



Personal Development Overview Year 9

To enable you to support and consolidate your child's learning and continue these vital conversations at home, please see the overview below.

AUTUMN HALF TERM 1 :	
Introduction to Personal Development	This introductory lessons focuses on understanding Personal Development and its importance. Within this introductory lesson the class with teacher support will establish the ground rules for Personal Development lessons considering that sensitive topics will be addressed. This lesson briefly introduces British Values and Protected Characteristics. Safeguarding and Support at SARCHS are too addressed.
Introduction to gangs	This lesson will explore the distinction between healthy relationships and those that exhibit unhealthy characteristics which may signify they are part of gang activity. It will also explore why people join a gang so as to dispel the myths associated with this.
Risks of a gang	This lesson explores the risks and consequences of gang related behaviours. It also considers the pressures and manipulation techniques used on young people to join a gang and how they can resist these.
Leaving a gang	This lesson concludes learning about gangs by exploring exit strategies and support systems for those people who have concerns about gang activity.
Knife Crime	This lesson been designed to help reduce knife crime by equipping teachers to challenge the myths and communicate the realities of carrying a knife among young people. The lesson plans use the Home Office's #knifefree campaign as stimulus for discussion. Whilst it is important to raise the issue of knife crime with some communities, it is also important to emphasise that the vast majority of young people in this age range (99% of 10 - 29 year olds) do not carry a knife and this campaign focuses on celebrating those young people who, through their experiences, have chosen to live knife free.
Exploring attitudes/Drugs the Law and Managing Risk	This is the first of two lessons for year 9 focusing on the risks and consequences of drug use. This lesson will allow you to gain a clear picture of students' current understanding of drugs, explores attitudes towards their use and clarifies perceptions regarding the prevalence of drug use. The second part of the lesson focuses on the risks and consequences of drug use, teaching students about the law in relation to drugs, the legal consequences of possessing or supplying drugs and how police officers enforce these laws in practice.
Drugs and their effects- Alcohol, Cannabis and Managing Influence	This is the final lesson focusing on the risks and consequences of drug use. This lesson explores the effects of different patterns of alcohol use, in addition to the health risks associated with alcohol and cannabis

AUTUMN HALF TERM 2 :	
Drugs and their effects- Alcohol, Cannabis and Managing Influence(lesson rolled over from Autumn 1)	This is the final lesson focusing on the risks and consequences of drug use. This lesson explores the effects of different patterns of alcohol use, in addition to the health risks associated with alcohol and cannabis.
Healthy Relationships	This lessons focus on healthy respectful relationships, addressing 'healthy' and 'unhealthy,' factors. The lesson concludes with addressing where pupils can access support.
Bullying	This lesson coincides with Anti Bullying week, with this year's theme entitled 'Make a noise about bullying.' The particular focus this year is on understanding the difference between 'banter', 'arguments' and 'bullying'.
Stereotypes & the media	This lesson analyses how young people and their relationships are portrayed through the media, including the increased sexualisation of media content, and the impact this can have on expectations and stereotypes relating to gender and relationships.
Online Relationships	This lesson explores how young people can access help to keep themselves, and their personal information safe whilst online, particularly when developing relationships through social media, including gaming platforms.
Sexual harassment	This lesson continues to focusing on empowering and supporting young people as they develop relationships. This lesson explores the concerns raised by harmful sexual behaviours in all its forms, including sexual harassment. It empowers young people with ways to manage, and speak up about these behaviours, including seeking help.
Consent	This lesson focuses on issues relating to consent within relationships and equips pupils with the knowledge and skills to recognise unhealthy behaviour and speak up if they have concerns about a relationship.
Sharing Nudes	This lesson explores the impact of non-consensual image sharing (including the non-consensual passing on of images that were initially shared consensually, and the sending of unwanted images) and supports young people to manage requests to share explicit images.

SPRING HALF TERM 1 :	
Exploring job Sectors	This lesson focuses on the various jobs sectors and the skills needed for the world of work. Within this lesson pupils will explore the core transferable skills and be able to identify this in relation to specific job roles. Pupils will complete a research task for homework looking at a chosen job role.
Recognising and building personal skills	This lesson concentrates on the top personal skills that employers are looking for. The activities within the lesson will encourage pupils to recognise their own abilities in these areas. Pupils will get the opportunity to explain how they demonstrate these skills and plan how they may use them differently in a variety of work situations.
Growth Mindset	This lesson addresses what a growth mindset is and how this can successfully help them navigate their studies and the changing world of work. Pupils will complete a combination of self-reflection activities and case studies to understand what a growth mindset is. Pupils will learn about the different

<p>Aiming High –Proactivity</p>	<p>attitudes to learning and some simple strategies to manage failure and improve resilience.</p> <p>Lesson 4 focuses on recognising the importance of aiming high, identifying opportunities to be proactive and reaching their future goals. Pupils will address how they can identify opportunities to aim high in their everyday lives. They will understand the differences between being proactive and reactive and understand how being proactive can support them aiming high and achieving their goals.</p>
<p>Setting goals</p>	<p>The final lesson for this term will focus on pupils setting themselves achievable goals to work towards. This will involve short and long term goals. It will include group discussions, SMART targets and motivational techniques. It will conclude with how developing the right attitude can help reach goals, this will be linked to progressing to year 10 and option choices.</p>

<p>SPRING HALF TERM 2 :</p>	
<p>Healthy Eating and Food Choices</p>	<p>This is the first of two Health Education lessons, exploring food choices, physical activity and balanced lifestyles. In this lesson, pupils will explore what influences diet and exercise choices and how to discern between reliable and less reliable health information.</p>
<p>Physical Activity</p>	<p>This is the second of two Health Education lessons, exploring food choices, physical activity and balanced lifestyles. In this lesson pupils will learn why health-related decisions might vary from person to person, and about barriers to making healthier choices and strategies for overcoming these.</p>
<p>Sleep</p>	<p>This lesson explores the importance of good quality sleep — addressing the impact on health and wellbeing. Pupils will explore healthy sleep patterns and identify factors which can reduce sleep quality.</p>
<p>FGM</p>	<p>The lesson explains what Female Genital Mutilation (FGM) is, the law in relation to FGM and supports development of protective factors that will support young people to speak up, seek help and report if they or others are at risk, or have experienced FGM.</p>
<p>Breast Cancer Awareness</p>	<p>This lesson introduces the topic of cancer. Pupils will explore breast cancer, distinguishing between facts and myths.</p>
<p>Testicular Cancer Awareness</p>	<p>This lesson looks at some general facts and figures around male health, and introduces testicular cancer as the most commonly-diagnosed cancer affecting boys and men aged 15-40. It encourages students to challenge preconceptions about male health, and gives guidance for boys on self-examination.</p>