

****Please note, the links in this paper have been updated (Sept 2018) and the previous version of this document has been removed****

PERSONAL AND SOCIAL EDUCATION (PSE) REVIEW DESK STUDY ON GUIDANCE DOCUMENTS

PSE is a taught subject which covers aspects of planning for choices and changes, substance misuse, relationships, sexual health and parenthood, in addition to aspects of physical activity, sport and health. There are six areas which provide a holistic view of health and wellbeing.

- Mental, Emotional, Social and Physical Wellbeing;
- Planning for Choices and Changes;
- Physical Education, Physical Activity and Sport;
- Food and Health;
- Substance Misuse; and,
- Relationships, Sexual Health and Parenthood (RSHP).

Through Curriculum for Excellence, health and wellbeing is spread right across the curriculum and it is one of the three core areas that are the responsibility of all staff in the school.

Health and Wellbeing - general resources

- [Health and Wellbeing: Responsibility of all - Making the links...making it work](#)
- [Health and Wellbeing Experiences and Outcomes](#)
- [Curriculum for Excellence benchmarks](#)

There are a number of programmes that are supported by Education Scotland that schools will be using to support early intervention; improve relationships and behaviour, promote equality and challenge inequality, and develop emotional wellbeing. The main approaches supported include:

- [Recognising and Realising Children's Rights;](#)
- [Restorative Approaches – Peer mediation](#)

[Restorative Approaches \(video examples\)](#)

Solution Oriented Approaches:

- [Developing whole school nurturing approaches](#)
- [Nurture Group Evaluation](#)
- [Applying nurture as a whole school approach – A framework to support evaluation](#)
- [Nurture, Adverse Childhood Experiences and Trauma informed practice: Making the links between these approaches](#)

Mentoring and peer support (including Mentors in Violence Prevention [MVP]):

- [Mentors in Violence Prevention \(MVP\) - An overview](#)
- Cool in School (not available online)

Nurture, Adverse Childhood Experiences and Trauma informed practice: Making the links between these approaches:

<https://education.gov.scot/improvement/self-evaluation/inc83-nurture-adverse-childhood-experiences-and-trauma-informed-practice>

Learner Participation in Educational Settings (3-18):

<https://education.gov.scot/improvement/self-evaluation/learner-participation-in-educational-settings-3-18>

Sexual Health and Relationships Education (SHARE) resource: -
<http://www.healthscotland.com/documents/4946.aspx>

In addition, the following resources have been published for use in denominational primary and secondary schools as part of the delivery on PSE:

God's Loving Plan – <https://sces.org.uk/gods-loving-plan-2/>

Called to Love - <https://sces.org.uk/called-to-love-2/>

Career Education Standard 3-18: Suite of learning resources:

<https://education.gov.scot/improvement/learning-resources/Career%20Education%20Standard%203-18:%20Suite%20of%20learning%20resources>

In addition, resources on PSE will also be developed and produced at a local level and will involve a number partners to meet local needs.