



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 8, pupils will have two taught terms of Personal Development and one term of Accelerated Reader (AR). Accelerated Reader is a literacy skills improvement programme that has benefits in all areas of the curriculum and also aims to foster a love of reading and learning through reading.

Year 8			
Term	Topic	Knowledge and Skills	Useful Links
1	Year 8 concerns	<p>Knowledge: Pupils will explore the issues that may arise in their second year at high school. They will also learn where to find help and support for the topics that will be covered in the Year 8 course.</p>	
	An Introduction to drugs	<p>Pupils will learn about the laws relating to drugs in the UK (including the Misuse of Drugs Act 1971). This will include medicines and recreational drugs (legal and illegal). Pupils will explore the reasons why people use drugs and the consequences of their use. This topic will</p>	<p>KS3 introduction to drugs uk - Google Search</p> <p>https://www.youtube.com/watch?v=0a5OebWu5IM</p>



		<p>include the use of some illegal drugs, including cannabis as well as alcohol, smoking and vaping.</p> <p>Skills: Pupils will build resilience skills and coping strategies to deal with the increased demands of Year 8 studies.</p> <p>Pupils will learn the skills to make informed decisions about drug use choices and learn how to manage situations involving drugs.</p>	<p>Stop smoking - protect your child's health :: Healthier Together</p> <p>Never Stop Trying - Feel Good Suffolk</p> <p>How to talk to your teen about vaping risks and help them to quit vaping -</p> <p>Drugs & Alcohol Mental Health Guide For Parents YoungMinds</p>
<p>Assessments</p>		<p>There are two standardised assessments in this term. These are written structured tasks based on the pupils knowledge and understanding of drugs and the law and the effects of alcohol on the body.</p>	
<p>2</p>	<p>Relationships, Health and Sex Education (RSHE)</p> <p>Emotional Wellbeing</p>	<p>Knowledge: Pupils will learn the role of sex in long-term committed relationships such as marriage, and the benefits of delaying sex to a much later age. Pupils will also understand the consequences of sexual activity including pregnancy and sexually transmitted infections (STIs).</p> <p>Pupils will know about conception, pregnancy and birth and the choices made by couples. Pupils will learn about consent and its importance in loving relationships.</p>	<p>Advice for parents and carers :: Your Sexual Health Matters</p> <p>Healthy relationships NSPCC</p> <p>How to Talk to Children About Sex & Safety NSPCC NSPCC</p> <p>PMH Support for parents facing childhood mental health issues</p>



	<p>Pupils will understand what good mental health feels like – and how to look after their own emotional wellbeing.</p> <p>Skills: Pupils will develop the skills associated with making informed choices around sex and relationships. Pupils will develop an understanding of, and the skills required to use contraception effectively.</p> <p>Pupils will develop the skills needed to look after their own emotional health, build their resilience and know where to go for additional help and support.</p>	<p>Parents Mental Health Support Advice for Your Child YoungMinds</p> <p>Supporting young people info hub - for adults Mind - Mind</p>
Assessments	There are three standardised assessments in this term. These are written structured tasks based on the choices around sex in relationships, contraception and developing resilience.	