

## **Cultural Capital**

‘the essential knowledge that pupils need to be educated citizens, introducing them to the best that has been thought and said and helping to engender an appreciation of human creativity and achievement’

**Department:** Health & Social Care

### Component 1: Human Lifespan Development

- Impacts of social and cultural factors on individual's development (Physical, Intellectual, Emotional & Social Development)

### Component 2: Health & Social Care Services and Values

- Care Values
  - Maintaining confidentiality
  - Preserving dignity
  - Effective communication
  - Safeguarding & Duty of Care
  - Promoting anti-discriminatory practice
  - Empowering & Promoting Independence
  - Respect for others

### Component 3: Health & Wellbeing

- Health & Wellbeing (Component 3)
  - Healthy/Unhealthy Lifestyle decisions
    - Diet
    - Substance use
    - Exercise
  - Person-centred approaches to care and support.
  - Obstacles in accessing care – religious and cultural beliefs, gender stereotyping, wealth etc
  - Mental Health