
How will I know which specific topics are taught in HCE?

Teachers are required to teach all components of this curriculum and usually inform parents of the topics to be covered. This can be in the form of a class letter, or be part of parent-teacher meetings.

If you do not receive information about HCE and you would like to know more, you can contact your child's teacher.

The BC Ministry of Education recognizes that a few parents may prefer that some HCE topics not be taught to their children at school.

If this is the case, parents can request that their child be excused from class during specific HCE lessons and activities and arrange to have these lessons taught by alternative means. Parents need to inform school staff about these arrangements.

Students who are taught certain HCE topics by alternate means are required to demonstrate their knowledge in these areas.

Teachers report on HCE at least once a year.



“Health and Career Education: Intermediate”

This brochure is one in a series sponsored by the VSB SWIS program and produced collectively by a group of ESL/ELL teachers and the VSB MCLW team.



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Health and Career Education



Grade 4 to Grade 7

What is Health and Career Education (HCE)?

HCE is a provincially prescribed curriculum for all students in Grades 4 to 7. It provides students with beginning knowledge, skills, and attitudes that will help them become informed decision makers and make safe and healthy choices.

What is taught in Health and Career Education?

HCE focuses on the following areas.

Goals and Decision Making

- Set goals and plan steps to meet them.
- Learn how to get support from family and friends to achieve these goals.

Career Development

- Develop good work habits.
- Discuss how good work habits transfer from school to their lives outside of school.

Grade 7 students also explore different occupations.

Health and Healthy Living

- Learn how bodies change during puberty.
- Learn about the human reproductive system.

Grade 6 and 7 students also learn about life threatening diseases such as HIV/AIDS.

Healthy Relationships

- Learn how to develop and maintain healthy friendships and relationships.
- Examine stereotypes and learn how they lead to discrimination.



- Understand the nature and consequences of bullying.

Safety and Injury Prevention

- Learn to avoid and/or respond appropriately to situations that may result in exploitation or abuse.
- Understand the importance of safe Internet use.
- Learn ways to cope with peer pressure.
- Understand how to avoid unnecessary risks.

Substance Abuse and Prevention

- Begin to learn strategies for making healthy choices.
- Learn about the negative effects of tobacco, alcohol, and drugs.



Why are these things taught in school?

The BC Ministry of Education believes in educating the whole child. This includes promoting social, emotional, intellectual, artistic and physical development, as well as social responsibility. The Ministry believes that HCE will help students:

- develop skills and attitudes that foster personal well being throughout their lives; and
- successfully live in the complex world in which they are growing up.