## Health and Wellbeing Overview

RECOGNISE	REFLECT	RESPOND
HW1 Know how to keep safe and how and where to get help HW2 Recognise right and wrong, what is fair and unfair and explain why HW3 Recognise how attitude and behaviour, including bullying, may affect others HW4 Recognise and respect similarities and differences between people HW5 Recognise and respond to issues of safety relating to themselves and others and how to get help HW6 Recognise and manage risk in everyday activities HW7 Recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying HW8 Recognise stereotyping and discrimination HW9 Recognise their strengths and how they can contribute to different groups HW10 Recognise the factors influencing opinion and choice, including the media HW11 Recognise how their behaviour and that of others may influence people both positively and negatively HW12 Recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health	HW13 Listen to and show consideration for other people's views HW14 Identify and talk about their own and others' strengths and weaknesses and how to improve HW15 Listen to, reflect on and respect other people's views and feelings HW16 Negotiate and present their own views HW17 Self-assess, understanding how this will help their future actions	HW18 Work and play independently and in groups, showing sensitivity to others  HW19 Use strategies to stay safe when using ICT and the internet  HW20 Work independently and in groups, taking on different roles and collaborating towards common goals  HW21 Use ICT safely including keeping electronic data secure  HW22 Take the lead, prioritise actions and work independently and collaboratively towards goals  HW23 Set goals, prioritise and manage time and resources, understanding how this will help their future actions  HW24 Challenge stereotyping and discrimination  HW25 Manage risk in everyday activities  HW26 Take responsibility for their own safety and the safety of others and be able to seek help in an emergency  HW27 Use ICT safely including using software features and settings  HW28 Respond to challenges, including recognising, taking and managing risk



