**Health and Well-being: Latest What Matters Statements and Rationale**

***How the AoLE supports the 4 purposes***

Health and well-being is about the physical, psychological, emotional, cultural and social aspects of our lives.

Learners will gain knowledge and understanding about how their environment, mind and physical state affect their health, well-being and readiness to learn throughout their lives. They will engage critically with a range of information to support their decision making and their developing values and identities. Developing social skills and positive relationships helps them to become **ambitious, capable learners** and prepares them for the workplace.

Learners will have opportunities to engage creatively with challenging ideas relating to emotions and relationships. They will develop the skills to talk about these and become **enterprising, creative contributors**. Physical and other activity will provide learners with contexts for playing a range of roles in teams.

They will learn how to make positive choices and how these affect their own and others’ health and well-being. They will develop their understanding of different environments, cultures and communities, including the natural world. They will learn how to deal with these responsibly, appreciating the importance of contributing positively and respecting others. They will consider the social and ethical issues that impact on the health and well-being of society, becoming **ethical, informed citizens**.

Learners will learn what influences their health and well-being, including healthy eating, physical activity and misuse of substances, and how to make the right decisions. They will develop the skills and dispositions that enable them to become **healthy, confident individuals**. They will learn the importance of resilience, self-regulation, seeking support and developing positive relationships.

**What Matters Statements**

**1. Developing a healthy, active body has lifelong benefits**

A healthy and physically active lifestyle has positive effects on physical, emotional and mental health and well-being. Physical development is closely linked to cognitive development during the early years, for example, in supporting speech and language development.

Developing a healthy and active body enhances learners’ confidence and motivation, physical competence, knowledge and understanding so that they lead healthy and active lifestyles. If learners enjoy regular physical activity and are provided with positive and informative experiences in respect of their physical health, they will develop the dispositions and motivation to lead healthy lifestyles as adults.

Understanding the factors that affect a healthy body, such as nutrition, hydration, physical activity, protection from infection, sleep and recovery helps learners to develop positive, informed behaviours. These behaviours support learners to care for and respect their bodies and support their self-worth, overall mood and energy levels.

Physical activity is also important in social and emotional development, for example positive relationships (for instance, in team games) and resilience (such as in competitive sport).

**2. Our life experiences and how we respond to them impact on our feelings thoughts and body**

Life experiences can have an emotionally significant and lasting impact on health, confidence and identity. Exploring the pressures, influences, and favourable and adverse effects of such experiences supports learners to understand them, increasing their capacity to respond positively. Such exploration also helps learners to identify and respond appropriately to both positive and negative experiences. They can consider how their own experiences – and their responses to them – have shaped their identity.

Developing the right responses helps learners to understand and regulate their emotions. This develops their resilience, confidence and empathy, influencing their emotional and mental well-being. It has a direct impact on their readiness to learn.

**3. Our decision making and actions impact on the quality of our lives and others**

Decisions and actions, individually and collectively, have a clear, direct impact on the health and well-being of individuals and society. Making informed decisions is central to promoting healthy life choices, personal safety, well-being and positive health literacy. Learners need support to consider choices and to understand the risks and possible consequences of their decisions on themselves and others. This contributes directly to developing ethical, informed citizens.

Understanding what influences decision making (including knowledge, understanding, attitudes, values and beliefs) supports learners to make positive, considered and informed decisions. Learners also need to develop skills necessary to enable specific decisions. Learners also learn how groups make decisions together, so developing their awareness of the role and importance of collective decisions.

**4. How we interact with our environments impacts on our health & well-being**

Environments have a fundamental impact on how identities and values are formed. Understanding the links across the health and well-being of individuals, society and environments supports learners to contribute positively to their immediate and wider communities. This equips them to navigate the potential dangers of some environments, including virtual ones. Engaging positively with their environment supports learners’ readiness to learn.

**5. Relationships connect us with each other and the world**

Relationships, perceptions of relationships, and the cultural and social factors influencing them have a fundamental impact on health, well-being and personal identity. Learners will encounter diverse relationships, including friends, family, romantic, sexual, professional and spiritual relationships. Understanding these, how they function, and their differences supports learners to form positive relationships of their own.

Developing the skills to form and maintain positive relationships based on trust and mutual respect is key to enabling learners to become healthy, confident individuals. Knowing how to manage conflict, how to recognise unhealthy relationships, and when and how to seek support is also fundamental to health, safety and well-being.