

# Personal Development

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**Curriculum Intent:** Our extensive and well-planned personal development programme provides all students the opportunity to enhance their physical and emotional well-being enabling them to become active citizens by developing and discovering their interests and talents.

	Core Knowledge	Procedural Knowledge
Autumn	<b>Topics:</b>  Equality and Diversity  Mental Health and Wellbeing	<b>Students will:</b>  Learn about the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation  Learn the difference between biological sex, gender identity and sexual orientation  Understand the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible  Understand the link between language and mental health stigma and develop strategies to challenge stigma and misconceptions associated with help-seeking and mental health concerns
Spring	<b>Topics:</b>  Gangs  Personal Safety and risk  Health	<b>Students will:</b>  Learn the importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination  Recognise and manage what influences their choices about physical activity  Acquire strategies to manage pressure to join a gang, exit strategies and how to access appropriate support  Make informed decisions about whether different media and digital content are appropriate to view and develop the skills to act on them

Summer	<b>Topics:</b>  Substance Use  Careers and Finance	<b>Students will:</b>  Be informed about alcohol, nicotine and other legal and illegal substances, including the short-term and long-term health risks associated with their use  Understand the personal and social risks and consequences of substance use and misuse including occasional use  Learn about young people's employment rights and responsibilities  Learn about values and attitudes relating to finance including debt.
<b>Homework:</b> A multiple choice quiz on Satchel:One at the end of each topic Student completed Knowledge organiser at the end of each topic		
<b>Assessment:</b> Baseline tasks and progress tasks in all lessons A 20-mark question paper made up of short answer questions and multiple-choice questions		
<b>Links to Personal Development:</b> Enabling Students to recognise risks to their own wellbeing Social development: Practice using a range of social skills in different situations Prepare learners for future success in education, employment and training Confidence, Resilience and Knowledge: Mentally healthy, physically healthy, active lifestyle, healthy relationships		
<b>How is my knowledge further developed in Year 9?</b> In Year 9 students will continue to build on their knowledge for Mental Health Wellbeing, Equality and Diversity, Careers and personal safety and Health. Knowledge gained in substance use will be further build upon in the topic of drugs and alcohol.		