



Thomas Mills
High School & Sixth Form

CURRICULUM OVERVIEW: Personal Development

At Thomas Mills High School our Personal Development curriculum is designed to comply with the latest 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 respect 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	Health & Wellbeing Personal Safety & Managing Risk	Disciplinary knowledge (taught): This term of work provides students with comprehensive knowledge regarding physical health, lifestyle choices, and personal safety. Students learn the importance of making healthy lifestyle choices, maintaining dental health, and the benefits of keeping active, while also understanding the impact of environmental factors like climate change on their personal wellbeing. Furthermore, the curriculum covers vital safety knowledge, including protocols for fireworks, road safety, water safety, and the fundamentals of CPR. It also addresses the risks associated with substance use,	Oral Health Awareness Oral Health Awareness - Cleaning How playing sports benefits your body ... and your brain - Leah Lagos and Jaspal Ricky Singh How does climate change affect our mental health? - YouTube



		providing essential information about drugs, tobacco, nicotine, and alcohol. Skills: This term of work focuses on equipping students with the tools to manage their physical health and respond effectively to potential risks. Students develop skills in self-regulation by learning to manage distractions that affect their wellbeing. In terms of safety, they cultivate actionable competencies such as performing CPR and implementing safety strategies for road, water, and fire-related scenarios. Additionally, the curriculum fosters the critical thinking and decision-making skills necessary to evaluate the risks associated with substance use and lifestyle habits, empowering students to make informed, safe, and health-conscious choices as they navigate their environment.	
Assessment		Each main topic area is assessed using an online quiz/assessment. This not only provides an opportunity to gain accurate quantitative data to demonstrate progress but also captures pupil voice and informs future teaching.	
2	Healthy & Unhealthy Relationships Managing Money	Disciplinary knowledge (taught): Students will acquire knowledge regarding relationship dynamics and financial management. In the area of relationships, students explore the characteristics of healthy connections and the implications of sexualised media. They gain knowledge regarding safer online interactions, the definition and importance of consent, and the serious nature of sexual harassment, harmful sexual behaviour, and the risks associated with sharing nudes. Additionally, the curriculum addresses the societal goal of preventing	Building Healthy Relationships (For Teens) Harmful Sexual Behaviour: What is Harmful? SWGfL Harmful Sexual Behaviour Support Gender Based Violence Campaign: It's not a game, boy #IsThisOk Financial Literacy—Needs and Wants Learn about needs, wants, and opportunity costs



	gender-based violence. Regarding financial knowledge, students learn the practicalities of managing money, including how to open and understand bank accounts, interpret bank statements, the mechanics of bank cards, strategies for saving money, and the nature of debt. Skills: This section of the PD curriculum focuses on equipping students with essential competencies for navigating interpersonal and financial challenges. Students develop the ability to foster healthy relationships and employ safety strategies in online environments. They cultivate critical awareness to recognise and actively avoid harmful behaviours, such as sexual harassment or non-consensual sharing of images, while internalising the importance of consent in all interactions. In terms of financial skills, students gain the practical ability to manage personal finances, including opening and monitoring bank accounts, budgeting through saving, and making informed decisions to avoid or manage debt. These skills aim to foster autonomy, ethical decision-making, and long-term financial stability.	<u>6 Types of Bank Accounts Explained</u>
Assessment	<i>Each main topic area is assessed using an online quiz/assessment. This not only provides an opportunity to gain accurate quantitative data to demonstrate progress but also captures pupil voice and informs future teaching.</i>	