

# Learning for Life

## A Children's Charter for PSHE Education

### Our World of Feelings & Relationships

#### We need to learn about

- what the different feelings are and how to express them in different situations
- negotiating skills and compromising
- understanding other religions and beliefs
- the effects of bullying

#### We need to learn how to

- build and maintain relationships, respect others' behaviour and differences
- control our emotions, be resilient and learn to move on
- make the appropriate choices
- deal with bullies

#### We need to think about

- understanding how others feel
- how other people may not be able to control their emotions
- sorting out things that are important and not so important

### Our World of Healthy Lifestyles

#### We need to learn about

- how to create a healthy lifestyle
- healthy eating and exercise and the benefits they bring
- how our bodies work
- how important choice is

#### We need to learn how to

- feel proud of ourselves
- have the skills & confidence to say no to things that may harm us
- read and understand food labels
- deal with stress and keep calm

#### We need to think about

- the impact of an unhealthy lifestyle
- the future and the consequences of our choices
- sharing our feelings and talking to people about our worries

### Our World of Money

#### We need to learn about

- managing money, bank accounts
- where money comes from
- how our purchases affect other people
- what jobs we could do to get paid
- different types of money around the world and rich and poor countries

#### We need to learn how to

- spend, budget and save
- be more generous

#### We need to think about

- the value of money
- different family circumstances and how people have different amounts of money
- what the risks of borrowing money are
- media and peer pressure

### Our World of Risk

#### We need to learn about

- real-life situations
- where to go and who to speak to if you feel scared
- safety – road, fire, internet, in the home, drugs, strangers, shells on Salisbury Plain

#### We need to learn how to

- manage bad things that happen in life
- do risk assessments
- have confidence to say no to peer pressure
- think about our choices

#### We need to think about

- why people take risks
- learning from our mistakes
- being prepared to take risks, but not too far
- why other people make different decisions to yourself

### Our Cyberworld

#### We need to learn about

- using the computer responsibly, sticking to the rules and reporting any concerns
- what Cyberbullying is
- how to set up web pages safely
- who to talk to when you get bullied

#### We need to learn how to

- use the internet safely
- analyse where internet messages have come from
- cope with nasty messages, e-mails and texts
- make decisions about whether something is true or not

#### We need to think about

- the dangers of a technological world
- parents' awareness
- actions having consequences
- anonymity
- what we say and type – if you wouldn't say it don't type it

This charter was produced by pupils from Wiltshire primary schools at the Wiltshire PSHE Conference in October 2009