

Health and Social Education

<p>awareness & understanding of:</p>	<ul style="list-style-type: none"> • ourselves in the wider society— including issues such as freedom, government health policies and globalization • ourselves and others—including issues such as relationships, sex and death 	<ul style="list-style-type: none"> • Which health and social issues affect my age group? • Which health and social issues will I have to consider as I get older?
<p>reflection on:</p>	<ul style="list-style-type: none"> • understanding ourselves— including issues such as personal management, self-esteem and growing up • looking after ourselves—including issues such as personal hygiene, diseases and substance abuse 	<ul style="list-style-type: none"> • What alternative courses of action are open to me? • What social choices have I already made? • How am I changing?
<p>making choices in terms of:</p>	<ul style="list-style-type: none"> • ourselves in the wider society— including behaviour & ethics • ourselves and others—including personal values and taking responsibility • understanding ourselves— including self-control or needs and wants • looking after ourselves—including diet & exercise. 	<ul style="list-style-type: none"> • What do I need to consider so I can make the right choice? • What skills do I need to make the right choice? • How can I look after myself & others? • What are the consequences of making poor choices?