

# 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	Types of relationship and sexual health	Dealing with hate crime, homelessness and personal loss	Financial matters and the law around gambling and young people	Consent, dealing with relationship issues and personal wellbeing



Unit	Learning Objectives/Outcomes
Health and wellbeing: Mental Health and wellbeing in young people	<ul style="list-style-type: none"> <li>• How to develop a growth mindset</li> <li>• How to manage challenges during adolescence</li> <li>• How to reframe negative thinking</li> <li>• Strategies to promote mental health and emotional wellbeing</li> <li>• Perseverance and procrastination</li> <li>• About the signs of emotional or mental ill-health</li> <li>• How lack of sleep and excessive screen time affect young people</li> <li>• How we can cope with stress in school and at home</li> </ul>
Careers and Aspirations: Presenting myself	<ul style="list-style-type: none"> <li>• Description and explanation of key personal qualities</li> <li>• Understanding transferable skills</li> <li>• What skills employers look for in young people</li> <li>• Deciphering job adverts and what is needed to apply for jobs</li> <li>• To Use knowledge and skills of personal skills tom apply for jobs</li> <li>• To receive feedback and evaluate own performance in order to improve applications</li> </ul>
Assertiveness, the law and managing conflict in relationships	<ul style="list-style-type: none"> <li>• How to manage conflict</li> <li>• The harmful impacts of harassment and stalking</li> <li>• How to identify abusive relationships and strategies to get out of unhealthy relationships</li> <li>• Contraception and STI recap</li> <li>• The law regarding revenge porn</li> </ul>
Health and wellbeing- Dealing with hate crime, homelessness and personal loss	<ul style="list-style-type: none"> <li>• How we can combat hate crime</li> <li>• Why we need to celebrate International Women's Day</li> <li>• How can we deal with youth homelessness?</li> <li>• Personal loss and why we need to talk about suicide</li> <li>• Strategies to deal with loss and bereavement</li> </ul>
Financial matters and the law around gambling and young people	<ul style="list-style-type: none"> <li>• Financial matters- credit cards and debt</li> <li>• Consumer rights, do you know your rights?</li> <li>• The dangers of online gambling</li> <li>• What does the law say about money laundering and fraud?</li> </ul>

Consent,  
relationships and  
self esteem

- Understanding consent and why it is important in relationships
- How to deal with unhealthy relationships
- How to manage break ups in close relationships
- Why body shaming is unacceptable and how we can support sufferers
- How we can improve personal confidence in relationships

