

Learning for wellbeing: a children and young people's charter

Stay safe

We want to learn:

- The skills to help us build safe relationships at home, at school and out in our neighbourhoods and communities
- About risk in our lives, big and small, so that we can take the "right" risks and how we can make choices that are safe for us and our friends
- More about bullying, especially cyberbullying, racism and homophobia
- Why people misuse drugs and alcohol and what can and does happen to them
- About taking responsibility for our own and each other's safety in our communities, including understanding how we deal with gangs
- Some basic skills for first aid so that we know we can respond in an emergency

Be healthy

We want to learn:

- Some skills to help us deal with pressure, stress and anxiety
- How to recognise our emotions and know how to calm ourselves down or get help if we're really worried about something
- About how healthy minds and healthy bodies are connected
- More about being happy
- About different sports and how exercise helps our health
- How and why to eat well, prepare our own "good food" and develop confidence to try new and different foods
- Why healthy food isn't always made available to us
- What makes people sexually healthy

Make a positive contribution

We want to learn:

- The skills we need to be confident and outgoing when we talk in public
- How being involved helps us feel happy, good and safe
- About working with our teachers to help them understand how to involve us more in our learning

- Where we can make positive contributions in our relationships with others - showing respect, thinking about other people, not laughing at others, helping other people if they need support
- About decision making at lots of levels - by the school council, by school governors, by politicians

Achieve economic wellbeing

We want to learn:

- How to manage a home, including how and why we pay bills and taxes
- How you take care of a family
- About different types of families in different circumstances
- How to spend money wisely
- About careers and what becoming employable really means
- What a good job is and how to get one
- How and why to save money and what we can do to avoid debt
- About balancing life and work
- Why being rich won't necessarily make you happy

Enjoy and achieve

We want to learn:

- About developing motivation and the confidence to try new things
- More about the purpose and value of all the learning we do at school
- Some ways we can balance our social lives, including time with family, and our school work
- How we can communicate with our parents or carers about school
- Skills to help us focus on school work alongside developing confidence and belief in our abilities
- How to manage our time and plan well
- Ways to use the energy from being under pressure and stress positively
- About valuing things in school other than success in exams
- How to be open to learning different things in different ways.