



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

In Year 11, pupils are taught core RS and Personal Development (PD) on a 50:50 rotational basis, switching subjects every half-term. As such, timings below are approximate and reflect the information covered in PD lessons only.

Year 11			
Term	Topic	Knowledge and Skills	Useful Links
1	Healthy Choices	Knowledge: Pupils will learn about the effects of drugs and alcohol, sunbathing, and cosmetic body modifications on their health and wellbeing. They will also learn about the laws and procedures surrounding blood, stem cell and organ donation in the UK. Skills: Pupils will develop the skills to help them make healthy choices for themselves and others.	Drugs & Alcohol Mental Health Guide For Parents YoungMinds Drug and alcohol information for parents Change Grow Live Live Well - NHS



2	Safety	Knowledge: Pupils will revisit and revise their online habits and online safety. They will also learn about their physical safety regarding roads, fireworks and waterways. Skills: Pupils will develop safety awareness skills to help them make safe choices in a range of circumstances and scenarios.	Parents & carers Childnet Water safety tips for parents Canal & River Trust Firework safety tips: How to have safe fireworks at home
Assessments		There are standardised tasks on <i>Safety in the sun</i> and Blood and organ donation in this section of the Year 11 course.	
3	Relationships & Your Future	Knowledge: Pupils will learn more about relationships, contraception and the issues around sending and receiving nudes (sexting). They will also learn the difference between arranged and forced marriages – and about female genital mutilation (FGM). Pupils will learn to plan for their future, thinking about the next steps in education and student finances. Pupils will also learn about lockdown procedures and what to do in an emergency.	Contraception Guide - the methods and how to get them Contraception Terrence Higgins Trust What is Forced Marriage? – Karma Nirvana Student finance guide for parents and partners



		Skills: Pupils will have the opportunity to practise the skill of condom use on a condom demonstrator. Pupils will also develop their revision skills as they prepare for their GCSEs.	Support your child or partner's student finance application: Give details of your household income - GOV.UK Top revision techniques for exams - BBC Bitesize How to Revise — 17 Essential Revision Tips CGP Books What You Can Do Counter Terrorism Policing
Assessment		There is on standardised assessment task in this part of the course on <i>Sending and receiving explicit images</i> .	