Personal Development in RSE & PSHE at Trimley St Mary School

We promote **spiritual** development by:

- Wondering about personal values, beliefs and identity, developing curiosity and a sense of meaning as pupils explore what matters to them.
- Exploring emotions and wellbeing through reflection and mindfulness, using creativity and communication to express feelings and find calm.
- Reflecting on life choices and personal growth, using critical thinking and commitment to develop purpose, resilience and a sense of connection

We promote **moral** development by:

- Considering right and wrong in everyday situations, using curiosity and critical thinking to explore values such as fairness, honesty and responsibility.
- Discussing moral dilemmas and choices, communicating respectfully and collaborating to understand different viewpoints.
- Committing to positive behaviour and kindness, using creativity to solve conflicts and taking responsibility for actions and consequences.

We promote **social** development by:

- Building positive relationships through teamwork and discussion, developing communication and collaboration skills.
- Exploring different social situations and emotions, using curiosity and critical thinking to understand others and respond appropriately.
- Supporting others through empathy and kindness, showing commitment, respect and confidence in creating a safe, inclusive community.

We promote **cultural** development by:

- Exploring diverse cultures, traditions and beliefs, developing curiosity and communicating respectfully about differences.
- Comparing perspectives and lifestyles from around the world, using critical thinking to recognise similarities and value diversity.
- Celebrating cultural diversity through inclusive discussion and activities, showing commitment to respect, equality and belonging.

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