



Personal Development 2024
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 : PEER INFLUENCES, SUBSTANCE USE AND GANGS	
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 : RESPECTFUL RELIOSHIPS

An additional lesson was added to autumn 1 to address the UK Riots.

Drugs and their effects- Alcohol, Cannabis and Managing Influence	<p>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.</p>
Healthy Relationships	<p>This lessons focus on healthy respectful relationships, addressing 'healthy' and 'unhealthy,' factors. The lesson concludes with addressing where pupils can access support.</p>
Anti-Bullying –Theme for 2024 – Choose Respect	<p>This Anti-Bullying Week pupils will explore and define the concept of respect, including its importance in maintaining positive relationships, how it interlinks with bullying, and how it influences interactions, particularly when disagreements occur. Pupils will identify and practice strategies for managing conflicts and disagreements respectfully, emphasising how to avoid bullying behaviours and maintain constructive communication. Pupils will learn how to recognise and address disrespectful behaviour, including how to support others who are being disrespected, and promote a culture of respect in various settings, including online and in person interactions.</p>
Online Relationships	<p>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.</p>
Sexual harassment	<p>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.</p>
Consent	<p>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.</p>
Remaining lessons	<p>Time allocated to catch up lessons from Autumn 1 and 2,</p>