



## Personal Development/ Careers

### CURRICULUM INTENT

Personal Development is accessible to all and ensures that each of our students will know more, remember more and understand more about how to play a positive and successful role within our society. Our aim is to provide students with a knowledge of their world and give them confidence to tackle many of the moral, social and cultural issues that are part of growing up. We aim to provide our students with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. We recognise the developing sexual needs of all children and young people according to their differing circumstances and sexual orientation. To know what is, and is not, legal. To recognise the physical, emotional, mental and moral risks of casual and promiscuous sexual behaviour and to understand that both sexes should behave responsibly in sexual matters. To appreciate the benefits of stable relationships and family life and the responsibilities. Our students are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. To consider their own attitudes and to make informed, reasoned and responsible decisions about the attitudes they will adopt both while they are at school and in adulthood. Students will also gain information and knowledge based around careers and how to deal with financial aspects surrounding growing up and how their decisions and choices within education can help to pave different career pathways and provide our students with the best opportunities possible within their local area of Cumbria. Students will gain different opportunities throughout their school years which will increase the awareness of living in the wider world and how different financial predicaments can result in them pursuing a different lifestyles.

### SKILLS AND KNOWLEDGE

#### Students will develop their KNOWLEDGE of

##### 7 Living in the wider world

- how knife crime impacts on our communities, why do teens get involved and what are the consequences?
- How does the law deal with young offenders?
- How can we be self-disciplined to achieve our aims at school and in the wider world?
- What does it mean to be 'enterprising' and what is an 'enterprising personality'?
- What is sustainability and why is this essential to our environment?
- What rights do we have as shoppers and consumers?
- How can I stay financially savvy and avoid debt?
- How do charities like UNICEF help across the world?
- Know how to:
  - prepare for and apply to the world of work and careers
  - Navigate accounts, savings loans and financial institutions.

##### Relationships

- Who the LGBT+ community are and what would they like us to know
- Why British communities are so diverse
- What domestic violence and abusive relationships are
- Healthy and unhealthy relationships.
- CSE – how are children and young people lured into dangerous relationships and what do these look like
- Body image and the media 2 – focus on girls
- Body image and the media 3 – does the media contribute to eating disorders
- How to respect and celebrate British values and the religion and culture of our choice
- What peer-pressure is – why is it so powerful and how can we overcome this

##### Health and Wellbeing

- Why we need to keep to rules in order to succeed
- How can we foster a Growth Mind-set to succeed and achieve?
- How developing interpersonal skills will help me succeed
- How we can manage the stress of school and exams
- Why people take illegal drugs and what does the law say about drug use
- Why people become selfie obsessed and consequences can this have
- What the short and long-term consequences of excess alcohol drinking
- What self-harm is and why do people do this?
- Why some people can't access education?
- How we are protected from prejudice and discrimination
- Mental health – how to deal with and manage anxiety
- Acid attacks – why are these on the increase and what can we do if we witness one
- Responsible health choices – blood donation, stem cells, vaccinations.

#### Students will develop their SKILLS in

##### Living in the wider world

- Encourage independent learners;
- Promotion of critical and analytic reflection on key concepts
- Develop Inter/Intra personal skills (emotional management skills, study skills, practical skills)
- Develop key skills such as Communication, Using ICT and Using Mathematics;
- Promote core values and attitudes and develop a sense of integrity and community spirit;
- Discuss personal attitudes and values;
- Be able to take personal responsibility for their own actions;
- Understand the long- and short-term consequences of their actions for themselves and others;
- Promote tolerance, respect and a concern for others;

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## SKILLS AND KNOWLEDGE

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8	<p><b><u>Living in the wider world</u></b></p> <ul style="list-style-type: none"> <li>Consider Personal development and target setting – Know how to improve skills and behaviour?</li> <li>How can self-confidence boost our achievement?</li> <li>How can a student manage behaviour to achieve targets and goals?</li> <li>Why do teenage parents have it so tough? How can people avoid teenage pregnancy?</li> <li>Understand Stereotyping, discrimination, and prejudice.</li> <li>How can we look after ourselves and others in an emergency? Personal safety and first aid.</li> <li>What is vaping and is this as bad as smoking?</li> <li>What is mindfulness? How can this aid positive mental health?</li> <li>Know why is self-awareness in our actions towards others so important?</li> </ul> <p><b><u>Relationships</u></b></p> <ul style="list-style-type: none"> <li>Understand Internet Safety – what is online grooming and why must we be so careful?</li> <li>Know how we can care for our environment and why is it changing?</li> <li>How can we develop our communication skills?</li> <li>How can we develop our teamwork skills?</li> <li>How can we become entrepreneurs?</li> <li>LGBT+ focus: Homophobia</li> <li>Know about Finance – what is income and expenditure?</li> <li>Know about Finance – budgeting and saving personal finances</li> <li>Careers + Finance - What are national insurance and income tax? Reading payslips</li> <li>Why do we pay tax and how is this spent?</li> <li>Stereotyping, discrimination and prejudice. Teens and the media focus.</li> </ul> <p><b><u>Health and Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>How do we have safe sex and use different forms of contraception?</li> <li>How do we keep good sexual health and avoid STIs?</li> <li>What is consent and why is it important we know about it?</li> <li>What is sexting and why is it so risky to send personal images?</li> <li>What is pornography and why can it be dangerous?</li> <li>How can we prevent radicalisation and recognise the signs of extremism?</li> <li>Who are the extremist groups and why are they so dangerous?</li> <li>Where does extremism come from?</li> <li>How do religious extremists attract converts?</li> <li>Islamophobia – do Muslims really want Sharia Law in Britain?</li> <li>Body image and the media part 1 with a focus on boys</li> <li>Stereotyping, discrimination and prejudice. Religion focus.</li> <li>How can British Values teach us tolerance and respect for others?</li> <li>Domestic conflict – why do people run away from home and why is this so dangerous?</li> </ul>	<p><b><u>Living in the wider world</u></b></p> <ul style="list-style-type: none"> <li>Encourage independent learners;</li> <li>Promotion of critical and analytic reflection on key concepts</li> <li>Develop Inter/Intra personal skills (emotional management skills, study skills, practical skills)</li> <li>Develop key skills such as Communication, Using ICT and Using Mathematics;</li> <li>Promote core values and attitudes and develop a sense of integrity and community spirit;</li> <li>Discuss personal attitudes and values;</li> <li>Be able to take personal responsibility for their own actions;</li> <li>Understand the long- and short-term consequences of their actions for themselves and others;</li> <li>Promote tolerance, respect and a concern for others;</li> </ul> <p><b><u>Relationships</u></b></p> <ul style="list-style-type: none"> <li>Encourage independent learners;</li> <li>Promotion of critical and analytic reflection on key concepts</li> <li>Develop Inter/Intra personal skills (emotional management skills, study skills, practical skills)</li> <li>Develop key skills such as Communication, Using ICT and Using Mathematics;</li> <li>Promote core values and attitudes and develop a sense of integrity and community spirit;</li> <li>Discuss personal attitudes and values;</li> <li>Be able to take personal responsibility for their own actions;</li> <li>Understand the long- and short-term consequences of their actions for themselves and others;</li> <li>Promote tolerance, respect and a concern for others;</li> </ul> <p><b><u>Health and Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>Encourage independent learners;</li> <li>Promotion of critical and analytic reflection on key concepts</li> <li>Develop Inter/Intra personal skills (emotional management skills, study skills, practical skills)</li> <li>Develop key skills such as Communication, Using ICT and Using Mathematics;</li> <li>Promote core values and attitudes and develop a sense of integrity and community spirit;</li> <li>Discuss personal attitudes and values;</li> <li>Be able to take personal responsibility for their own actions;</li> <li>Understand the long- and short-term consequences of their actions for themselves and others;</li> <li>Promote tolerance, respect and a concern for others;</li> </ul>

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**Living in the wider world**

- Why do we need to keep to rules in order to succeed?
- How can we foster a Growth Mindset to succeed and achieve?
- How can I develop interpersonal skills to help me succeed?
- How can we manage the stress of school and exams?
- Why do people take illegal drugs and what does the law say about drug use?
- Why do people become selfie obsessed and consequences this can have?
  - What are the short and long-term consequences of excess alcohol drinking? Geography: knowing our place in the world
- Science: scientific information on growing up, sex and relationships
- Maths: analysis of graphs and surveys to extract key information.
- DT: responsible source of products
- Food: fairtrade
- What is self-harm and why do people do this?
- Why can't some people access education?
- How are we protected from prejudice and discrimination?
- Mental health – how can I deal with and manage anxiety?
- Acid attacks – why are these on the increase and what can we do if we witness one?
- Responsible health choices – blood donation, stem cells, vaccinations

**Relationships**

- Who is the LGBT+ community and what would they like us to know?
- Why are British communities so diverse? Immigration and diversity focus.
- What is domestic violence and abusive relationships? Healthy and unhealthy relationships.
- CSE – how are children and young people lured into dangerous relationships and what do these look like?
- Body image and the media 2 – focus on girls
- Body image and the media 3 – does the media contribute to eating disorders?
- and we respect and celebrate British values and the religion and culture of our choice?
- What is peer-pressure – why is it so powerful and how can we overcome this?

**Health and Wellbeing**

- How does knife crime impact on our communities, why do teens get involved and what are the consequences?
- How does the law deal with young offenders?
- How can we be self-disciplined to achieve our aims at school and in the wider world?
- Employability Skills – preparing for and applying to the world of work and careers
- What other skills do we need to develop for the work environment?
- What does it mean to be 'enterprising' and what is an 'enterprising personality'?
- What is sustainability and why is this essential to our environment?
- Navigating accounts, savings loans and financial institutions.
- What rights do we have as shoppers and consumers?
- How can I stay financially savvy and avoid debt?
- What can we learn from successful business people and entrepreneurs.
- Should we send aid to foreign countries – is aid the answer?
- How can extreme views lead to human rights abuses and atrocities?
- How do charities like UNICEF help across the world?

**Living in the wider world**

- Encourage independent learners;
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**SKILLS AND KNOWLEDGE**

**Students will develop their KNOWLEDGE of**

**Living in the wider world**

- What is Fake News and why do we need critical thinking skills?
- What is anti-social behaviour and how does this affect communities?
- How can we successfully prepare for work experience?
- What rights and responsibilities do we have in the workplace?
- What is money laundering and why are some students taken in by this crime?
- What are employers looking for in CVs?
- British Values – how does the criminal justice system work?
- What is overt and covert racism and why are people still prejudiced?
- Why do some religious people become terrorists?
- Why pursue a career in the STEM industries?
- How do we choose a career that suits our personality, ambition and qualifications?
- Crime, gangs and County Lines
- Why do we still need an International Women’s Day?

**Relationships**

- Same sex relationships (LGBT+)
- What are forced and arranged marriages and what do we need to know?
- Gender and Trans Identity LGBT+
- How can we manage conflict successfully?
- Why do sexism, gender prejudice and stereotypes still exist?
- What is community cohesion and why is this important? (British Values)
- Revenge Porn – what is this and how can we prevent ourselves from being victims?
- Do we have healthy or unhealthy relationships with our role models?
- Harassment and stalking – what are these things and what does the law say about it?
- Parenting, the different types and styles and looking after a child.

**Health and Wellbeing**

- How can we manage our time effectively to help us succeed?
- Can tattoos and piercings be dangerous?
- Why do some people commit suicide?
- How can we manage grief and bereavement?
- How can we manage social anxiety?
- Why do some people become homeless and why is homelessness on the increase?
- What are hate crimes and why do these still happen?
- What is binge drinking, what are the risks and why do people still do it?
- Study Skills – the power of mind and memory.
- Social Media and Self-Esteem
- Internet Safety – the dangers of excessive screen time
- How can we take steps to live more sustainably? (carbon footprint)

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- Living in the wider world**
- GCSE Revision and Study Skills
  - Applying to College and University
  - Independent Living
  - Internet Safety – the Dark Web
  - How is plastic pollution destroying our environment?
  - How can we protect animal rights and aid sustainability?
  - How can trade unions protect our rights at work?
  - What is cybercrime?
  - How can we successfully prepare for a job interview?
  - Globalisation – how does this affect us?
  - What is multiculturalism?
  - What is right-wing extremism?
  - Why is Health and Safety at work so important?
- Relationships**
- Bullying – Body Shaming
  - Relationship Break Ups
  - What is ‘Good Sex’?
  - Why is it essential we know about consent, rape and sexual abuse?
  - How can we make ourselves and other people feel more positive and why is happiness important?
  - Relationship types and sexuality
  - What is Chem Sex and what do we mean when we talk about safe sex?
- Health and Wellbeing**
- Why is PSHE so important?
  - Risk Taking
  - Gambling and Online Gaming
  - Perseverance and Procrastination
  - Privilege – How does this affect us all?
  - Why do we need sleep and how does sleep deprivation affect us?
  - Why is our digital footprint important?
  - How can we celebrate diversity and our identities?
  - What is body positivity and is why is this controversial? (obesity issues)
  - Personal Safety in the Wider World
  - Fertility and reproductive health issues
  - First Aid - CPR

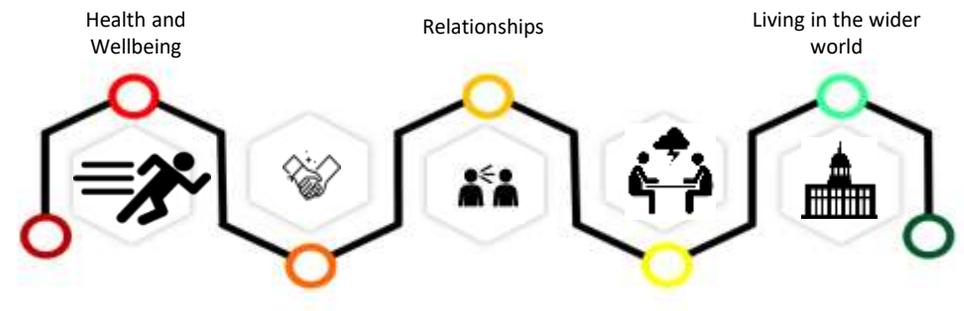
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**TIMETABLE ALLOCATION – 2 Week Timetable**

Year 7	Year 8	Year 9	Year 10	Year 11
2 hours	2 hours	2 Hours + Careers 1 Hour	2 Hours	2 Hours

**OVERVIEW**

Whole school vision links developed in this subject	After school destinations linked to this subject
<ul style="list-style-type: none"> <li>• Community links with local committees/organisations</li> <li>• British values</li> <li>• Awareness of others</li> <li>• Respect for others</li> <li>• Promotion of high ambition from university visits.</li> <li>• Well-being support</li> </ul>	<ul style="list-style-type: none"> <li>• Social worker</li> <li>• Child protection</li> <li>• Teacher</li> <li>• Police officer</li> <li>• Health care assistant</li> <li>• Nursing</li> <li>• Diversity and inclusion officer</li> <li>• Information support worker</li> <li>• Working with children</li> </ul>



- Cross Curriculum links in Personal Development**
- Geography: knowing our place in the world
  - Science: scientific information on growing up, sex and relationships
  - Maths: analysis of graphs and surveys to extract key information.
  - DT: responsible source of products
  - Food: Fairtrade

# Year 7- PDEV Curriculum



Curriculum theme:

## Awareness of the world around us.

Building on prior knowledge in KS2 and developing key themes in Personal Development. To improve knowledge regarding different faiths and backgrounds.

### KS2 recap

Building on previous prior knowledge from KS2.



### 1. Living in the wider world

An introduction to Secondary School PSHE, lessons on aspirations and self-esteem. How can we be a resilient learner? Being safe online and what to do if we think something isn't right. Finance lessons including budgeting and saving. Lessons on racism and stereotyping.

### 2. Relationships (RSE)

Different types of relationships, families, marriage and civil partnerships. What is love? What is a safe relationship? Bullying, including cyber bullying, trolling and personal identity theft. What are they and what can we do to stop it? Diversity lessons and an introduction to radicalisation and extremism.



### 3. Health and Wellbeing

Introduction to the Healthy living Unit (including Nutrition, Exercise, Rest and Healthy Eating). An Introduction to Addiction, Drugs and Dangerous Substances (including Smoking, Vapes and Energy Drinks). Puberty and periods. An introduction to Mental Health, Depression and Anger Management.



### Progressing into year 8

End of year assessments.



# Year 8- PDEV Curriculum



## Year 7 recap

Recap on Living in the wider world, Relationships and Health and Wellbeing.

## 2. Relationships (RSE)

How do we have safe sex and use different forms of contraception? How do we keep good sexual health and avoid STI's? What is consent and why is it important we know about it? What is sexting and why is it so risky to send personal images? What is pornography and why can it be dangerous? How can we prevent radicalisation and recognise the signs of extremism? Who are the extremist groups and why are they so dangerous? Where does extremism come from? How do religious extremists attract converts? Islamophobia – do Muslims really want Sharia Law in Britain? Stereotyping, discrimination and prejudice. Religious focus - How can British Values teach us tolerance and respect for others? Domestic conflict – why do people run away from home and why is this so dangerous? Body image and the media part 1 with a focus on boys.

Curriculum theme:

**To know and respect your boundaries.**

To learn about different situations and how they can impact on you in a positive and negative way. Learning how to protect your boundaries.

## 1. Living in the wider world

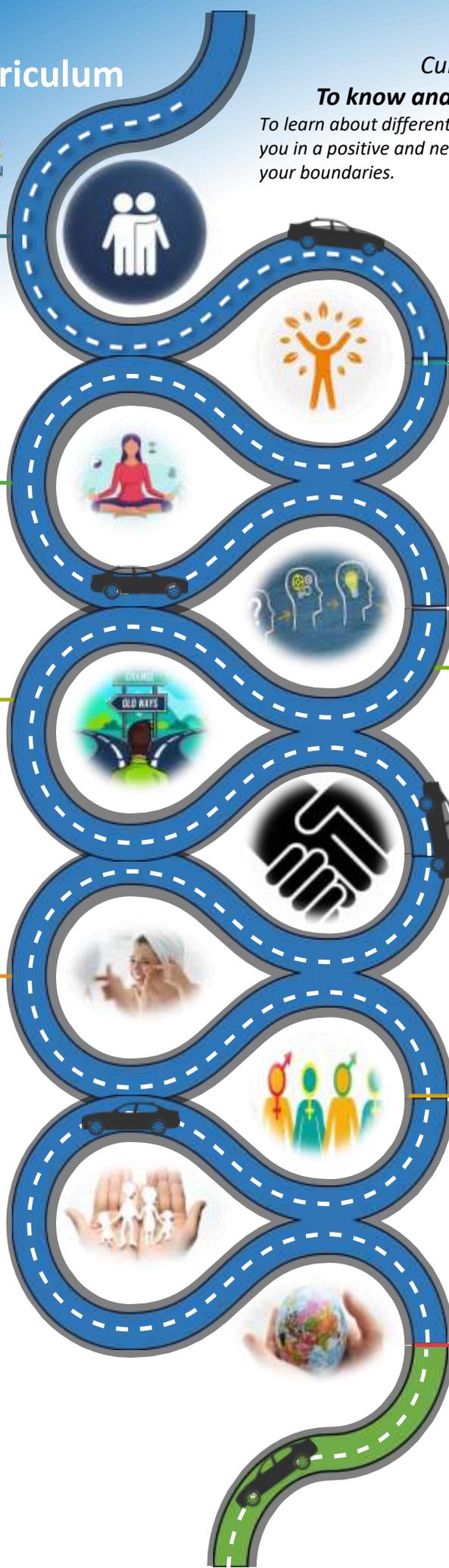
Internet Safety – what is online grooming? How can we care for our environment? Careers - how can we develop our communication skills? Teamwork skills. How can we become entrepreneurs? LGBT+ focus: Homophobia. Finance – budgeting and saving personal finances. Careers and Finance . Stereotyping, discrimination and prejudice. Teens and the media focus.

## 3. Health and Wellbeing

Personal development and target setting – how can I improve my skills and behavior? How can self-confidence boost our achievement? How can I manage my behavior to achieve targets and goals? Why do teenage parents have it so tough? How we can avoid teenage pregnancy. Stereotyping, discrimination and prejudice. Disability focus. How can we look after ourselves and others in an emergency? Personal safety and first aid. What is vaping and is this as bad as smoking? What is mindfulness? How can this aid positive mental health? Emotional literacy – why is self-awareness in our actions towards others so important? Cancer Awareness

## Progressing into year 9

End of year assessment.



# Year 9- PDEV Curriculum



## Year 8 recap

To recap on boundaries that were set last academic year by the students.

## 2. Living in the Wider World

How does knife crime impact on our communities, why do teens get involved and what are the consequences? How does the law deal with young offenders? How can we be self-disciplined to achieve our aims at school and in the wider world? Employability Skills – preparing for and applying to the world of work and careers What other skills do we need to develop for the work environment? What does it mean to be 'enterprising' and what is an 'enterprising personality'? What is sustainability and why is this essential to our environment? Navigating accounts, savings loans and financial institutions. What rights do we have as shoppers and consumers? How can I stay financially savvy and avoid debt? What can we learn from successful business people and entrepreneurs. Should we send aid to foreign countries – is aid the answer? How can extreme views lead to human rights abuses and atrocities? How do charities like UNICEF help across the world?

Curriculum theme:

**To develop skills for the wider world.**

To utilise and develop skills needed for progressing in the wider world.

## 1. Health and Wellbeing

Why do we need to keep to rules in order to succeed? How can we foster a Growth Mindset to succeed and achieve? How can I develop interpersonal skills to help me succeed? How can we manage the stress of school and exams? Why do people take illegal drugs and what does the law say about drug use? why do people become selfie obsessed and what consequences can this have? What are the short and long-term consequences of excess alcohol drinking? What is self-harm and why do people do this? Why can't some people access education? How are we protected from prejudice and discrimination? Mental health – how can I deal with and manage anxiety? Responsible health choices – blood donation, stem cells, vaccinations

## 3. Relationships (RSE)

Who are the LGBT+ community and what would they like us to know? Why are British communities so diverse? Immigration and diversity focus. What are domestic violence and abusive relationships? Healthy and unhealthy relationships. CSE – how are children and young people lured into dangerous relationships and what do these look like? Body image and the media 2 – focus on girls body image and the media 3 – does the media contribute to eating disorders? Can we respect and celebrate British values and the religion and culture of our choice? What is peer-pressure – why is it so powerful and how can we overcome this?

## Progressing into year 10

End of unit assessments.



# Year 10- PDEV Curriculum



Curriculum theme: **Resilience and achieving.**  
To build resilience ahead of GCSE and set goals and targets.

## Year 9 recap

To recap on boundaries set in the previous academic year .

## 2. Living in the Wider World

What is Fake News and why do we need critical thinking skills? What is anti-social behaviour and how does this affect communities? How can we successfully prepare for work experience? What rights and responsibilities do we have in the workplace? Finance, jobs and Salaries. What is money laundering and why are some students taken in by this crime? What are employers looking for in CV's? British Values – how does the criminal justice system work? What is overt and covert racism and why are people still prejudiced? Why do some religious people become terrorists? Why pursue a career in the STEM industries? How do we choose a career that suits our personality, ambition and qualifications? Crime, gangs and County Lines, why do we still need an International Women's Day?

## 1. Health and Wellbeing

How can we manage our time effectively to help us succeed? Can tattoos and piercings be dangerous? Why do some people commit suicide? How can we manage grief and bereavement? How can we manage social anxiety? Why do some people become homeless and why is homelessness on the increase? What are hate crimes and why do these still happen? What is binge drinking, what are the risks and why do people still do it? Study Skills – the power of mind and memory. Social Media and Self-Esteem. Internet Safety – the dangers of excessive screen time How can we take steps to live more sustainably? (carbon footprint)

## 3. Relationships (RSE)

Same sex relationships (LGBT+). What are forced and arranged marriages and what do we need to know? Gender and Trans Identity LGBT+. How can we manage conflict successfully? Why do sexism, gender, prejudice and stereotypes still exist? What is community cohesion and why is this important? (British Values) Revenge Porn – what is this and how can we prevent ourselves from being victims? Do we have healthy or unhealthy relationships with our role models? Harassment and stalking – what are these things and what does the law say about it? Parenting, the different types and styles and looking after a child.

## Progressing into year 11

End of year assessments.



# Year 11-PDEV Curriculum

Curriculum theme:  
*preparing for leaving school.*



## Year 10 Recap

To look at the goals students set in Year 10 and skills they learnt for their resilience.

## 2. Living in the wider world

GCSE Revision and Study Skills Applying to College and University - Independent Living, Internet safety – the Dark Web How is plastic pollution destroying our environment? How can we protect animal rights and aid sustainability? How can trade unions protect our rights at work? What is cybercrime? How can we successfully prepare for a job interview? Globalization – how does this affect us? What is multiculturalism? What is right-wing extremism? Why is Health and Safety at work so important?

## 1. Health and well being

Why is PSHE so important? Risk taking, gambling and online gaming. Perseverance and Procrastination. Privilege – How does this affect us all? Why do we need sleep and how does sleep deprivation affect us? Why is our digital footprint important? How can we celebrate diversity and our identities? What is body positivity and is why is this controversial? (obesity issues) Personal Safety in the Wider World. Fertility and reproductive health issues. First Aid - CPR

## 3. Relationships (RSE)

Bullying – Body Shaming, Relationship Break Ups, what is 'Good Sex'? Why is it essential we know about consent, rape and sexual abuse? How can we make ourselves and other people feel more positive and why is happiness important? Relationship types and sexuality. What is Chem Sex and what do we mean when we talk about safe sex?

## Potential destinations

