

## Physical Social & Health Education (PSHE)

Welcome to PSHE/RSE. In the next five years you will be studying and learning all about yourself, the world, and what your place is going to be in it. We are a department of open respectful debaters, creative problem solvers, and reflective thinkers. We are in challenging times, and now, more than ever, being aware and learning about our personal, social, and mental health, is incredibly important. I hope that you develop into well rounded, mature, creative, and informed young adults, ready to face any challenges that await you head on.

This is your chance to think about you..... You now and you in the future! How do you think you may change?

### **Who am I now?**

(Draw and decorate yourself using the image below. Around it, label it with who you are, what hobbies/activities you like doing, who your best friends are, what is important to you, and what are your favourite school subjects.)



### **Who will I be in 10 years?**

(Draw yourself in 10 years time. Label around the image what you would like to be doing after you leave school, if you would like to live anywhere else, what career you would like to have, what friendships/relationships you may have, what is now going to be important to you, and one thing you hope never changes.)

