



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 9, 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 9			
Term	Topic	Knowledge and Skills	Useful Links
1	Relationships and parenting	Knowledge: At the start of Year 9, pupils revisit the concept of “relating to others”. Pupils will also look at the characteristics of healthy and unhealthy relationships and what makes a successful relationship. Pupils will also learn about exploitation and abuse in relationships. Pupils also look at the idea of parenting – and the impact of becoming a young parent at this point of their lives – and the positives of waiting until a much later age. Skills:	relationship skills KS4 - Google Search Britain's Parenting Secrets Very Different Approaches to Education Up Close Teenage Pregnancy - The Reality Lorraine



		Pupils will develop their relationship skills. Pupils will look at the skills required to be a parent and analyse the age at which these skills are best developed.	
Assessments		There is one standardised assessment in the first term. This is an assessment based on identifying and developing relationship skills.	
2	Drugs	Knowledge: Pupils will learn about the different types of drugs and the (UK) Law regarding drugs. Pupils will also learn about nicotine, alcohol and cannabis in more detail; the short- and long-term effects of these drugs on both physical and mental health. Pupils will also learn about the science of addiction and dependency and the benefits of breaking habits. Skills: Pupils will develop skills in managing situations involving drugs – and ways to avoid drug use. Pupils will be armed with the information to make informed, healthy choices.	The Misuse of Drugs Act 1971 What is nicotine? Alcohol misuse - NHS Honest information about drugs FRANK
Assessments		There is one standardised assessment in this unit of work. This is based on the law and the class B drug, cannabis.	
3	Health	Knowledge:	Contraception Terrence Higgins Trust



	Pupils will have a recap on the various methods of contraception, including their mode of action and their effectiveness in protecting individuals from STIs (sexually transmitted infections) and unwanted pregnancy. Pupils will examine the factors that influence their health, including the importance of a healthy, balanced diet. Pupils will also learn about the importance of dental hygiene, keeping up to date with vaccinations and the importance of getting the right quantity and quality of sleep. Skills: Pupils will have the opportunity to acquire the practical skill of using a condom correctly (using a condom demonstrator). Pupils will learn the skills and the importance of monitoring their own personal health (including testicular and breast self-examination). Pupils will be able to identify healthy foods and understand their role in diet. Pupils will develop skills to maintain personal hygiene, including the correct way to floss and brush teeth. They will also know key actions that can lead to a better night's sleep	Contraception - NHS How to put a condom on NHS The Eatwell Guide - NHS Take care of your teeth and gums - NHS
Assessment	There are two standardised assessment tasks in this unit of work. These assess the knowledge and skills required in self-examination and understanding the teenage brain.	



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