



Personal Development Overview Year 10

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	<p>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.</p>
Babies Cinema in Education	<p>This cinema-in-education session is based on the film Babies which is told in two parts. Annie is 17. She has the world at her feet. Then she discovers that she is unexpectedly pregnant. Joe is 18. He says that she “doesn’t have to stay pregnant” – it’s her choice. As Annie and Joe face their parents with the situation, they receive unexpected reactions, changing their lives and view of the world forever.</p> <p>Babies covers a wide range of theme dealing with teenage pregnancy, abortion, parenthood, relationship, marriage, family life, love and responsibility. It enable young people to understand delicate issues with their hearts and minds.</p>
Responding to an unexpected Pregnancy	<p>This follow up lesson to the cinema-in-education session, “Babies”, helps pupils to expand their knowledge of how to respond to an unexpected pregnancy and to deepen their understanding about the importance of protecting life before birth.</p>
Safe sex or Save Sex	<p>This lesson explores one aspect of the story of “Babies” – the topic of “safe sex”. It helps pupils differentiate between facts and myths about “safe sex” and to understand some of the virtues of “saving sex”. It includes clips from the film “Babies” and a filmed interview with a young woman who came to the decision to keep sexual relations within marriage.</p>

AUTUMN HALF TERM 2 :	
Introduction to Personal Development	<p>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.</p>
Babies Cinema in Education	<p>This cinema-in-education session is based on the film Babies which is told in two parts. Annie is 17. She has the world at her feet. Then she discovers that she is unexpectedly pregnant. Joe is 18. He says that she “doesn’t have to stay pregnant” – it’s her choice. As Annie and Joe face their parents with the</p>

<p>Responding to an unexpected Pregnancy</p>	<p>situation, they receive unexpected reactions, changing their lives and view of the world forever. Babies covers a wide range of theme dealing with teenage pregnancy, abortion, parenthood, relationship, marriage, family life, love and responsibility. It enable young people to understand delicate issues with their hearts and minds.</p> <p>This follow up lesson to the cinema-in-education session, “Babies”, helps pupils to expand their knowledge of how to respond to an unexpected pregnancy and to deepen their understanding about the importance of protecting life before birth.</p>
<p>Safe sex or Save Sex</p>	<p>This lesson explores one aspect of the story of “Babies” – the topic of “safe sex”. It helps pupils differentiate between facts and myths about “safe sex” and to understand some of the virtues of “saving sex”. It includes clips from the film “Babies” and a filmed interview with a young woman who came to the decision to keep sexual relations within marriage.</p>

AUTUMN HALF TERM 2 :	
<p>Safe sex or Save Sex (rolled over for Autumn -term 1)</p>	<p>This lesson explores one aspect of the story of “Babies” – the topic of “safe sex”. It helps pupils differentiate between facts and myths about “safe sex” and to understand some of the virtues of “saving sex”. It includes clips from the film “Babies” and a filmed interview with a young woman who came to the decision to keep sexual relations within marriage.</p>
<p>Bullying</p>	<p>This lesson coincides with Anti Bullying week, with this year’s theme entitled ‘Make a noise about bullying.’ The particular this year is focused on understanding the difference between ‘banter’, ‘arguments’ and ‘bullying.’</p>
<p>Something’s not right</p>	<p>This lesson plan is part of a campaign from the Home Office, ‘Something’s Not Right’, which is aimed at children and young people who have experienced harm, including sexual and physical abuse. This lesson is designed to empower all students with the knowledge, skills and confidence they need to report concerns about themselves or someone they know, to trusted adults or other appropriate sources of support.</p>
<p>Consent</p>	<p>This lesson explores the role of intimacy and pleasure in consensual relationships/consent, and what ‘readiness’ for sexual intimacy means, for an individual and a couple.</p>

SPRING HALF TERM 1 :	
<p>Barclay Lifeskills - Understanding and Managing debt</p>	<p>This lesson focuses on helping pupils developing financial understanding and skills, for their future, prepare them for the world of work, and keep up to date with modern financial changes. In particular this lesson tasks pupils with becoming money mentors for a series of characters, to understand financial terminology and learn ways to save, manage debt and borrowing money safely.</p>
<p>Barclay Lifeskills- Money and work</p>	<p>This lesson focussed continues with supporting the development of financial understanding. This lesson encourages pupils to become familiar with reading a payslip and calculate pay, explore loans and pensions, and identify employee benefits beyond a salary.</p>

Barclay Lifeskills-Financial Risk and Security	This final lesson allows pupils to compare risk in different situations and demonstrate how insurance can provide protection against some financial risks.
---	--

SPRING HALF TERM 2 :	
Substance Use and Assessing Risk	This is the first of three lessons for key stage 4 focusing on how to identify and assess the risks and potential consequences of substance use, building on the key stage 3 lessons. This lesson considers the effects of alcohol and other drug choices on personal safety.
Substance Use and Managing Influence	This is the second of three lessons for key stage 4 focusing on how to identify and assess the risks and potential consequences of substance use. This lesson considers how different sources of influence affect decision-making; strategies to manage peer influence; and ways to act as a positive influence on peers.
Help Seeking and Sources of Support	This is the last of three lessons for key stage 4 focusing on how to seek help and support in relation to drug and alcohol use. This lesson explores the journey of a drug to understand the wider consequences of drug use, strategies for seeking help regarding substance use and addresses any potential barriers to doing so.

	Lesson 1-
	Lesson 2 –
	Lesson 3 –