



PHSE Concept and Components

Concepts	Components
Relationships	Families and Friendships
	Safe Relationships
	Respecting Ourselves and Others
Living in the Wider World	Belonging to a Community (culture and diversity)
	Media, Literacy and Digital Resilience
Health and Wellbeing	Physical Health and Mental Wellbeing
	Growing and Changing (mentally and physically)
	Keeping our bodies safe