



### PSHE at The Walnuts

At the Walnuts, PSHE and Citizenship helps all pupils develop as individuals in a wider society. Pupils learn to understand themselves physically, emotionally, socially and sexually and to understand their relationships with others.

In particular, PSHE and Citizenship offer our pupils opportunities to:

- Feel confident and try new things, strive to do their best and not give up.
- Make choices and decisions which help them to keep safe and healthy.
- Develop personal autonomy by having a degree of responsibility and control over their lives.
- Make a difference or make changes by their individual or collective actions
- Recognise their rights and responsibilities; contribute their own views and opinions appropriately and know there are different viewpoints which lead to a respect for the opinion of others.
- participate in group meetings, contribute to school council meetings and celebrate achievement.

