



Common Misconceptions in PSHCE

Theme	Common Misconception	Developing Understanding
Being Me in My World	"Rules are there to stop me doing things." "My choices only affect me." "Everyone has the same responsibilities."	Rules and responsibilities help keep everyone safe, respected and included. Our choices, words and actions can affect other people and our community. Different people have different roles and responsibilities, but everyone can contribute positively.
Celebrating Difference	"Being different is unusual or wrong." "Fair means everyone gets exactly the same." "You can tell what someone is like by how they look."	Everyone is unique and differences should be respected and celebrated. Fairness means people receive the support they need to succeed. We cannot judge people based on appearance, background or assumptions.
Dreams and Goals	"Being successful means being the best." "If something is difficult, I cannot do it." "Everyone achieves goals in the same way."	Success is personal and involves effort, progress and achieving goals. Challenges help us learn and resilience develops through perseverance. People have different strengths, pathways and ways of achieving success.
Healthy Me	"Being healthy only means eating healthy food."	Health includes physical activity, sleep, hygiene, emotions and wellbeing.



	"Mental health is only about feeling sad." "Healthy choices are always easy."	Everyone has mental health and emotions can change for many reasons. Sometimes choices can be difficult and we need strategies and support.
Relationships	"Good friends never disagree." "Being kind means always agreeing." "Adults always know when someone needs help."	Healthy relationships involve communication, respect and resolving disagreements. Kindness includes honesty, respect and helping others make positive choices. Children need to share worries and seek support from trusted adults.
Online Safety	"Everything online is true." "Deleting something means it disappears forever." "People online are always who they say they are."	Online information should be questioned and checked. Digital footprints can remain and affect future experiences. We need to stay safe and make careful choices online.
Changing Me	"Everyone grows and changes at the same time." "Talking about puberty is embarrassing." "Growing up means doing everything alone."	Everyone develops differently and at their own pace. Growing and changing is a normal part of life and questions are healthy. Independence grows over time and asking for help is important.