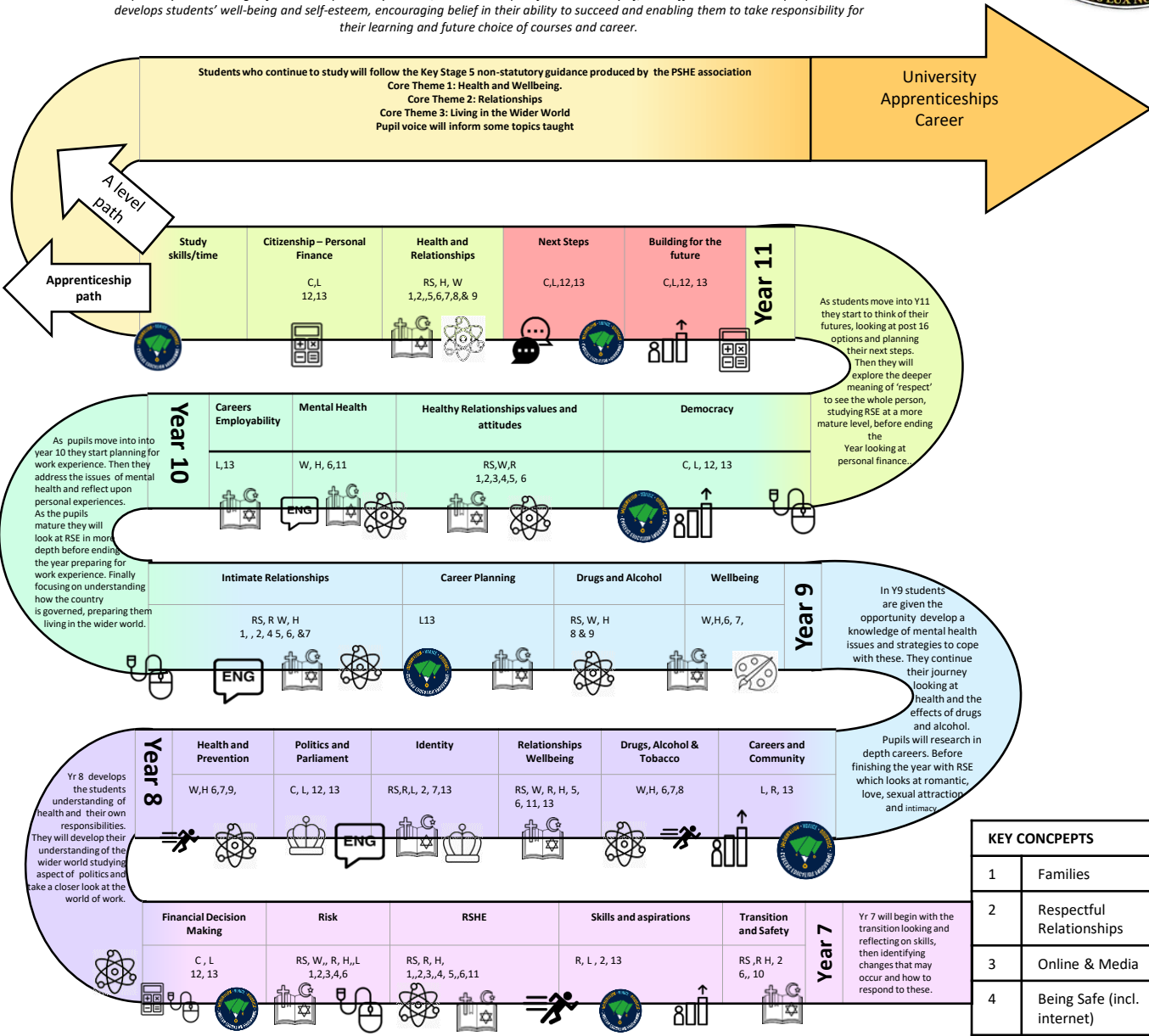


# Personal Development Learning Journey

Personal Development Education encompasses Personal, Social, Health Education (PSHE), Relationship and Sex Education, Citizenship, IAG (Information, Advice and Guidance) and Careers.



P.D.E. gives students opportunities to reflect on their experiences and how they are developing. It helps them to understand and manage responsibly a wider range of relationships as they mature, and show respect for the diversity of, and differences between people. It also develops students' well-being and self-esteem, encouraging belief in their ability to succeed and enabling them to take responsibility for their learning and future choice of courses and career.



| KEY CONCEPTS |                                 |
|--------------|---------------------------------|
| 1            | Families                        |
| 2            | Respectful Relationships        |
| 3            | Online & Media                  |
| 4            | Being Safe (incl. internet)     |
| 5            | Intimate & Sexual Relationships |
| 6            | Mental Wellbeing                |
| 7            | Physical Health & Wellbeing     |
| 8            | Drugs, Alcohol & Tobacco        |
| 9            | Health & Prevention             |
| 10           | Basic First Aid                 |
| 11           | Changing Adolescent Body        |
| 12           | Citizenship                     |
| 13           | Living in Wider World           |

| Curriculum Links |           |  |         |
|------------------|-----------|--|---------|
|                  | Maths     |  | MFL     |
|                  | English   |  | IT      |
|                  | P.E       |  | RE      |
|                  | Geography |  | Careers |
|                  | Art/DT    |  | History |
|                  | Music     |  | Science |

| NATIONAL CURRICULUM CONTENT |                                    |
|-----------------------------|------------------------------------|
| RS                          | Relationship and Sex Education     |
| W                           | Physical Health & Mental Wellbeing |
| C                           | Citizenship                        |
| H                           | PSHE – Health & Wellbeing          |
| R                           | PSHE- Relationships                |
| L                           | PSHE – Living in the Wider World   |

# Personal Development Education



## PDE Journey

The Personal Development Education curriculum at St. Aidan's encompasses Personal, Social, Health Education (PSHE), Relationship and Sex Education, Citizenship, IAG (Information, Advice and Guidance) and Careers. P.D.E. gives students opportunities to reflect on their experiences and how they are developing. It helps them to understand and manage responsibly a wider range of relationships as they mature, and show respect for the diversity of, and differences between people. It aims to develop students' well-being and self-esteem, encouraging belief in their ability to succeed and enabling them to take responsibility for their learning and future choice of courses and career. PDE helps pupils to develop the knowledge, skills and attributes they need to manage life's challenges and make the most of life's opportunities. Citizenship is more than a subject. Its skills and values enhance democratic life for all of us, both rights and responsibilities, beginning in school and radiating out. A high-quality citizenship education helps to provide pupils with knowledge, skills and understanding to prepare them to play a full and active part in society. In particular, citizenship education should foster pupils' keen awareness and understanding of democracy, government and how laws are made and upheld. Teaching should equip pupils with the skills and knowledge to explore political and social issues critically, to weigh evidence, debate and make reasoned arguments. It should also prepare pupils to take their place in society as responsible citizens, manage their money well and make sound financial decisions.

In **Year 7** students begin with transition looking and reflecting on their skills, then identifying changes that may occur and how to respond to these. Basic First aid is introduced and how to carry out CPR. The students will look at their behaviour and how to manage risks. Then move onto Relationship and Sex education looking at a variety of topics including puberty, relationships, family, as well as looking at the types and roles of families. Finally the students will develop their understanding of financial decision making.

In **Year 8** the curriculum develops the students understanding of health and their own responsibilities. The pupils look at Citizenship education focusing on the importance of how our country is run. As with year group the pupils will work on a RSE module before revisiting and extending their knowledge and understanding of the impacts of drugs and alcohol.

In **Year 9** students are given the opportunity develop a knowledge of mental health issues and strategies to cope with these. Citizenship will be taught studying laws and the justice system. Students will research and learn about career pathways. Before moving on to RSE which looks at romantic, love, sexual attraction and intimacy, the lessons are age appropriate have been developed for the level of maturity expected at this age. They end the year deepening their knowledge of careers education.

In **Year 10** students will address the issues of mental health and reflect upon personal experiences. As they move further into term they will focus their understanding how the country is governed, preparing them living in the wider world. As the student mature they will look at RSE in more depth building on the knowledge from year 9. Finally they plan for work experience.

In **Year 11** students start to think of their futures, looking at post 16 options and planning their next steps. They prepare for guidance interviews. As the curriculum develop students learn about personal finances, again preparing them for living in the wider world. Then they will explore the deeper meaning of 'respect' to see the whole person, studying RSE at a more mature level.

In **Year 12 and 13** students will follow PSHE association guidance for sixth form. RSE lessons as a module during General RE. Pupils are given an opportunity to identify their knowledge gaps for PSHE and topics are delivered during dedicated lessons. Topics such as Public Sexual Harassment, recognising abuse, spiking and the link to sexual assault, consent, pregnancy and parenthood and STI's have been identified. Some topics will be covered via assembly. Year 13 concentrates mainly on preparing for university or their next steps so is careers based.

P.D.E. is a very dynamic subject and is evolving and adapting all of the time to the changing demands of the curriculum and needs of the students. There will be times when lessons may change focus to address need or when opportunities from outside agencies arise. There is evidence to show that PSHE education can address teenage pregnancy, substance misuse, unhealthy eating, lack of physical activity, emotional health and other key issues. An effective PSHE programme can also tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged pupils.