

Holy Family Catholic Primary School – Get Set for Life (PSHE/RSHE)

Essential Skills and Attributes developed through Get Set for Life.

Intrapersonal skills required for personal effectiveness and self-management.	Interpersonal skills required for social effectiveness and positive relationships.
<ul style="list-style-type: none"> • Critical, constructive self-reflection including being aware of own needs, motivations and learning, effective goal setting, strengths and next steps for development, how we are influenced by our perception of peers' behaviour. • Learning from experience to seek out and make use of constructive feedback. • Setting challenging personal goals including developing strategies to achieve them and knowing when to change them. • Making decisions including knowing when to be flexible. • Identifying and recognising unhelpful thinking traps including generalisation, distortion of facts, stereotyping. • Resilience including self-motivation, perseverance and adaptability. • Self-regulation including promotion of a positive, growth mind-set and managing strong emotions and impulses. • Recognising and managing peer influence and the need for peer approval, including evaluating perceived social norms. • Self-organisation including time management. • Strategies for identifying and accessing appropriate help and support. • Clarifying own values including reflection on the origins of personal values and beliefs and re-evaluating values and beliefs in the light of new learning, experiences and evidence. • Developing and maintaining a healthy self-concept including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect. 	<ul style="list-style-type: none"> • Empathy and compassion including impact on decision-making and behaviour. • Respect for others' right to their own beliefs, values and opinions. • Discernment in evaluating the arguments and opinions of others including challenging 'group think'. • Skills for employability, including <ul style="list-style-type: none"> ○ Active listening and communication including assertiveness skills and recognising how this differs from aggressive and passive behaviour. ○ Team work including agreeing clear and challenging outcomes, facilitation, cooperation, networking, and the ability to provide, receive and respond to, constructive feedback and take on different roles; the ability to recognise and learn from others experience. ○ Negotiation including flexibility, self-advocacy and compromise within an awareness of personal boundaries. ○ Leadership skills ○ Presentation skills, being able to present and communicate ideas, arguments and thoughts effectively. • Enterprise skills and attributes e.g. aspiration, creativity, goal setting, identifying opportunities, taking positive risks. • Recognising, evaluating and utilising strategies for managing influence. • Valuing and respecting diversity. • Using these skills and attributes to build and maintain healthy relationships of all kinds.

Managing risk and decision-making (integral to all of the above).

- Identification, assessment including prediction and management of positive and negative risk to self and others.
- Formulating questions as part of an enquiring approach to learning and to assess the value of information
- Analysis including separating fact and reasoned argument from rumour, speculation and opinion.
- Assessing the validity and reliability of information
- Identify links between values and beliefs, decisions and actions.
- Making decisions.