

# PSHE CONCEPTS

Concepts are **broad ideas** that are **factual** & used to **define & explain**. They are universal & timeless. **These are the concepts that we teach through our PSHE:**

Subject	Concept	Explanation
<b>PSHE</b>	<b>Identity</b>	Identity (their personal qualities, attitudes, skills, attributes and achievements and what influences these; understanding and maintaining boundaries around their personal privacy, including online).
	<b>Relationships</b>	Relationships (including different types and in different settings, including online).
	<b>A Healthy Balanced Lifestyle</b>	healthy (including physically, emotionally and socially), balanced lifestyle (including within relationships, work-life, exercise and rest, spending and saving and lifestyle choices).
	<b>Risk and Safety</b>	Risk (identification, assessment and how to manage risk, rather than simply the avoidance of risk for self and others) and safety (including behaviour and strategies to employ in different settings, including online in an increasingly connected world).
	<b>Diversity and Equality</b>	Diversity and equality (in all its forms, with due regard to the protected characteristics set out in the Equality Act 2010).
	<b>Rights, Responsibility and Consent</b>	Rights (including the notion of universal human rights), responsibilities (including fairness and justice) and consent (in different contexts).
	<b>Change and Resilience</b>	Change (as something to be managed) and resilience (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance).
	<b>Power</b>	Power (how it is used and encountered in a variety of contexts including online; how it manifests through behaviours including bullying, persuasion, coercion and how it can be challenged or managed through negotiation and 'win-win' outcomes).
	<b>Career</b>	Career (including enterprise, employability and economic understanding).