



Our PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION Curriculum

Personal, Social, Health and Economic Education at The Cedar School

The Personal, Social, Health and Economic Education curriculum at The Cedar School provides the opportunity for all children to acquire the knowledge, skills and attributes they need to stay safe, healthy and to thrive, both now and in the future. We aim for all children to be empowered with knowledge to keep themselves safe and make decisions regarding their lifestyle choices. We aim for all children to be well prepared to cope in the best way with all that comes their way in life.

Communication – Children will develop their communication skills through opportunities to share ideas and information with their peers and staff. Children are encouraged to communicate how they are feeling and how they may manage complex emotions, particularly as they reach puberty. In groups of younger children, role play and active learning are incorporated into learning. Communication with older groups of children may centre around subjects such as online sexual abuse, sexual harassment and consent. Children are taught, where appropriate, ways of communicating their decisions regarding consent and sexual behaviour.

Empowerment – Children will be empowered to make their own decisions around healthy lifestyles and will realise the importance of self – respect and respect of others. Through engaging with the Personal, Social, Health and Economic Education curriculum, children are empowered to choose to live a healthy and safe lifestyle.

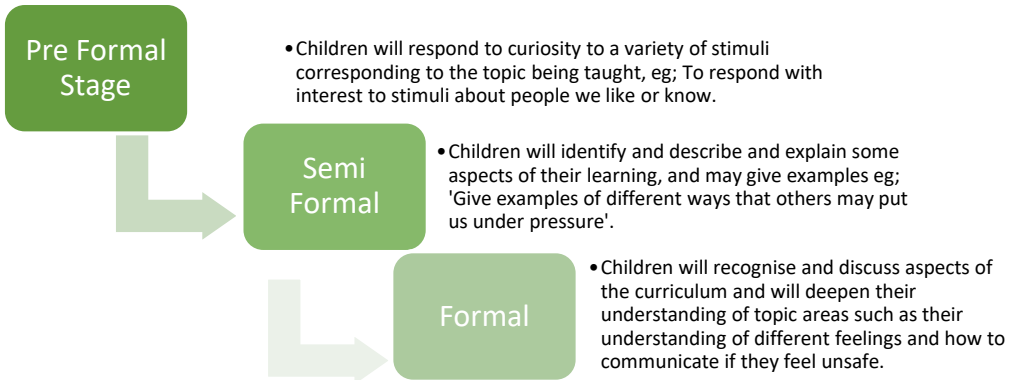
Discovery – Children will discover how to keep themselves safe and healthy, through topics such as healthy eating, consent and boundaries and internet safety. Each topic will provide practical opportunities for children to learn ways of looking after themselves, including personal hygiene, recognising emotions and strategies to manage them, the importance of exercise and healthy diet and how to recognise and maintain respectful relationships.

Aspiration – Self-confidence and self-esteem are encouraged and promoted at The Cedar School through a culture of acceptance and nurture in our diverse school population. Children are encouraged to aspire to be the very best version of themselves that they can be, aiming high in life, whether that be academically, self-care or being a good friend.

Resilience – Children at The Cedar School build on their innate resilience through always trying their best, engaging in all activities on offer and working as part of a team. Through being part of such a diverse school population, children understand that they all come up against problems in life and through their own levels of resilience, they are able to work through and often overcome these problems.



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KS3

- Know the importance of immunisation and vaccination
- Understand the dangers of grooming and radicalisation
- Understand what is meant by sharing explicit images
- Understand how to get help for myself and others due to harmful online behaviour.
- Understand the risks of substance misuse and 'habits'
- Understand pregnancy and contraception use

- Know about sexually transmitted infections
- Learn about possible causes of eating disorders and self-harm
- Understand strategies for managing mental health
- Understand that FGM is a crime
- Understand consent in relationships
- Understand the features of positive and stable relationships
- Understand the roles / responsibilities of parents, carers and children in families.

KS4

- Understand risks associated with cosmetic procedures
- Learn how to check themselves for cancer
- Know what to do if they are unwell
- Learn that online technology aids communication with culturally diverse communities
- Understand what is meant by 'whistleblowing'
- Understand what a 'habit', 'addiction' and 'dependence' mean in relation to substance use.
- Know how to access contraception
- Know about diversity in sexual attraction

- Learn to recognise when they or others need help for self-harm or eating disorders and where to get it
- Understand characteristics of stress, anxiety and depression
- Know the status of FGM as a criminal act and be aware of strategies to access support
- Recognise when others use manipulation, persuasion and coercion
- Understand consent within sexual activity
- Know the characteristics of successful parenting
- Know that marriage has legal rights
- Understand the impact of domestic abuse