

## The Importance of Personal Wellbeing from the National Curriculum

The **BLUE** text highlights the aspects of personal wellbeing in the National Curriculum that are covered by VisionWorks' programmes.

Personal wellbeing helps young people embrace change, feel positive about who they are and enjoy healthy, safe, responsible and fulfilled lives. Personal wellbeing makes a major contribution to the promotion of personal development.

### Key concepts

#### Personal identities

- Understanding that identity is affected by a range of factors, including positive sense of self.
- Recognising that the way in which personal qualities, attitudes, skills and achievements are evaluated affects confidence and self-esteem.
- Understanding that self-esteem can change with personal circumstances.

#### Healthy lifestyles

- Recognising that healthy lifestyles, and the wellbeing of self and others, depend on information and making responsible choices.
- Understanding that physical, mental, sexual and emotional health affect our ability to lead fulfilling lives, and that there is help and support available when they are threatened.
- Dealing with growth and change as normal parts of growing up.

#### Risk

- Understanding risk in both positive and negative terms.
- Appreciating that pressure can be used positively or negatively to influence others in situations involving risk.
- Developing the confidence to try new ideas and face challenges safely, individually and in groups.

#### Relationships

- Understanding that relationships affect everything we do in our lives and that relationship skills have to be learnt and practised.
- Understanding that people have multiple roles and responsibilities in society and that making positive relationships and contributing to groups, teams and communities is important.
- Understanding that relationships can cause strong feelings and emotions.

## The Importance of Personal Wellbeing from the National Curriculum continued

### Diversity

- Appreciating that, in our communities, there are similarities as well as differences between people of different race, religion, culture, ability or disability, gender, age or sexual orientation.
- Understanding that all forms of prejudice and discrimination must be challenged at every level in our lives.

### Key processes

#### Critical reflection

Pupils should be able to:

- reflect critically on their own and others' values
- reflect on personal strengths, achievements and areas for development
- recognise how others see them and give and receive feedback
- identify and use strategies for setting and meeting personal targets in order to increase motivation
- reflect on feelings and identify positive ways of understanding, managing and expressing strong emotions and challenging behaviour
- develop self-awareness by reflecting critically on their behaviour and its impact on others.

#### Decision-making and managing risk

Pupils should be able to:

- use knowledge and understanding to make informed choices about safety, health and wellbeing
- find information and support from a variety of sources
- assess and manage the element of risk in personal choices and situations
- use strategies for resisting unhelpful peer influence and pressure
- know when and how to get help
- identify how managing feelings and emotions effectively supports decision-making and risk management.

#### Developing relationships and working with others

Pupils should be able to:

- use social skills to build and maintain a range of positive relationships
- use the social skill of negotiation within relationships, recognising their rights and responsibilities and that their actions have consequences
- use the social skills of communication, negotiation, assertiveness and collaboration
- value differences between people and demonstrate empathy and a willingness to learn about people different from themselves
- challenge prejudice and discrimination assertively.