



“During the next 15 years I am going to...

- Go out on my own for the first time
- Cross my first busy road without someone to watch over me
- Travel to school on my own for the first time
- Have my first ‘sleep over’ at a friend’s home
- Travel into town on my own for the first time
- Experience my first ‘dare’
- Make my first decision to spend my own money
- Witness or experience my first incident of bullying
- Make my first independent decision about my diet and exercise
- Question if my body image is okay
- Witness or experience my first incident of racism
- Open my first savings account
- Experience my first bereavement
- Experience the start of puberty
- Be offered and perhaps have my first taste of alcohol
- Be offered a cigarette for the first time
- Make my first decision about drug use
- Meet my first boyfriend or girlfriend
- Go on my first date
- Have my first kiss
- Fall in love for the first time
- Have my first opportunity to become a member of different groups, perhaps have my first opportunity to join a gang
- Make my first choice of whether or not to carry a knife or weapon
- Make a choice about my career path
- Use my first contraceptive
- Have my first sexual experience
- Live my first day when I am responsible in law for my own actions
- Sign my first legally binding contract
- Take on my first financial debt
- Attend my first interview
- Live my first day on my own
- Have my first day at college or at my first job

...who is going to teach the knowledge and skills I will need to manage these ‘first moments’ and stay healthy and safe?”

**Personal, Social, Health and Economic (PSHE) education:
Learning to live life well**

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