

# 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
Safety and risk management: Healthy and unhealthy relationships, assertiveness, substance abuse and gang exploitation	Careers and aspirations: Dreams and aspirations	Relationships, self-esteem, confidence and sexual development  Spectrum Health	Mental health, wellbeing and global health issues	Body image, peer pressure and issues facing young people	The criminal Justice system, young offenders and British democracy

Unit	Learning Objectives/Outcomes
Safety and risk management: Healthy and unhealthy relationships, assertiveness, substance abuse and gang exploitation	<ul style="list-style-type: none"> <li>• Personal identity</li> <li>• How can we deal with prejudice and consider the importance of the Equalities Act 2010</li> <li>• How the media influences our views</li> <li>• Overt and covert racism</li> <li>• Homophobia and discrimination around the world</li> <li>• Discrimination and how to combat it</li> <li>• How does the justice system deal with young offenders</li> <li>• Why do young people get involved in knife crime?</li> </ul>
Careers and aspirations: Dreams and aspirations	<ul style="list-style-type: none"> <li>• Personal Development planning</li> <li>• How enterprising are we?</li> <li>• How to develop relevant work skills as we prepare for GCSE</li> <li>• Option choices, what are the right subjects for me?</li> <li>• How to make the right choices at GCSE</li> </ul>
Relationships: Self-esteem and Self-confidence and sexual development	<ul style="list-style-type: none"> <li>• The law concerning consent</li> <li>• Sexting and the law</li> <li>• Why pornography can be harmful for young people</li> <li>• To discuss contraception; what it is, why it is used</li> <li>• To discuss sexual health and have an awareness of different STIs</li> <li>• To investigate the links between sexual health and alcohol</li> </ul>
Health and Wellbeing	<ul style="list-style-type: none"> <li>• Why can't some people access education?</li> <li>• How does the UK support poorer countries?</li> <li>• How does UNICEF support young people globally?</li> <li>• How can we create a more sustainable world?</li> </ul>
Living in the wider world	<ul style="list-style-type: none"> <li>• Why do young people end up in county lines gangs?</li> <li>• How can we combat gangs?</li> <li>• How does the Criminal Justice System work?</li> <li>• How can we spot fake news?</li> <li>• How can we make sure our news sources are reliable?</li> </ul>

Relationships	<ul style="list-style-type: none"><li>• Domestic violence and unhealthy relationships</li><li>• How are young people lured into inappropriate relationships?</li><li>• To identify and define different types of relationships, including marriage</li><li>• To discuss ways in which tensions can be eased and arguments resolved</li><li>• The law regarding forced marriage</li><li>• Cultural norms around relationships and marriage</li></ul>
---------------	---

