

Health & Wellbeing Curriculum Overview

Each learner will create their own Health & Wellbeing file whilst at Liberty. The pathway plan will differ depending on curriculum pathway, group and level. Staff can adapt and differentiate the plan to meet the learners needs. Staff can complete these activities during weekly Health & wellbeing sessions.

Relevant work completed with external trainers and the Wellbeing Team will also go into the files.

What's The Point?

- Providing a holistic service and helping learners prepare for adulthood
- Happier people have better life expectancy, better immune systems & less illness
- Happier people have lower levels of stress & anxiety, higher resilience & better coping strategies
- Positive emotions help trust & communication & strengthen relationships
- Social connection can be difficult for our learners- easier if they are happy & positive
- Improve their creativity, problem solving, decision making
- Improved outcomes in employment, independence & community participation
- Ripple effect- it's contagious!
- Most philosophers & moral systems view fulfilling life as key to happiness

Mental Wellbeing

- 5 Steps to Mental Wellbeing [5 steps to mental wellbeing - NHS](#)
- Connecting with others
- Acts of service
- Learning new skills
- Mindfulness
- Physical activity, diet & mental health
- Comfort Zones & being courageous
- Self-esteem & confidence
- The importance of self-care
- Growth mindset
- Stress & resilience
- Managing pressure
- Self-regulation
- Feeling unwell
- Fears & worries
- Addiction

Physical Health

- Elements of a healthy lifestyle
- Physical activity
- Healthy eating
- Body image
- Drugs (including medicines, alcohol & tobacco)

Sex & Relationships

- Puberty
- Friendship
- Romantic feelings and sexual attraction
- Sexuality
- Gender
- Relationship behaviour (Healthy and unhealthy)
- Relationship abuse
- Peer on peer abuse (child on child abuse in KCSIE)
- Consent
- STI's
- Contraception
- Long-term relationships
- Parenthood
- Personal Hygiene
- Sexting & pornography

Self-Awareness

- Skills for learning
- Personal strengths
- Skills, qualities & attitudes
- Managing strong feelings
- Self-advocacy & independence

Other Elements

- Activity days & trips
- Animal therapies
- Counselling
- Link with outside organisations & community
- External speakers
- **Remember to include relevant awareness days/weeks/months & current affairs.**