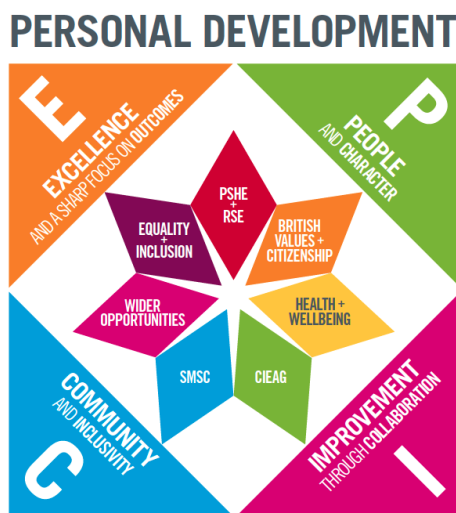




Dedicated to Excellence

Personal Development Curriculum



Safeguarding 2025-6

Safeguarding at Up Holland is a key component of our Personal Development Curriculum (PDC), ensuring students understand how to stay safe and healthy, both online and offline.

The curriculum aims to be preventative, signposting students to support services when needed.

This is achieved through a variety of methods, including age-appropriate teaching from trained staff, adapted and scaffolded lessons, in addition to practical safeguarding opportunities.

Key elements of safeguarding in the PDC:

- **Preventative approach:**

The curriculum focuses on raising awareness and providing knowledge to help students recognize potential danger
- **Online Safety:**

Students learn about online safety, including responsible use of technology, privacy settings and potential dangers
This is delivered through PSHE lessons and through the computing curriculum at both key stages
- **Relationships and Sex Education (RSE):**

RSE plays a vital role in teaching students about healthy relationships, consent and boundaries.
This is done with both in-school staff who are trained through the PSHE Lancashire advisor and with external visitors on our Character & Culture days
- **Emotional well-being:**

The curriculum addresses mental health, resilience and emotional literacy, providing resources for students to cope with challenges and seek help
- **Physical Safety:**

Students learn about road safety, water safety and fire safety and other practical aspects of staying safe
- **Addressing diverse needs:**

The curriculum is designed to be inclusive, catering to the diverse needs of all students, including those with SEND, LGBTQ+ students and those from different cultural backgrounds
Examples:
Gaining the Lancashire Equality mark – all badges achieved by 2nd July 2025 and delivering our journey in the training sessions/conferences
- **Promoting a culture of kindness and empathy:**

The PD curriculum fosters a positive school environment where students feel safe, supported and respected.
- **Raising awareness of safeguarding issues:**

The curriculum explores various safeguarding issues, including bullying, abuse and exploitation, equipping students with the knowledge and skills to recognize and report these issues
- **Practical safeguarding opportunities:**

The curriculum incorporates practical activities and resources, such as assemblies, workshops and visits from external organisations to enhance the student learning and provide real world experiences.
Examples: Cells Project, NHS Consent and STI workshops, BHF practical First Aid training, C&C day projects, Prevent workshops
- **Regular review and adaptation:**

The PDC is regularly reviewed and adapted to ensure it remains relevant and effective in meeting the needs of the students and the school community. We conduct termly students and staff voice on the provision and its delivery, in addition to a whole school annual review and feedback opportunity. PDC observations are conducted on a drop in learning walk basis – giving a clear picture of normality, followed by actions to further develop.