



CASTLE DOUGLAS

HIGH SCHOOL

PSE IN BGE: S1-S3

PREPARING OUR YOUNG PEOPLE FOR LIFE.



Our Personal, Social and Emotional Education (PSE) programme in S1-S3 helps our young people build knowledge, skills and confidence to make positive choices and become respectful, responsible and resilient individuals.



S1

BUILDING FOUNDATIONS



SETTLING IN



BUILDING POSITIVE
RELATIONSHIPS



RESILIENCE



ANTI-BULLYING



MVP LESSONS IN
PEER PRESSURE
AND ANTI-BULLYING



HEALTHY
RELATIONSHIPS



STEREOTYPES
AND THE MEDIA



SUBSTANCE MISUSE,
MAKING INFORMED
CHOICES AND
RISK-TAKING
BEHAVIOUR



MENTAL
HEALTH



RESPONSIBLE
USE OF IT AND
SOCIAL MEDIA



UNDERSTANDING
NEURODIVERSITY



ATTAINMENT –
SELF-REFLECTION
ON PROGRESS
IN SCHOOL

S2

MAKING INFORMED CHOICES



VAPING



SUGAR
INTAKE



MVP – ONLINE
MYSOGYNY,
MESSAGES AND
TOXIC MASCULINITY



USE OF
SUBSTANCES AND
INFORMED CHOICES



MENTAL HEALTH
AND PEER
PRESSURE



PATHWAYS AND
CAREERS / SUBJECT
CHOICE

S3

PREPARING FOR THE FUTURE



BUDGETING



EMPLOYABILITY
SKILLS



SUBSTANCE
MISUSE



STUDY
SKILLS



PARENTING



LGBTQ+
RIGHTS



THE AIMS OF PSE ARE TO:

- ✓ Develop learners' self-esteem and a sense of personal responsibility
- ✓ Promote self-respect, respect and tolerance for others and to recognise and celebrate diversity

- ✓ Provide access to information and opportunities that will help learners develop knowledge, skills and attitudes that will support them to make informed decisions that will lead to them living safe, healthy lives.

- ✓ Prepare learners for the choices and opportunities of lifelong learning and provide regular reviews of progress in learning, and personal and social developments

- ✓ Underpin the school values of honesty, ambition, community and kindness whilst promoting respect and providing learners with the skills to be resilient



HONESTY



AMBITION



COMMUNITY



KINDNESS

MOVING FORWARD TOGETHER