

National curriculum for England

Level	Subject	Content
Key stage 2 and 3	PSHE	<ul style="list-style-type: none"> Identity (attitudes, skills, attributes and achievements and what influences these) A healthy balanced lifestyle (emotionally) Risk (how to manage risk) and safety (including behaviour and strategies to employ in different settings) Change (as something to be managed) and resilience (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance).

Curriculum for Wales

Level	Subject	Content
Key stage 2 and 3	Personal and social education	Health and emotional well-being: <ul style="list-style-type: none"> take increasing responsibility for keeping the mind and body safe and healthy; the features and physical and emotional benefits of a healthy lifestyle.

Northern Ireland Curriculum – CCEA

Level	Subject	Content
Key stage 2 and 3	Personal Development and Mutual Understanding	Personal Understanding and Health: <ul style="list-style-type: none"> Feelings and Emotions; their management of a range of feelings and emotions and the feelings and emotions of others; effective learning strategies; how to sustain their health, growth and well being and coping safely and efficiently with their environment.

Curriculum for Excellence – Scotland

Level	Subject	Content
Second, Third and Fourth	Health and wellbeing across learning	<ul style="list-style-type: none"> Mental, emotional, social and physical wellbeing - Mental and emotional wellbeing I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. (HWB 2-02a / HWB 3-02a / HWB 4-02a) I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. (HWB 2-04a / HWB 3-04a / HWB 4-04a) I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. (HWB 2-06a / HWB 3-06a / HWB 4-06a) I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. (HWB 2-07a / HWB 3-07a / HWB 4-07a)