

PERSONAL DEVELOPMENT

Autumn Half Term 1 Sept 2nd – 23rd October

WHAT WE'RE LEARNING AUTUMN TERM

Overview

PD is a vital part of our curriculum that supports students' wellbeing, character and future aspirations. This term Year 7 - 10 will focus on relationships through the eyes of God. Year 11 will explore how to manage their mental wellbeing.

Year 8

Healthy and unhealthy relationships

This unit introduces a range of relationship issues facing young people, feelings, including sexual orientation and consent through the eyes of God.

Year 10

Relationships, pregnancy and recognising abuse

This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.

Year 7

Managing Change and Transition

This unit helps students transition to secondary school and manage change within friendships. It focuses on specific learning about puberty health and how our bodies change.

Year 9

Intimate relationships

In this unit, students revisit learning about consent and learn about healthy, safe relationships, including contraception, while considering Catholic views.

Year 11

Life-long wellbeing

This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.

LESSON TITLES

Year 7

- Ice Breakers
- Who Am I?*
- Changing Bodies*
- Where We Come From*
- Friendship breakdowns**

Year 8

- Created and Chosen*
- Feelings*
- Before I Was Born*
- Sexual orientation and gender identity
- Pride
- Introduction to Consent

Year 9:

- The Search for Love*
- Love People, Use Things*
- In Control Of My Choices*
- Fertility & Contraception*
- Marriage*
- Understanding consent*

Year 10

- Authentic Freedom*
- Communication and Readiness
- Parenthood*
- Pregnancy and Abortion*
- Coercive Control*
- Reducing inappropriate behaviours
- My behaviour in relationships**
- Image-based sexual abuse**

Year 11

- My relationship with AI**
- Mental Wellbeing*
- Victim blaming**
- Coping with exams**
- Eating Disorders*
- Life changes**
- Health and fitness*
- Catastrophising**

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GUIDANCE FOR PARENTS & GUARDIANS

Helpful Websites

Place2be

<https://www.place2be.org.uk/>

NSPCC - Keeping Children Safe

<https://www.nspcc.org.uk/keeping-children-safe>

YoungMinds - Parents and Carers Hub

<https://www.youngminds.org.uk/parent>

Internet Matters - Parents' Guide

<https://www.internetmatters.org>

NHS Sexual Health

<https://www.yoursexualhealthmatters.org.uk/sexual-health-and-wellbeing/advice-parents-and-carers>

Questions to ask

What makes a friendship or relationship healthy?

How can you tell if someone is crossing a boundary?

What would you do if you felt pressured into something?

DON'T MISS THIS!

SEPTEMBER

Year 11 - Future Pathways Evening

Year 7 - Retreat Days

OCTOBER

WHAT IS POL-ED?

Pol-Ed is an educational initiative developed by the local police force to support schools in teaching PSHE topics, focusing on safety, law, relationships, and informed decision-making.

<https://www.pol-ed.co.uk/lancashire/pages/for-parents-lancashire>

TENTEN

Access TenTen Parent Portal:

You can access the parent portal to view the RSHE TenTen lessons for each year using the log in details below:

Username: all-hallows-pr1
Password: fruit-cake