

Personal Development

Learn to live

The Personal Development programme will enable all of our students to feel positive about who they are and to enjoy a healthy, safe, responsible lives. We want to prepare students for life outside of school; for students to be inspired by the issues of the community and world around them, to be increasingly aware and knowledgeable of those issues and to develop a passion to affect those issues positively. Students will have opportunities to learn about the possibilities for their future, to aspire to higher goals and to understand the pathways to get there. Furthermore students will have opportunities to develop themselves; to develop social skills, personal skills and learn how to get the best out of the opportunities that they can create.

Autumn		Spring			Summer	
Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing		Living in the wider world	Relationships
Health and wellbeing: Mental Health	Careers and Aspirations: Presenting myself	Addressing extremism and radicalisation	Community and exploring influence	Healthy relationships and sexual health	Readiness for work and employability	Family, forced marriage, and parental responsibility

Unit	Learning Objectives/Outcomes
Health and wellbeing: Mental Health	<ul style="list-style-type: none"> • how to manage challenges during adolescence • how to reframe negative thinking • strategies to promote mental health and emotional wellbeing • about the signs of emotional or mental ill-health • how to access support and treatment • about the portrayal of mental health in the media • how to challenge stigma, stereotypes and misinformation
Careers and Aspirations: Presenting myself	<ul style="list-style-type: none"> • Description and explanation of key personal qualities • Understanding transferable skills • Deciphering job adverts and what is needed to apply for jobs • To Use knowledge and skills of personal skills to apply for jobs • To receive feedback and evaluate own performance in order to improve applications
Addressing extremism and radicalisation	<ul style="list-style-type: none"> • about communities, inclusion, respect and belonging • about the Equality Act, diversity and values • about how social media may distort, mis-represent or target information in order to influence beliefs and opinions • how to manage conflicting views and misleading information • How to safely challenge discrimination, including online • how to recognise and respond to extremism and radicalisation • To define terrorism • To identify features of what is and what isn't terrorism • Describe a variety of groups accused of terrorism • Evaluate whether these groups can rightly be classed as terrorists • Explain the role of the media in society • Explain how the media can become involved in spreading stories and ideas of terrorism • Evaluate the positive and negative role the media can have in the issue of terrorism • Explore how peaceful relations can be restored • Use experiences of reconciliation to suggest ways of finding peaceful solutions • To recap on the definition and jigsaw of terrorism

	<ul style="list-style-type: none"> • To show how terrorism can be defeated and peace promoted
Community and exploring influence	<ul style="list-style-type: none"> • about positive and negative role models • how to evaluate the influence of role models and become a positive role model for peers • about the media's impact on perceptions of gang culture • about the impact of drugs and alcohol on individuals, personal safety, families and wider communities • how drugs and alcohol affect decision making • how to keep self and others safe in situations that involve substance use • how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime • exit strategies for pressurised or dangerous situations • how to seek help for substance use and addiction
Healthy relationships and sexual health	<ul style="list-style-type: none"> • To investigate a variety of STIs; how they are caught and their effects • To discuss pornography and the difference with real life • To discuss features of healthy and unhealthy relationships and consent • about relationship values and the role of pleasure in relationships • about myths, assumptions, misconceptions and social norms about sex, gender and relationships • about the opportunities and risks of forming and conducting relationships online • how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours
Readiness for work	<ul style="list-style-type: none"> • how to evaluate strengths and interests in relation to career development • about opportunities in learning and work • strategies for overcoming challenges or adversity • about responsibilities in the workplace

	<ul style="list-style-type: none"> • how to manage practical problems and health and safety • how to maintain a positive personal presence online • how to evaluate and build on the learning from work experience
Family, forced marriage, and parental responsibility	<ul style="list-style-type: none"> • about different types of families and changing family structures • how to evaluate readiness for parenthood and positive parenting qualities • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion • about adoption and fostering • how to manage change, loss, grief and bereavement • about 'honour based' violence and forced marriage and how to safely access support