

Personal and Social Education

A formal Personal and Social Education Programme is delivered to all pupils, S1 to S6. Our department aims to develop skills and knowledge in four main areas; Mental Health and Wellbeing, Sexual Health and Relationships, Substance and Alcohol Misuse and Planning for Choices and Changes.

Our course focuses on skills development through each Health and Wellbeing strand allowing smooth progression to senior phase. Our course aims to offer breadth through the range of topics studied across the BGE as we explore key topics in increasing depth. We want to develop pupils' creativity and transferable employability skills whilst contributing to the development of pupils' literacy and numeracy skills.

We create opportunities for developing the knowledge, skills and attitudes that children and young people need to enable them to seek information and support throughout life. Young people are provided with information to help them make informed decisions and choices. Our course allows for regular reviews of progress in learning, and personal and social developments as well as a celebration of achievements.

Pupils are supported with transitions between stages in education and between different providers of education as well as personal development opportunities. Our course also helps the young people to plan for their future.

Elements of our PSE courses include:

- The teaching of transferable skills
- An interactive approach
- A variety of teaching methods
- Helping to develop young people's self-confidence and self-esteem
- Helping to develop an increased sense of personal awareness
- Development of skills for life
- Provision of a framework for vocational guidance
- Development of active citizenship and philanthropy
- Encouraging leadership and enterprise