

What skills and qualities do I need?

RSHE/PSHE is designed to equip you with the tools and skills to help you when you leave Selston High School. You will undertake many tasks individually, in small groups or whole classes at least once a week, via form time, enrichment and drop down days. These lessons will build on the progress, discussions and tasks you took part in in KS3. The only requirement will be a willingness to join in and a view for what your life may hold in the future. At Selston, we see it as a great opportunity to develop students:-

- Communication – speaking and listening skills,
- How to manage changing friendships, relationships, and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision making
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work

What will I do on the course?

As a school, we focus on the following key stands of success for all our young learners. These are:

- Health (including sexual health)
- Wellbeing and Safety
- Careers and Finance supporting economic wellbeing
- British Values
- Relationships (including Sex Education)
- Personal Study and revising
- Post 16 pathways

Assessment

RSHE/PSHE is not assessed formally but engagement is part of every young person's development. We are constantly adapting the lessons and scheme of work to respond to local and global issues to give our students the best start in life. We find that students really enjoy an opportunity to talk about current issues that affect them, and the opportunity to do this a safe and supporting environment.

