

### Purpose:

Preparing for Adulthood Health is to empower individuals to take ownership of their health and well-being, make informed decisions, and engage in behaviours that promote a healthy and fulfilling life. By providing comprehensive health education throughout adolescence and into adulthood, individuals are better equipped to face the challenges and opportunities of adult life with confidence and resilience.

Students are taught to navigate the challenges and responsibilities of adult life by addressing various aspects of health, including:

- Physical Health
- Mental and Emotional Health
- Sexual Health
- Substance Abuse Prevention
- Safety and Injury Prevention
- Healthcare Navigation

### Assessment:

In an educational setting, preparation for adulthood health can be assessed through various methods. This involves evaluating students' knowledge, skills, attitudes, and behaviours related to various aspects of health.

Transition Planning plays a crucial role in preparing for healthcare for each individual student. This process involves collaboration between educators, students, families, and community agencies to evaluate students' knowledge, skills, attitudes, and behaviours related to health promotion and disease prevention. By employing diverse assessment strategies, we can gather comprehensive information about students' learning progress and tailor instruction to meet their individual needs effectively.

### Cross curriculum:

**Mathematics:** Integrated through activities that involve analysing health-related data, such as calculating body mass index (BMI), interpreting nutrition labels, graphing fitness progress, and budgeting for healthy food choices. Mathematics skills are applied to real-life health scenarios, promoting numeracy skills and health literacy.

**English:** Incorporates health education through reading, writing, and discussion of literature and informational texts related to health and wellness. Students explore topics such as healthy lifestyle choices, personal hygiene, disease prevention, and cultural perspectives on health through literature, poetry, essays, and research projects.

**Science:** Integrated by exploring topics such as human biology, anatomy, physiology, nutrition, and disease prevention. Students learn about the structure and function of the human body, the importance of nutrition and physical activity for maintaining health, and the science behind various health conditions and treatments.

**PE:** Provides opportunities for students to engage in physical activity, develop motor skills, and learn about the benefits of regular exercise for physical and mental health. Health-related fitness components, such as cardiovascular endurance, muscular strength, flexibility, and body composition, are emphasized, along with concepts of sportsmanship, teamwork, and injury prevention.

**PSHE:** Covers a wide range of health-related topics, including personal hygiene, mental health and well-being, relationships and sexuality education, drug and alcohol education, and financial literacy.

### Key Stage or stage breakdown:

#### Key Stage 1: (Ages 5-7)

Build on foundational health concepts with age-appropriate lessons on nutrition, personal hygiene, and physical activity. Introduce basic safety skills such as road safety, fire safety, and water safety. Foster social and emotional skills through activities that promote empathy, cooperation, and conflict resolution. Encourage students to express their feelings and emotions and develop strategies for managing stress and anxiety.

#### Key Stage 2: (Ages 7-11)

Expand health education to include topics such as puberty and reproduction, healthy relationships, and the effects of drugs and alcohol. Provide opportunities for students to explore the benefits of a balanced diet, regular exercise, and adequate sleep. Teach practical skills such as first aid, CPR, and basic emergency response. Foster critical thinking skills through discussions about media influences, peer pressure, and decision-making related to health behaviours. Promote digital literacy and responsible use of technology for accessing health information and resources.

#### Key Stage 3 (Ages 11-14):

Deepen understanding of health topics with more in-depth lessons on human anatomy, physiology, and the interconnectedness of body systems. Explore issues such as mental health, self-esteem, body image, and managing stress and peer pressure. Provide opportunities for students to develop skills in goal-setting, problem-solving, and assertive communication. Address the risks associated with substance abuse, including the short-term and long-term effects of drugs and alcohol on physical and mental health. Promote healthy lifestyle choices and responsible decision-making in relation to diet, exercise, sleep, and screen time.

#### Key Stage 4/5 (Ages 14-18):

Offer more advanced lessons on topics such as sexual health, contraception, STI prevention, and consent. Explore the social determinants of health and the impact of socioeconomic factors on health outcomes. Provide opportunities for students to engage in debates, research projects, and community-based initiatives related to health advocacy and social justice. Prepare students for adult responsibilities such as managing personal finances, accessing healthcare services, and navigating the healthcare system. Encourage students to reflect on their own health beliefs, values, and behaviours and set goals for maintaining lifelong health and well-being.