

# Safeguarding and the curriculum

## PSHEE

As part of the City and Guilds Employability Skills Programme, PSHE aims to enable our young people to study a range of topics that focus on behaviours that reinforce keeping safe as part of studying for a meaningful qualification.

Young people study a range of units, including one focussing on personal safety. This includes identifying and minimising the risks associated with social situations, alcohol, drugs, sexual activity, social media and the Internet. When studying this unit young people will also consider grooming, misinformation, cyber bullying, stalking, scamming and phishing. There are also units that deal specifically with the harmful effects of drug and alcohol misuse and the related health issues.

Young people can also study units designed enable them to begin to understand the effects and importance of adopting and maintaining a healthy lifestyle. They will then have a better understanding of how food, exercise and the pursuit of different activities contribute to healthy lifestyles for both themselves and those around them.

Other topics that can be covered include eating disorders, including the signs and symptoms and where to get help. Developing an understanding of the symptoms and causes of stress and how to relax and use coping strategies can also be looked at, as is raising awareness of different types of behaviour and how these behaviours and self-esteem impact on everyday life, both negatively and positively.

In PSHE our young people can also look at understanding of a range of relationships and lifestyles and the rights and responsibilities that individuals have within these relationships. We aim to raise awareness of the law in relation to sex and sexuality and equip young people with an understanding of healthy sexual relations and how the body functions.

## Life Skills

Life Skills sessions focus on a range of different topics and units. These units typically focus on interpersonal skills and relationships including healthy relationships, family relationships and friendships.

Other aspects of the work in Life Skills include a unit on keeping safe. This covers understanding risks in social situations for example with regards to alcohol, drugs, sexual relationships and exploitation. Internet safety and keeping safe on social media is another element of the work we do with young people.

## Science

The curriculum in Science teaches young people about their bodies and the changes that it goes through from birth to old age. It helps young people to understand how to stay healthy physically and mentally as we get older. The curriculum also covers topics including the effects of drugs and alcohol on the body, the importance of healthy eating and the benefits of exercise.

## Sport

The units covered in Sport include the effects of exercise on the body, diet & nutrition and how to improve personal fitness. Young people use the gym on-site in addition to classroom based work to help them to improve their own fitness levels and to develop greater understanding of exercise. Many young people follow their own bespoke gym programme and work alongside the tutors to develop their fitness level.

## Food Technology / Food:

Healthy eating, achieving a balanced diet and understanding food groups are some of the topics taught to young people at Roman Fields. In addition to learning to cook and developing cooking techniques young people develop their own portfolio of work in which to showcase their cooking journey and experiences.