

### **What should Personal and Social Education sessions be about?**

Whole person, or child centered education, has been promoted and valued for decades within the Scottish context whereby the physical, emotional, intellectual, spiritual and social dimensions of the child are given emphasis in policy and curricula planning and implementation. A significant affirmation of PSE is the *Curriculum for Excellence Health and Well Being* document, alongside other initiatives such as GIRFEC. PSE essentially deals with personhood, citizenship and community.

#### **Key areas to be explored during PSE sessions would include:**

- Personal identity, coping with developmental challenges, emotional literacy, advocacy and agency.
- Awareness and enhancement of Physical, Academic, Emotional and Social Self Esteem.
- Diverse effects of overuse of technology in young people - regarding physical fitness, obesity and emotional well being.
- The impact of bereavement and loss through family change (though parental separation/divorce, immigration, prison, illness) on emotional, social, physical and academic well being.
- Healthy strategies and resilience for dealing with adversity and stress.
- How to live as a member of the community (local, national and international) and how to combat loneliness and isolation; how to live with a respect for diversity and difference; how to reach out to the vulnerable and marginalized; how to serve the needs of others in a culture that promotes self serving and solipsistic tendencies.
- Learning and teaching content and pedagogies, including knowledge, skills and attributes that lead to the ongoing outcome of the 4 capacities of Curriculum for Excellence.

#### **Finally:**

Practitioners seldom contradict the need for PSE but do stress the need for guidance, strategies and resources that provide depth of engagement and effective learning.

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