



## What is PSHE?

**PSHE** stands for **P**ersonal, **S**ocial, **H**ealth and **E**conomic Education

**PSHE helps us to stay happy, safe and healthy, as well as to prepare us for life's challenges and opportunities.**

### **As PSHE learners:**

- We can make informed choices
- We can ask and answer thoughtful questions
- We can respect equality and diversity
- We can recognise and talk about feelings
- We can solve problems
- We can work together
- We can listen to others
- We can explain