



Thomas Mills
High School & Sixth Form

CURRICULUM OVERVIEW: Personal Development

At Thomas Mills High School our Personal Development curriculum is designed to satisfy statutory requirements as well as enable young people to develop into kind, knowledgeable and considerate contributors to society. This is done through working towards the goals outlined below:

- Developing skills

Students will learn skills such as communication, relationship building, and emotional resilience.

- Building confidence

Students will become more confident in their abilities and feel able to raise questions and reflect on their learning.

- Preparing for the future

Students will be prepared for life and work in modern society, including making informed decisions about their learning and career paths.

- Developing a healthy outlook

Students will develop a healthy outlook towards school and life beyond school, which can help with attendance and behaviour.

- Understanding British values

Students will demonstrate and apply British values such as democracy, the rule of law, individual liberty, tolerance, and mutual respect.

- Recognising uniqueness

Students will recognise and celebrate their own uniqueness and that of others.

- Understanding sexual health and relationship responsibilities



Students will understand the importance of consent, sexual health and contraception. Students will learn about pregnancy and understand the demands of parenthood. Students will also develop an understanding of family relationships and the responsibilities that go with them.

- Understanding choices around drugs and alcohol

Students will learn about a range of substances (legal and illegal), examine why some people choose to use them and discover the short-term effects and long-term consequences of use and abuse including addiction and withdrawal.

Year 7			
Term	Topic	Knowledge and Skills	Useful Links
1	Introduction / Asking for help Life stage changes & relationships	Knowledge: As an introduction to the course, pupils learn what personal development and personal, social, health and economic education actually means. They will also learn where to find help and support for the various topics that will be covered during the course. Pupils will then examine various life stages and look at the physical and emotional changes that occur, particularly focusing on puberty. Pupils will learn about personal hygiene and how to stay clean and healthy. Pupils will then learn about friendships, different types of relationships, what a healthy relationship is, and various forms of commitment in relationships. Pupils will also	PSHE Association - education for life Respect and Relationships - TrueTube healthy unhealthy relationships - Google Search puberty - Google Search Types of Relationships Communication Skills: Empathetic Listening - Inside Out, 2015 Brené Brown on Empathy



		find out about unhealthy relationships and abuse in relationships and what to do in such situations. Skills: Pupils will help to devise a group working agreement based on listening to each other, thinking about their responses and mutual respect. Pupils will then develop their communication skills and will learn coping strategies for the changes they are going through. They will also understand and recognise the importance of consent.	
Assessments		There are three standardised assessments in the first term. These are structured questions based on puberty and other changes, relationships, and recognising abuse in relationships.	
2	Health	Knowledge: Pupils will understand what health is and how their actions and lifestyle choices contribute to their physical and mental health. Topics covered this term include dental health, sleep, diet and healthy eating, the importance of physical exercise for both physical health and mental well-	being healthy PSHE - Google Search personal hygiene - Google Search



		being, the facts and science related to immunisation and vaccination, and the basics of first aid and CPR. Skills: Personal responsibility in looking after your own health. Basic first Aid and CPR.	Why do We Brush Our Teeth? Health for Kids SciShow Kids Oral Health Awareness How to do CPR on an Adult - First Aid Training - St John Ambulance
Assessments		There are two standardised assessments in the second term. These are structured tasks based on staying healthy and First Aid.	
3		Knowledge: Pupils will learn to identify risk and assess risky behaviours in terms of possible consequences. Pupils will learn about harmful online behaviours. They will learn about stereotypes and how these can cause damage and can normalise non-consensual behaviour or encourage prejudice. Pupils will learn about different types of bullying, including online bullying, as well as how to report and get help. Pupils will learn about their rights and responsibilities online. They will also learn that some types of behaviour in relationships are criminal including violent behaviour and coercive control. Pupils will also learn the concept of and the laws relating to FGM. Skills:	Teens and Risk Taking Being Safe on the Internet Crossing the Line PSHE Toolkit: Cyberbullying - Gone too far - YouTube Sunshine - Don't Confuse Love & Abuse - Day One



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		Pupils will be able to identify risky situations that may lead to trouble. They will also develop skills in dealing with pressure situations.	
Assessment		There is one standardised assessment in the third term. This is a structured summary task based a first year of studying Personal Development.	