
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 covered. This can be in the form of a class letter, or by discussing it during parent teacher evenings.

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 be more comfortable teaching some topics covered in this curriculum at home.

If this is the case, parents can then request that their child be excused from class during specific HCE lessons and activities. To do this, parents need to make alternate arrangements and talk to the school staff about them.

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

Teachers report on HCE in your child's report card at least once a year.



“Health and Career Education Primary”

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



Kindergarten to Grade 3

What is Health and Career Education (HCE)?

HCE is a provincially prescribed curriculum for all students in K to 3. It provides students with beginning knowledge, skills, and attitudes to help them become informed decision makers and to make safe and healthy choices.

What is taught in Health and Career Education?

HCE focuses on the following areas in Kindergarten to Grade 3.

Goals and Decision Making

- Set goals and plan steps to meet those goals.
- Learn where to get support for decision making at home and school.

Career Development

- Explore personal skills and interests.
- Develop good work habits.
- Examine what personal responsibilities they have at home and school.

Health and Healthy Living

- Learn healthy eating habits.
- Learn how to prevent the spread of diseases such as colds and the flu.
- Gain an understanding of physical and emotional health.

Healthy Relationships

- Learn how to communicate positively and express feelings.
- Explore and maintain healthy friendships and relationships.
- Understand the nature and consequences of bullying.



Safety and Injury Prevention

- Learn proper terms for male and female body parts.
- Understand the difference between appropriate and inappropriate touching.
- Understand how to avoid and/or respond to potentially abusive situations.
- Learn about safety in the home, school, and community.
- Begin to learn how to properly respond to dangers and emergencies.

Substance Abuse and Prevention

- Begin to learn how to recognize, avoid and/or refuse unsafe substances.



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