

# THE BRITISH SCHOOL OF BAHRAIN



## Personal, Social, Health and Economic (PSHE) Education

DOCUMENT CONTROL	
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## **1.0 Introduction**

### **1.1. PSHE Curriculum**

- 1.1.1. Personal, Social, Health, Economic (PSHE) education is a subject through which our students develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps them to stay healthy and safe, while preparing them to make the most of life and work.
  
- 1.1.2. The British School of Bahrain's PSHE curriculum draws upon good practice and reflects the expectations of the National Curriculum's programme of study which include the core themes of:
  - 1.1.2.1. Health & Wellbeing
  - 1.1.2.2. Relationships
  - 1.1.2.3. Living in the wider world

## **2.0 Health & Wellbeing**

- 2.1.1. Students will be taught
  - 2.1.1.1. What is meant by a healthy lifestyle
  - 2.1.1.2. How to maintain physical, mental and emotional health and wellbeing
  - 2.1.1.3. How to manage risks to physical and emotional health and wellbeing
  - 2.1.1.4. Ways of keeping physically and emotionally safe
  - 2.1.1.5. About managing change including growing up and personal hygiene, transition and loss
  - 2.1.1.6. How to make informed choices about health and wellbeing and to recognise sources of help with this
  - 2.1.1.7. How to respond in an emergency
  - 2.1.1.8. To identify different influences on health and wellbeing

## **3.0 Relationships**

- 3.1.1. Students will be taught:
  - 3.1.1.1. How to develop and maintain a variety of healthy relationships e.g family and friendship groups, within a range of social/cultural contexts
  - 3.1.1.2. How to recognise and manage emotions within a range of relationships
  - 3.1.1.3. How to recognise inappropriate and negative relationships including all forms of bullying and abuse
  - 3.1.1.4. How to respond to inappropriate and negative relationships and ask for help
  - 3.1.1.5. How to respect equality and diversity in relationships.

## **4.0 Living in the Wider World- Economic Wellbeing and Being a Responsible Citizen**

4.1. Students will be taught:

- 4.1.1. About respect for self and others and the importance of responsible behaviours and actions
- 4.1.2. About rights and responsibilities as members of families, other groups and ultimately as citizens
- 4.1.3. About different groups and communities
- 4.1.4. To respect equality and to be a productive member of a diverse community
- 4.1.5. About the importance of respecting and protecting the environment
- 4.1.6. About where money comes from, keeping it safe and the importance of managing it effectively
- 4.1.7. How money plays an important part in people's lives
- 4.1.8. A basic understanding of enterprise.

4.2. The British School of Bahrain offers discrete and cross curricular lessons as PSHE encompasses many areas of study. We have tailored our curriculum programme to reflect the needs of our students within guidance and expectations of The Kingdom of Bahrain's Ministry of Education. The aim of the programme is to equip students with a sound understanding of risk, and with the knowledge and skills necessary to make safe and informed decisions.

## **5.0 Cultural Sensitivity**

5.1. We are aware that we live in a Muslim country and that there is a need to be sensitive to the culture in which we live. All teaching materials and topics adhere to the guidelines of the Ministry of Education for The Kingdom of Bahrain.

## **6.0 Review**

6.1. The policy will be reviewed at least every two years.