

Positive Living - Aims and Objectives

Why is Positive Living education important?

Positive Living is learning about healthy lifestyles helps to give pupils the confidence and support to make informed choices about their current and future health. *Positive Living* encompasses physical, nutritional and emotional health.

The **Positive Living** course (previously POSITIVE LIVING & C) seeks to develop a culture of well being so that pupils live positive and healthy lives both at school and beyond. It enables pupils to become healthier, more independent and more responsible members of society. The course contributes to all of the Every Child Matters outcomes Be Healthy, Stay Safe, Enjoy and Achieve, Make a Positive Contribution and Achieve. Themes in each year level are taken directly from these outcomes.

The objectives of *Positive Living* are in line with the five outcomes of *Every Child Matters*, enabling the pupils to:

Every Child Matters: Be Healthy:

- know and understand the positive choices leading to a healthy lifestyle
- make positive choices in their relationships, diet, and physical well-being

Every Child Matters: Stay Safe:

- be aware of safety issues
- be able to take responsibility for their own safety, or be able to ask for help from others
- develop personal skills to protect their safety (e.g., saying “no” to strangers)

Every Child Matters: Enjoy & Achieve:

- understand what makes for positive relationships with others
- have respect for others
- develop self-confidence and self-esteem, and make informed choices
- regarding personal and social issues
- develop the skills to plan positively for the future and their place in the workforce

Every Child Matters: Make a Positive Contribution:

- be independent and responsible members of a community, such as school
- be positive and active members of a democratic society
- develop good relationships with other members of the community
- develop a positive understanding of their place in the wider world (global education)
- become aware of environmental issues

Every Child Matters: Achieve Economic Wellbeing:

- develop the skills necessary to take their place in the future workforce
- develop skills of financial management
- take responsibility for small amounts of money and use it prudently

Positive Living addresses many of the essential elements of citizenship education. Both share concern for the common good and the belief in human dignity and equality. Facilitating a greater awareness of social and moral responsibility is central to the programme, and issues of community involvement and political literacy are being more comprehensively addressed.