

APPENDIX 1

SUMMARY CONTENT FOR P.S.H.C.E.

Personal	Social	Health	Life Skills	Moral	Citizenship
<ul style="list-style-type: none"> ▪ Active Learning ▪ Team Building ▪ Parenting ▪ Adolescence ▪ Friendship Skills ▪ Communal Living ▪ Rumour & Gossip ▪ Rules, Expectations & Responsibilities ▪ Confidence Building & Self Esteem ▪ Risk Taking ▪ Listening Skills ▪ Communication Skills ▪ Decision Making Skills ▪ Body Image ▪ Keeping Safe – ▪ Themselves & others ▪ Death & Bereavement ▪ Self Awareness ▪ Assertiveness ▪ Leadership ▪ Non-verbal Communication ▪ Maximising Abilities ▪ Behaviour ▪ Conflict Resolution ▪ Review of Achievements & Weaknesses ▪ Target Setting 	<ul style="list-style-type: none"> ▪ Equal Opportunities ▪ Challenging Racism ▪ Effective & Satisfying Relationships ▪ Dealing with Bullying ▪ Family Life Education ▪ Ageing Generation ▪ Violence ▪ Gambling ▪ The Homeless ▪ Crime & Justice ▪ Environmental Concerns 	<ul style="list-style-type: none"> ▪ Sex Education ▪ Body Changes & Puberty ▪ Contraception ▪ HIV, Aids & Sexuality Transmitted Diseases ▪ Teenage Parenthood ▪ Homosexuality & Gay Issues ▪ Personal Relationships ▪ Mental Health ▪ Eating Disorders ▪ Diet & Food Issues ▪ Healthy Lifestyle ▪ Drugs ▪ Smoking ▪ Alcohol ▪ Solvent Abuse ▪ Managing Stress ▪ Personal Hygiene ▪ First Aid 	<ul style="list-style-type: none"> ▪ Living Alone ▪ First Aid ▪ Personal Budgeting ▪ Study Skills ▪ Thinking Skills ▪ Interview Skills ▪ Economic Awareness ▪ Industrial Understanding ▪ Towards Employability ▪ The Law & You ▪ Citizenship ▪ Careers ▪ The World of Work ▪ Global Awareness ▪ Time Management 	<ul style="list-style-type: none"> ▪ Abortion ▪ Human Rights & Responsibilities ▪ Children's Rights ▪ Respect for the differences between people 	<ul style="list-style-type: none"> ▪ Active Citizen ▪ Socially & morally responsible behaviour both in and beyond the classroom; both towards those in authority & towards each other ▪ Community involvement ▪ Political Literacy