



# Personal Development

**KS3**  
Curriculum Details

## Year 7 Content

### Parent / Carer Support

<b>Managing Change</b>	Getting to know people, sleep and relaxation, Careers and your future, financial education, what is community, transition points in your life.	Talk to your child about the changes between primary and secondary school and discuss the other important factors that they will need to begin to consider as they approach adult life.
<b>Puberty and body development</b>	Self-esteem, assertive consent, personal hygiene, FGM, how puberty effects boys, how puberty effects girls.	Reassure your child that you are there to support them through puberty should they have questions. Check they have the products they may need.
<b>Politics, Parliament and me</b>	Why is politics important, how is our country run, elections and campaigning, political debates, parliament, who is our PM.	Discuss your political beliefs with your child.
<b>Staying safe on and off-line</b>	Avoiding gangs, staying safe online, online gaming, vaping, alcohol, smoking and energy drink/ caffeine.	Discuss the dangers with your child.
<b>Celebrating differences</b>	Multicultural Britain, what is your identity, Nature vs Nurture, the equality act, breaking down stereotypes, prejudice and discrimination, challenging Islamophobia.	Discuss ideas with your child.
<b>Friendship, respect and relationships.</b>	Consent and boundaries, respect and relationships, what makes a good friend, being positive, pressure and influence, managing friendships.	Discuss ideas on respectful relationships and friendships with your child.

## Year 8 Content

### Parent / Carer Support

<b>LGBTQ+ explored</b>	What is LGBT? Homophobia and society, supporting those who are LGBT, challenging homophobia, transphobia, coming out.	Be aware we are discussing sensitive issues.
<b>Proud to be me</b>		
<b>Law, Crime and Society</b>	Employability skills, careers interests and jobs, labour market information, self esteem and the media.	Discuss job ideas and talk to talk about your child's plans and ideas for the future.
<b>Identity, relationships and sex.</b>	Building a community, making decisions, criminals, law and society, law making in the UK, prisons, reform and punishments.	Discuss ideas on the law and society.
<b>Physical Health and Mental Well-Being</b>	Healthy relationships, dealing with conflict, sexual orientation, gender identity, what is love, periods and the menstrual cycle.	Talk to your child about healthy and unhealthy relationships.
<b>Dangerous Society on and offline.</b>	Health and well-being, mental health, positive body image, child abuse, types of bullying, healthy eating and cholesterol, stress management.	Promote good health and discuss health with your child.
	County lines – what is it?, who is at risk? Substance misuse, cyber bullying, online grooming, alcohol safety	Discuss the dangers in modern society.



# Personal Development

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## Year 9 Content

## Parent / Carer Support

<b>Managing Change</b>	Conspiracy theories and extremist narratives, extremism, terrorism, radicalisation, counter terrorism, proud to be British, Anti-Semitism.	Discuss ideas with your child. Be aware we are discussing sensitive issues.
<b>Puberty and body development</b>	Self esteem, HBT bullying, dealing with grief and loss, media and air-brushing, cancer prevention and healthy lifestyle.	Be aware we are discussing sensitive issues.
<b>Politics, Parliament and me</b>	Illegal drugs, party drugs, volatile substance abuse, drug classification, cannabis, different types of addiction.	Discuss the dangers with your child
<b>Staying safe on and off-line</b>	From failure to success, first-aid, what is anger, happiness, saving and managing money, employment and financial management, social media and online stress.	Discuss the other important factors that your child will need to begin to consider as they approach adult life.
<b>Celebrating differences</b>	Sexual consent and the law, why have sex, FGM and the law, delaying sexual activity, relationships and partnerships, what are STI's	Discuss ideas on respectful relationships and friendships with your child. Be aware we are discussing sensitive issues.
<b>Friendship, respect and relationships.</b>	Sexual harassment and stalking, HIV and AIDS, contraception, condoms,	Discuss ideas on respectful relationships and friendships with your child. Be aware we are discussing sensitive issues.