



CPSHE IN THE SIXTH FORM

What is CPSHE?

- Citizenship
- Personal
- Social
- Health
- Education

Why is it important?

- (Tell me why it's not important?)
- Schools have a responsibility to:
 - promote the spiritual, moral, cultural, mental and physical development of pupils, and:
 - Prepare students for the opportunities, responsibilities and experiences of later life.

- Today's pupils are growing up in a rapidly changing world, full of opportunities but with few guarantees. PSHE education is the curriculum subject which prepares pupils for life and work in this changing world. There is strong evidence that, when delivered by trained teachers in line with best practice, this 'curriculum for life' is popular with pupils and parents, and helps children and **young people to stay safe, to enjoy physical and emotional health, to develop character and resilience, to achieve academically and to improve their employment prospects.**

PSHE
organisation
quote:

And...

- Recent research from the DfE has shown that **strong PSHE is not only linked to the development of good personal, social and moral outcomes in young people but to good academic outcomes too.**
- 'Children with higher levels of emotional, behavioural, social and school well-being on average have higher levels of academic achievement and are more engaged... both concurrently and in later years.'
- If you are interested in only success in the working world: well...
- High emotional intelligence is a key indicator of this success; just as much as raw IQ.

EMOTIONAL INTELLIGENCE, OR EQ, is centred on abilities such as:

- Identifying emotions
- Evaluating how others feel
- Controlling one's own emotions
- Perceiving how others feel
- Using emotions to facilitate social communication
- Relating to others
- Also leads to SELF AWARENESS, WHICH IS KEY.

Emotional
intelligence

Year 13 continued.

- Broadly speaking, CPSHE can be divided into:
- Physical Health
- Positive relationships
- Perspective/Mindset/Resilience
- Engagement/Curiosity: the Flow state (absorption in an activity)
- Meaning and purpose (self awareness, managing change)
- Sustainability- both for the planet and the individual

- Personal growth
- Self awareness
- Mindfulness
- Managing change
- Positive relationships (Workshops on dealing with conflict)
- Financial awareness
- Mental health – how to maintain it and how to deal with issues)
- Mental toughness and stress
- Resilience
- Emotional intelligence
- Being active;
- Nutrition; cooking if we can
- Political awareness (MP visits.)
- Sustainability group?

For Year 13 this
will look like:

Year 12 continued.

- Broadly speaking, CPSHE can be divided into:
- Physical Health
- Positive relationships
- Perspective/Mindset/Resilience
- Engagement/Curiosity: the Flow state (absorption in an activity)
- Meaning and purpose (self awareness, managing change)
- Sustainability- both for the planet and the individual
- Voluntary work.

For Year 12 this will look like;

- Mental and emotional health: how to maintain it
 - Growth mindset
 - Sleep
 - Identity and gender
 - Self management
 - Hydration
 - Happiness!
 - Mindfulness
 - Finance
- Driving
 - Political awareness
 - Procrastination
 - Self esteem