

Table 6: Wales – Personal and Social Education Framework for 7 – 19 year olds in Wales: Health and Emotional Wellbeing

7 - 14		14 - 19	
Key Stage 2	Key Stage 3	Key Stage 4	Post - 16
Learners should be given opportunities to:			
<p>Take increasing responsibility for keeping the mind and body safe and healthy</p> <p>Feel positive about themselves and be sensitive towards the feelings of others</p>	<p>Display a responsible attitude towards keeping the mind and body safe and healthy</p> <p>Develop positive attitudes towards themselves and others</p>	<p>Accept personal responsibility for keeping the mind and body safe and healthy</p> <p>Develop a responsible attitude towards personal relationships</p>	<p>Accept responsibility for all aspects of personal and social development and wellbeing</p> <p>Act as positive role models for younger students</p>
and to understand:			
<p>The features and physical and emotional benefits of a healthy lifestyle e.g. food and fitness</p> <p>The reasons for the physical and emotional changes which take place at puberty, to include conception, pregnancy and birth</p> <p>The range of their own and others' feelings and emotions</p>	<p>The relationship between diet, exercise, and good health and wellbeing</p> <p>The range of emotions they experience and how to develop strategies for coping with negative feelings</p> <p>The benefits of accessing different sources of information, support and advice</p>	<p>The short and longer-term consequences when making decisions about personal health</p> <p>The factors that affect mental health and the ways in which emotional wellbeing can be fostered</p> <p>The statutory and voluntary organisations which support emotional and mental wellbeing</p> <p>How to access professional health advice and personal support with confidence</p>	<p>How to critically evaluate personal lifestyle choices in the context of physical health and emotional wellbeing, considering the short and long-term consequences of such decisions</p> <p>The life experiences which enhance or damage self-esteem and explore how best to cope with the demands of such situations</p>

Source: The School Curriculum for Wales