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| **Curriculum For Excellence: HWB**  **Experiences and Outcomes: THIRD LEVEL** | **Please tick ✓** | | | **Comments** |
| **Mental and Emotional wellbeing** | | | | |
| I am aware of and able to express my feelings and am developing the ability to talk about them.  **HWB 3-01a** |  |  |  |  |
| 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 3-02a** |  |  |  |  |
| I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.  **HWB 3-03a** |  |  |  |  |
| 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 3-04a** |  |  |  |  |
| I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.  **HWB 3-05a** |  |  |  |  |
| 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 3-06a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.  **HWB 3-07a** |  |  |  |  |
| I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.  **HWB 3-08a** |  |  |  |  |
| **Social wellbeing** | | | |
| As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.  **HWB 3-09a** |  |  |  |  |
| I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.  **HWB 3-10a** |  |  |  |  |
| I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.  **HWB 3-11a** |  |  |  |  |
| Representing my class, school and/or wider community encourages my self-worth and confidence and allows me to contribute to and participate in society.  **HWB 3-12a** |  |  |  |  |
| Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.  **HWB 3-13a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| I value the opportunities I am given to make friends and be part of a group in a range of situations.  **HWB 3-14a** |  |  |  |  |
| **Physical activity and health** | | | |
| I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.  **HWB 3-15a** |  |  |  |  |
| I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.  **HWB 3-16a** |  |  |  |  |
| I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations.  **HWB 3-17a** |  |  |  |  |
| **Planning for choices and changes**  **Expectations and Aspirations** | | | |
| I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.  **HWB 3-19a** |  |  |  |  |
| I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life.  **HWB 3-20a** |  |  |  |  |
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|  | **Please tick ✓** | | | **Comments** |
| I am developing the skills to lead and recognise strengths of group members, including myself. I contribute to groups and teams through my knowledge of individual strengths, group tactics, and strategies.  **HWB 3-23a** |  |  |  |  |
|  |  |  |  |  |
| **Relevance of learning to future choices** | | | |
| **Physical activity and health** |  | | |
| **Diet, rest and Sleep** |
| I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community.  **HWB 3-25a** |  |  |  |  |
| I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity.  **HWB 3-27a** |  |  |  |  |
| I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing.  **HWB 3 -28a** |  |  |  |  |
| **Substance Misuse** |  | | |
| **Use of substances** |
|  | **Please tick ✓** | | | **Comments** |
| I understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substance  **HWB 3-38a** |  |  |  |  |
| I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions.  **HWB 3-39a** |  |  |  |  |
| I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure.  **HWB 3-40a** |  |  |  |  |
| After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions.  **HWB 3-41a** |  |  |  |  |
| I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships and sexual health.  **HWB 3-41b** |  |  |  |  |
| I know the action I should take in the management of incidents and emergencies related to substance misuse.  **HWB 3-42a** |  |  |  |  |
| I understand the impact that ongoing misuse of substances can have on a person’s health, future life choices and options.  **HWB 3-43a** |  |  |  |  |
| Through investigating substance misuse in my local community I can reflect on specific issues, and discuss how they are being addressed. **HWB 3-43b** |  |  |  |  |
|  |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| **Relationships, sexual health and parenthood** |  | | |
| **Positive Relationships** |  |
| I understand the importance of being cared for and caring for others in relationships, and can explain why.  **HWB 3-44a** |  |  |  |  |
| *I understand and can demonstrate the qualities and skills required to sustain different types of relationships.*  ***HWB 3-44b*** |  |  |  |  |
| I understand and can explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. I understand the different contexts of such relationships including marriage.  **HWB 3-44c** |  |  |  |  |
| I recognise that power can exist within relationships and can be used positively as well as negatively.  **HWB 3-45a** |  |  |  |  |
| I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.  **HWB 3-45b** |  |  |  |  |
| **Sexual health and sexuality** |  | | |
| I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour.  **HWB 3-46a** |  |  |  |  |
| I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions.  **HWB 3-46b** |  |  |  |  |
| I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult.  **HWB 3-46c** |  |  |  |  |
| I understand my own body’s uniqueness, my developing sexuality, and that of others.  **HWB 3-47a** |  |  |  |  |
| Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others’ sexual health and wellbeing.  **HWB 3-47b** |  |  |  |  |
| I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law.  **HWB 3-48a** |  |  |  |  |
| I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what is appropriate sexual behaviour.  **HWB 3-49a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| I know where to get support and help with situations involving abuse and I understand that there are laws which protect me from different kinds of abuse.  **HWB 3-49b** |  |  |  |  |
| **Role of Parent/carer** |  | | |  |
| |  | | --- | | I can explain the importance and the enduring and complex responsibility of being a parent/carer, and the impact on life choices and options.  **HWB 3-51a** | |  | |  | |  |  |  |  |
| I can explain the support and care necessary to ensure a child is nurtured through the different stages of childhood. **HWB 3-51b** |  |  |  |  |