

Policy Owner Policy No.	Principal of College 123e	Review Date: Version	July 25
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life. Learners learn about the right and wrong ways to behave through the boundaries set by others. PSHCE activities gives contexts in which all learners, particularly those with learning difficulties, can move from a personal view of themselves and their immediate world, towards a wider perspective. This helps them think about other people and ways in which they can make a difference to others and the world around them. Learners learn about the differences in people and how to value those differences.

Teaching this aspect across can help learners to:

- Make choices and self-advocate.
- Take part in group activities and discussions.
- Realise that all individuals are important in their own right.
- Recognise differences and similarities in people.

e) Mental Health and Wellbeing

Personal development and independence is promoted by education that supports learners to better understand their diagnoses, individual needs, and the adjustments they may require to access work environments and the community. This begins in the college where learners develop the skills they need to access learning spaces, transition between locations, and tolerate sensory triggers and regulate themselves. As learners progress, these managing and coping skills are extended to also include external and unfamiliar environments and the workplace.

Teaching this aspect can help learners to:

- Self-advocate for their needs and communicate to others when they need support.
- Anticipate sensory or social triggers and proactively employ strategies to support themselves.
- Regulate themselves in order to persist
- Transfer these skills to a range of functional environments and situations to support their social autonomy and independence.

f) Learning to maintain a healthy lifestyle

Developing a healthy, safer lifestyle starts with a basic awareness of the body and in daily personal care routines.

Teaching this aspect can help learners to:

- Learn about the need for personal hygiene, take part in and maintain personal hygiene routines.
- Develop body and gender awareness.
- Know when they can and should give their permission and when to withhold their permission, for example, to communicate 'no'.

g) Daily living skills

For all learners, acquiring, developing and practising personal care skills will be a high priority, and for some learners may take a large amount of time. As they grow older, many learners will achieve independence and these skills will continue to be practised, generalised and extended. Some of our learners may remain dependent on adults for basic needs throughout their lives and, en-USnt.

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9. Links with other policies

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