**Personal and Social Capability**

The Personal and Social Capability curriculum aims to develop knowledge, understandings and skills to enable students to:

* recognise, understand and evaluate the expression of emotions
* demonstrate an awareness of their personal qualities and the factors that contribute to resilience
* develop empathy for and understanding of others and recognise the importance of supporting diversity for a cohesive community
* understand how relationships are developed and use interpersonal skills to establish and maintain respectful relationships
* work effectively in teams and develop strategies to manage challenging situations constructively.