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 selfmanagement.

- 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.

Interpersonal skills required for social effectiveness and positive relationships.

- 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
 - 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.
 - o 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.