

Curriculum Intent Statements

Faculty	Personal Development
Subject	Personal Development Curriculum (PDC)
<p>Our students have a timetabled weekly Personal Development Curriculum (PDC) lesson, which is delivered by their form tutor. PDC curriculum is an umbrella curriculum that is an integral part of students' life-long learning. The curriculum aims to:</p> <ul style="list-style-type: none"> • Help students communicate and empathise with others • Develop students' awareness of the world they thrive in • Promote citizenship and help students understand situations they may see, hear, or experience • Teach students importance of healthy lifestyles • Raise aspirations, preparing students for their future and helping them develop skills and qualifications • Foster students to make appropriate choices in life in and beyond school <p>We cover PSHE, SMSC, SEMH, Safeguarding, Relationships and Sex Education, Citizenship, Careers, Academy and British Values, Character Development, Healthy Lifestyles, and Study Skills. Each year group cover topics that are timely and age appropriate. These include:</p> <p>Year 7:</p> <ul style="list-style-type: none"> • Transition & Safety: looking specifically at adapting to a new school, how to stay safe in the local and first aid. • Health & Puberty: exploring the changes that happen during puberty, unwanted attention and introducing FGM. • Diversity: exploring prejudice and bullying. • Building Relationships: understanding self-worth, and different forms of relationships. • Developing Skills & Aspirations: exploring teamwork, enterprise skills and aspirations for the future. • Financial Decision Making: looking more closely at how to save and borrow money, alongside budgeting. <p>Year 8</p> <ul style="list-style-type: none"> • Drugs & Alcohol: looking at the misuse of drugs and alcohol and how to avoid pressure relating to these topics. • Emotional Wellbeing: exploring mental health, body image and how to overcome difficulties. • Discrimination: understanding the different forms of discrimination. • Identity & Relationships: exploring gender identity and sexual orientation, and also the importance of consent and sexting. • Community & Careers: looking at the importance of equal opportunities and careers. • Digital Literacy: exploring online safety. <p>Year 9</p> <ul style="list-style-type: none"> • Peer Influences: exploring healthy relationships, gangs, and exploitation. • Healthy Lifestyle: understanding how to stay healthy both mentally & physically. • Respectful relationships: learning how to overcome conflict and relationship changes. • Intimate Relationships: understanding how to stay safe within an intimate relationship. 	

- Setting Goals: making future study choices and aspiring high
- Employability Skills: exploring what skills are sought after by employers

Year 10

- Mental Health: Exploring the stigma related to the mental health and where to go for additional support.
- Exploring Influence: looking at the influence and impact of drugs, gangs, role models and the media.
- Healthy Relationships: looking at what makes a healthy relationship.
- Addressing Extremism & Radicalisation: what extremism and radicalisation is and where to seek support.
- Financial Decision Making: looking at the impact of financial decisions.
- Work Experience: enquiring, applying, interviewing, working, and reflecting.

Year 11

- Building for the Future: looking at managing stress levels and opportunities available to students.
- Independence: developing and using initiative
- Communication in Relationships: looking at the challenges with relationships.
- Families: beginning to look at family responsibilities, pregnancy, relationships, and marriage.
- Next Steps in Education: post-16 application process

Within our Safeguarding curriculum we cover the following key areas, these are covered via assemblies, PDC Lessons or smaller focus groups:

- Mental Health
- Kinfe Crime
- Peer on Peer Sexual Abuse
- Sexual Harassment & Sexual Violence
- Keeping Safe in the Community
- Gangs & County Lines
- It's Not OK
- Online and Offline Risks to Wellbeing
- Radicalisation & Extremism
- Let's Talk about it
- Equality
- Sexting
- Child Sexual Exploitation, Grooming and Consent
- Prescription & Over the Counter Drugs
- Drugs Awareness
- Trafficking
- Domestic Violence
- Think you Know
- Honour Based Violence
- Child Criminal Exploitation
- Forced Marriage
- Cuckooing / Traphouse
- FGM
- Family Issues / Domestic Abuse

- Inappropriate use of social media
- E-Safety
- Anti-Bulling
- Sexual Abuse

Students have access to high quality careers education, guidance, and information. This includes information about further education, support with interview and applications. PDC is a subject through which pupils develop knowledge, skills, and attributes they need to keep themselves healthy, safe, and prepare for life and work in modern Britain. We are proud of our provisions as students cherish the support, they receive in shaping their bright futures.

Curriculum Time / Week for PDC	Year 7	Year 8	Year 9	Year 10	Year 11
	1	1	1	1	1
Useful Learning Resources	https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs https://www.sexeducationforum.org.uk/resources/frequently-asked-questions https://www.sexualhealthtayside.org/courses/unit-3-stages-of-development-and-answering-questions-adolescence/ https://www.outspokeneducation.com/ https://www.brook.org.uk/				
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