudes towards themselves and others</li> </ul> <p><b>and to understand:</b></p> <ul style="list-style-type: none"> <li>the features of safe and potentially abusive relationships</li> <li>the range of emotions they experience and how to develop strategies for coping with negative feelings</li> <li>the benefits of accessing different sources of information, support and advice.</li> </ul>

## The National Curriculum for Wales

KEY STAGE	SUBJECT	SKILL	SECTION
Key stage 4	Personal and Social Education	<b>Developing thinking</b>	<p><b>Learners should be given opportunities to:</b></p> <ul style="list-style-type: none"> <li>use prior knowledge to explain links between cause and effect, and make predictions</li> <li>take different perspectives into account when making informed decisions and choices effectively</li> <li>use a range of techniques for personal reflection.</li> </ul>
Key stage 4	Personal and Social Education	<b>Developing communication</b>	<p><b>Learners should be given opportunities to:</b></p> <ul style="list-style-type: none"> <li>listen perceptively in a range of situations, and respond appropriately</li> <li>communicate personal feelings and views effectively in a wide range of situations through a range of appropriate methods</li> <li>appreciate, reflect on and critically evaluate other points of view.</li> </ul>
Key stage 4	Personal and Social Education	<b>Active citizenship</b>	<p><b>Learners should be given opportunities to:</b></p> <ul style="list-style-type: none"> <li>develop respect for themselves and others</li> </ul> <p><b>and to understand:</b></p> <ul style="list-style-type: none"> <li>the importance of access to unbiased information, including the internet, and be prepared to challenge views propagated by the media</li> <li>how to challenge assertively expressions of prejudice, racism and stereotyping.</li> </ul>
Key stage 4	Personal and Social Education	<b>Health and emotional well-being</b>	<p><b>Learners should be given opportunities to:</b></p> <ul style="list-style-type: none"> <li>accept personal responsibility for keeping the mind and body safe and healthy</li> <li>develop a responsible attitude towards personal relationships</li> </ul> <p><b>and to understand:</b></p> <ul style="list-style-type: none"> <li>the short and longer term consequences when making decisions about personal health</li> <li>the range of sexual attitudes, relationships and behaviours in society</li> <li>the factors that affect mental health and the ways in which emotional well-being can be fostered</li> <li>the statutory and voluntary organisations which support health and emotional well-being</li> <li>how to access professional health advice and personal support with confidence.</li> </ul>