



**Thomas Mills**  
High School & Sixth Form

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



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## CURRICULUM OVERVIEW: Personal Development

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 10 Term	Topic	Knowledge and Skills	Useful Links
1	<b>Emotional wellbeing</b>  <b>Sexual relationships</b>	<b>Knowledge:</b> Pupils will learn what emotional wellbeing is, the impact of living with stress and the importance of having the right work-life balance.  <b>Skills:</b> Pupils will develop skills in maintaining their mental health, strategies for dealing with stress (particularly exams) and in dealing with bereavement.  <b>Knowledge:</b>	<a href="#">Parents' Guide to Looking After Your Mental Health   YoungMinds</a>  <a href="#">Parenting - looking after your own and your children's mental health   Mental Health Foundation</a>  <a href="#">Wellbeing for Young People (13yrs+)   PTSD in Teenagers   Helping teens with depression   RISE</a>



		<p>Pupils will learn about the importance of sex in relationships, the importance of consent, choices around fertility and pregnancy, and values in relationships. Pupils will also learn about the potential issues around the use of pornography.</p> <p><b>Skills:</b> Pupils will develop skills in knowing when physical relationships are right or wrong, how to give consent, and how to select and use appropriate contraception effectively.</p>	<p><a href="#">Fumble - About Us - happy, healthy sex education for the digital age</a></p> <p><a href="#">Sex Ed: What parents and carers need to know - Brook</a></p>
<b>Assessments</b>		There are four standardised assessments in the first term. These are structured tasks set on the topics of dealing with stress, bereavement, consent, and values.	
<b>2</b>	<b>Equality and discrimination</b>	<p><b>Knowledge:</b> Pupils will learn about the Equality Act 2010 and the protected characteristics. Pupils will learn about living in modern Britain and the importance of equality and challenging discrimination.</p> <p><b>Skills:</b></p>	<p><a href="#">CRAE-Equality-Act-2010-guide.pdf</a></p> <p><a href="#">Talking to children about racism   NSPCC</a></p>



	<p><b>Politics and rule in the UK</b></p>	<p>Pupils will develop the skills to identify discrimination and hate crime – and know how to respond and report appropriately.</p> <p><b>Knowledge:</b> Pupils will learn about the role of the monarchy in modern Britain. Pupils will learn about the main UK political parties and their policies. They will also know about how the UK voting system works and possible alternatives.</p> <p><b>Skills:</b> Pupils will develop their own understanding of their political views – they will be able to form a party and devise their own policies/manifesto.</p>	<p><a href="#">How to talk to your child or teenager about gender equality</a></p> <p><a href="#">Three Reasons Why Children Should Learn About Politics</a></p> <p><a href="#">Parents' Resources - Educate Against Hate</a></p>
<p><b>Assessments</b></p>		<p>There is one standardised assessment in the second term. This is a structured assessment based on the Equality Act 2010</p>	



<p>3</p>	<p><b>Financial education</b></p>          <p><b>Safety, responsibility and the Law</b></p>	<p><b>Knowledge:</b> Pupils will understand what tax, credit, debt, pensions, mortgages and interest are. They will understand the importance of setting a budget to live within their means. Pupils will learn about ethical and sustainable consumerism.</p> <p><b>Skills:</b> Pupils will develop their budgeting skills, learn how to calculate tax and rates of interest and learn how to manage their money to minimise stress and pressure. They will also develop skills to make plans for their financial future.</p> <p><b>Knowledge:</b> Pupils will learn about their online rights and responsibilities. Pupils will examine how and why gangs exist and the issues around knife crime. Pupils will also learn about the role of the police, courts and prison service in maintaining law and order in the UK. Finally, pupils will learn about respect and gratitude in everyday life.</p> <p><b>Skills:</b> Pupils will develop their skills to stay safe online – and learn what to do when things go wrong online.</p>	<p><a href="#"><u>Empowering Children Through Values-Based Financial Education</u></a></p> <p><a href="#"><u>How parents can teach children about money at home during the summer holidays: six tips from the Money and Pensions Service   Money and Pensions Service</u></a></p> <p><a href="#"><u>10 ways parents can teach their children about money - Young Enterprise &amp; Young Money</u></a></p> <p><a href="#"><u>Keeping children safe online - Parent's questions answered   Barnardo's</u></a></p> <p><a href="#"><u>What is a Digital Citizen? - Young Citizens</u></a></p> <p><a href="#"><u>Teaching Your Child about Internet &amp; Online Safety   NSPCC</u></a></p> <p><a href="#"><u>Practical Tips for Parents: Teaching Kids Online Responsibility   Stealth Gaming</u></a></p>
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		Pupils will look at social media use – and develop skills to use social media safely and appropriately.	
<b>Assessment</b>		There are three standardised assessments in the third term. These are structured tasks set on the topics of financial education, gangs and knife crime, and the UK legal system.	