

Personal, Social and Health Education (PSHE) can be thought of as wellness. It is how we teach children how to be principled and balanced citizens of the world, recognising that we all have choices and how to carefully make our choices while respecting those of others. It is an essential part of teaching about growing up in a carefully mapped, age-appropriate way so that by the time a child reaches adulthood, they are equipped with the knowledge and skills to lead a well rounded personal, social and healthy life. This is fully in line with the IB learner profile.

The curriculum map below shows how concepts, knowledge and skills are taught in each learning continuum of Interaction, Individual and Active Living as they progress through each grade.

Some themes are repeated, meaning that the theme is developed age-appropriately so that our learners gradually deepen their knowledge, skills and understanding. If you have any questions about any aspect of our PSHE curriculum, please contact one of our PSHE teachers.

Grade Levels



Interaction



Individual



Active Living

	Social Interaction	Emotional Expression	Emotional Awareness	Personality	Mental Health	Physical Health
Pre-School	-Special Me and Special You -Me, My Friends and My Family -Conflict Resolution -Respect and Tolerance	Anger Management	Feelings Facial Expressions Body Language	Character Development		My Growth and How to Stay Healthy
Pre-Kindergarten	-Special Me and Special You -Child Protection -Me and My Family -Conflict Resolution -Respect and Tolerance	Anger Management	Feelings Facial Expressions Body Language	Character Development	Child Protection (how to say no and protect themselves)	Staying Alive, Changes and Growth Child Protection (self protection)
Kindergarten	-Special Me and Special You -Me, My Friends and My Family -Friendship Traits, Anger Management and Conflict Resolution -Healthy Choices vs. Poor Choices -Respect and Tolerance	Emotional Intelligence	Emotional Intelligence	Character Education		-Healthy Choices vs. Poor Choices -Child Protection (self protection)
Grade 1	-Children's Rights and Being Global Citizen -Child Protection -Healthy Choices vs. Poor Choices -Friendship Traits, Anger Management and Conflict Resolution Strategies -Respect and Tolerance -Me and My Family	Emotional Intelligence	Emotional Intelligence	Character Development	-Child Protection (how to say no and protect themselves)	-Healthy Choices vs. Poor Choices -Child Protection (self protection)
Grade 2	-Children's Rights and Being Global Citizen -Child Protection -Healthy Choices vs. Poor Choices -Friendship Traits -Anger Management -Conflict Resolution Strategies -Me, My Family and My Identity	Anger Management	Anger Management	-Time Management, Organizational Skills and Study Habits -Me, My Family and My Identity		-Healthy Choices vs. Poor Choices -Child Protection (self protection)
Grade 3	-Children's Rights and Being Global Citizen -Child Protection and Online Safety -Appreciating and Respecting the Differences -Role Models and Character Traits	-Appreciating and Respecting the Differences	-Role Models and Character Traits (Character Education)	-Introduction to Career Awareness and Career Exploration - Role Models and Character Traits	-Child Protection (how to say no and protect themselves)	-Child Protection
Grade 4	-Children's Rights and Being Global Citizen -Child and Teen Protection and Online Protection	Emotional Intelligence and Wellbeing	Emotional Intelligence and Wellbeing	Career Awareness and Career Exploration	-Child Protection and Online Safety	-Child and Teen Protection
Grade 5	-Children's Rights and Being Global Citizen -Child and Teen Protection and Online Safety	-Anti-bullying and How to Stand Up for themselves	-Self Awareness, Interests and Growth Mindset -Anti-bullying and How to Stand Up for themselves	-Self Awareness, Interests and Growth Mindset -Goal Setting, Creating An Action Plan and Monitoring the Progress	-Challenges and Resilience -Stereotypes, Body Image and Self Esteem	-Adolescence (physical changes and habits) -Child and Teen Protection
Grade 6	-Saying No -Active Listening -Inclusivity -Healthy Guardian-Child Relationships -Child Protection	-Bullying -Healthy Friendships -Communication -Decision Making	-Bystander Effect -Positive Language -Respect and Tolerance	-International-Mindedness -Study Habits -Organizational Skills -Time Management -Growth Mindset & Motivation	-Anti-bullying and How to Stand Up for themselves -Adolescence (social and emotional changes and coping with changes, anxiety and worries)	-Hygiene -Puberty
Grade 7	-Saying No -Online Safety -Healthy Guardian-Child Relationships -Child Protection -Learning Difficulties -Physical Disabilities	-Healthy Friendships -Healthy Relationships -Communication -Anger Management -Decision Making	-Positive Language -Respect and Tolerance -Self-Awareness	-Study Habits -Organizational Skills -Time Management -Growth Mindset	-Self-Care -Stress and De-Stressing	-Hygiene -Puberty
Grade 8	-Saying No -Online Safety -Types of Abuse -Inclusivity -Child Protection	-Healthy Friendships -Healthy Relationships -Communication -Decision Making	-Positive Language -Respect and Tolerance -Rumors and Gossip -Self-Awareness	-Personalities and Differences -Study Habits -Organizational Skills -Time Management -Growth Mindset	-Mindfulness and Meditation -Stress and De-Stressing -Self-Care -Body Image	-Risky Behavior -Hygiene -Puberty -Reproduction
Grade 9	-Saying No -Types of Attraction -Online Safety -Age Expectations (Sex Ed.) -Child Protection	-Healthy Relationships -Communication	-Protection from Deviant Behavior (Sex Ed.) -Respect and Tolerance	-Financial Education -Study Habits -Organizational Skills -Time Management	-Self-Care -Self-Esteem -Body Image	-Risky Behavior -Hygiene -Alcohol Awareness -Reproduction
Grade 10	-Saying No -Parenthood -Types of Abuse -Child Protection -Media & Myths (Sex Ed.) -(Gender) Equality	-Healthy Relationships -Communication	-Protection from Deviant Behavior (Sex Ed.) -Respect	-Career Exploration -University Awareness -Study Habits -Organizational Skills -Time Management	-Stress and De-Stressing -Self-Care	-Hygiene -Contraception -Pregnancy -STIs and STDs -Drug Awareness
Grade 11	-Saying No -Parenthood -Expectations & Myths (Sex Ed.) -Child Protection	-Healthy Relationships -Communication	-Respect	-Study Habits -Organizational Skills -Time Management	-Self-Care -Stress and De-Stressing	-Contraception -Pregnancy
Grade 12	-Saying No -Parenthood -Hazing -Child Protection	-Healthy Relationships -Communication	-Respect	-Study Habits -Organizational Skills -Time Management -Adult Living	-Stress and De-Stressing -Self-Care	-Contraception -Pregnancy -Alcohol Awareness -Drug Awareness