

## Subject Area: *Personal Development*

Year	<b>Citizenship and Parliament</b> Knowledge, skills and key concepts	<b>RSE</b> Knowledge, skills and key concepts	<b>Online Safety</b> Knowledge, skills and key concepts	<b>Money Management</b> Knowledge, skills and key concepts
7	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Know the difference between the house of commons and the house of Lords.</li> <li>• Understand the difference between democracy and dictatorship.</li> <li>• Know what a political party is.</li> <li>• Understand how voting works.</li> <li>• Understand the difference between civil and criminal law.</li> <li>• Know some elements of the Equality Act (2010).</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Know what being unique means.</li> <li>• Know what happens in puberty.</li> <li>• Know what personal hygiene is.</li> <li>• Know what body image is.</li> <li>• Know what sexual intercourse.</li> <li>• Know what a healthy relationship is.</li> <li>• Know how the digital world can impact on us.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Understand some of the challenges on social media.</li> <li>• Understand how to seek help if bullied online.</li> <li>• Understand the difference between a bystander and an upstander.</li> <li>• Have a grasp of what in means to be groomed.</li> <li>• Understand how to change privacy settings.</li> <li>• Know what online reputation means.</li> <li>• Know some careers in online safety.</li> <li>• Be able to respond appropriately to related scenarios.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Understand the difference between wants and needs.</li> <li>• Understand the difference between credit and debt.</li> <li>• Have a basic knowledge of what a pension is.</li> <li>• Understand how to do basic budgeting.</li> </ul>

Year	<b>Drugs and alcohol awareness</b> Knowledge, skills and key concepts	<b>Mindfulness</b> Knowledge, skills and key concepts	<b>Online Safety 2</b> Knowledge, skills and key concepts	<b>RSE</b> Knowledge, skills and key concepts
<p><b>8</b></p>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Know that alcohol is a drug.</li> <li>• Know how alcohol can affect you.</li> <li>• Know why people choose to drink alcohol.</li> <li>• Know some units of alcohol.</li> <li>• Know some risks associated with alcohol abuse.</li> <li>• Know how to manage the risks while drinking and what to do in an emergency.</li> <li>• Know how to say no.</li> <li>• Know some risks around cannabis.</li> <li>• Understand some of the laws around drugs and possession and supplying.</li> <li>• Know some different types of drugs.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Know what mindfulness is and how it can benefit us.</li> <li>• Understand what stress is and how our body responds.</li> <li>• Be able to take part in practicing some techniques for mindfulness.</li> <li>• Understand what emotions are and how we can manage them.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Review and build on knowledge of privacy settings.</li> <li>• Understand what a fake website is and understand some methods to spot this.</li> <li>• Understand what digital consent is.</li> <li>• Understand what sexting is and the dangers of this.</li> <li>• Understand how notifications can keep us online.</li> <li>• Understand some harmful language used in gaming including misogyny, homophobia, racism and terrorism.</li> <li>• Understand the term mob mentality.</li> <li>• Understand hoaxes and challenges and the dangers surrounding them.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Know what gender means.</li> <li>• Know what gender stereotypes, gender identity and gender dysphoria are.</li> <li>• Know what sexual attraction is.</li> <li>• Know what happens from conception to birth.</li> <li>• Know what the protected characteristics are.</li> <li>• Know some choices around pregnancy.</li> <li>• Know what a digital footprint is.</li> <li>• Understand what pornography is and online exploitation.</li> </ul>

Year	<b>Character Education and Growth Mindset</b> Knowledge, skills and key concepts	<b>Mental Health Awareness</b> Knowledge, skills and key concepts	<b>Nutrition and Body Image</b> Knowledge, skills and key concepts	<b>RSE</b> Knowledge, skills and key concepts
<p><b>9</b></p>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Understand what growth mindset is.</li> <li>• Understand what character traits are.</li> <li>• Understand what resilience is.</li> <li>• Understand what margin gains means.</li> <li>• Understand what SMART targets are.</li> <li>• Know how to set goals.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Know what emotional health is.</li> <li>• Understand the difference between feeling low and being depressed.</li> <li>• Know what OCD means.</li> <li>• Know how mental health moves on a spectrum.</li> <li>• Know some of the stigmas surrounding mental health.</li> <li>• Know where to find support for mental health.</li> <li>• Understand some strategies to manage mental health.</li> <li>• Understand what suicide is.</li> <li>• Know some facts and myths around suicide.</li> <li>• Know where to find support for suicide.</li> <li>• Understand the 5 ways to wellbeing and how to use them.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Understand what body image is.</li> <li>• Understand how the media plays a part in influencing us about body image.</li> <li>• Know what an eating disorder is.</li> <li>• Know where to find support for eating disorders.</li> <li>• Understand the difference between healthy and unhealthy body image.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Know the catholic teachings around sex and marriage.</li> <li>• Understand the terms of sexual desire, casual sex, masturbation and pornography.</li> <li>• Know the difference between love and lust.</li> <li>• Understand the methods of managing conception and fertility, including the catholic viewpoint.</li> <li>• Know what marriage is and how Catholics view it.</li> <li>• Understand the word consent and what it means relating to sex.</li> </ul>

Year	<b>CEIAG</b> Knowledge, skills and key concepts	<b>Citizenship</b> Knowledge, skills and key concepts	<b>Money Management</b> Knowledge, skills and key concepts	<b>RSE</b> Knowledge, skills and key concepts
<b>10</b>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Know how to log on to Unifrog.</li> <li>• Know how to access the Careers library.</li> <li>• Know the pathways for selected careers.</li> <li>• Know what the term LMI means.</li> <li>• Know what should be included in a CV and a letter of application.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Know what the House of Commons, House of Lords and the Monchy are.</li> <li>• Know how voting works.</li> <li>• Know how a debate works.</li> <li>• Know what the Commonwealth and the EU are.</li> <li>• Know what human rights means and some of the human rights.</li> <li>• Know what far-right means.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Know some concepts of how to manage a budget for a household.</li> <li>• Know some of the reasons for borrowing money.</li> <li>• Know some considerations for choosing a bank account.</li> <li>• Know some of the deductions you will have on a payslip.</li> <li>• Know what a pension is.</li> <li>• Know what a student loan is.</li> <li>• Know what insurance is.</li> <li>• Know what digital money is.</li> </ul>	<p><b>At the end of this scheme of learning, students will know / understand / be able to:</b></p> <ul style="list-style-type: none"> <li>• Understand what virginity is and the different viewpoints of sex and responsibility.</li> <li>• Understand what we mean by sexual control and body image.</li> <li>• Understand what core values are.</li> <li>• Know some of the challenges of parenthood.</li> <li>• Know different viewpoints of abortion.</li> <li>• Know what is meant by entrapment, manipulation, sexual grooming, cyberbullying and pornography.</li> <li>• Know what is meant by an unhealthy relationship.</li> </ul>