Personal Development

Curriculum Intention: Personal Development

At St Augustine's, our Personal Development curriculum is designed to empower students to become confident, responsible, and well-rounded individuals who are prepared for the challenges of the wider world. We aim to nurture pupils' character, resilience, and wellbeing, ensuring they develop the knowledge, skills, and attributes they need to thrive personally and socially.

Through a carefully structured curriculum that includes PSHE, RSE, careers education, enrichment activities, and cross-curricular links, we ensure that personal development is a core part of the student experience at every stage of their journey with us.

Curriculum Leader Personal Development: Mrs S Lambert

If you have any questions or concerns regarding personal development, please feel free to contact our Personal Development Lead, Mrs S Lambert, via the school office 01254 823362 or by email at lamberts@sarchs.romerocat.com

RSE: Right to Withdraw

As part of our curriculum, in year 9 we will soon be delivering Relationships and Sex Education (RSE) lessons in accordance with the statutory guidance from the Department for Education. These lessons are designed to support the emotional, social, and physical development of our pupils and are delivered in an age-appropriate and sensitive manner.

We want to ensure you are fully informed about what your child will be learning and of your rights regarding their participation. Under the current guidance:

- **Relationships and Sex Education (RSE)** is statutory in all secondary schools.
- **Parents have the right to withdraw their child from the *sex education* elements of RSE that go beyond the national science curriculum**. There is no right to withdraw from Relationships Education or Health Education.

If you wish to withdraw your child please submit a written request addressed to the Headteacher, Mrs Hunt.

Overview Autumn Term 1 – 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.
Pol Ed – County Lines	Students will build resilience to becoming involved in county lines by learning the warning signs and being able to consider the risks involved. During the session, learners will learn what is meant by county lines, learn how gangs recruit for county lines, consider the impact of county lines and who can offer support and demonstrate skills of resilience and understanding risk.
Illegal Drugs	In this lesson, students will explore the topic of **illegal drugs**, including what they are, why they are illegal, and the potential **health, legal, and social risks** associated with their use. Students will be introduced to common illegal substances such as cannabis, ecstasy, cocaine, and heroin. Through discussion, video clips, and case studies, students will consider how drug use can affect individuals, families, and communities.

Overview Autumn Term 2 – 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 2 :	
Ten Ten – Love, Honour and Cherish	Using the Ten Ten programme, students will explore the meaning of healthy, respectful and committed relationships. They will discuss the values of love, trust, respect and commitment, and consider how these qualities help to build positive and lasting relationships.
Power for Good – Antibullying	Every year, bullying impacts the lives of countless young people and silence helps it grow. That's why, this Anti-Bullying Week, we're empowering young people to use their Power for Good to safely speak up and raise awareness when they see bullying, face to face or online. Lasting change needs all of us. From playgrounds to parliament, our homes to our phones — we all have a part to play. Together, we can use our Power for Good to end bullying — for good.
Healthy Relationships	In this lesson, students will explore what makes a **healthy relationship**, including friendships, family dynamics, and romantic relationships. They will learn about the importance of **mutual respect, trust, honesty, and communication**, as well as how to set and respect personal **boundaries**.
Unhealthy & Abusive Relationships	In this lesson, students will explore the difference between **healthy**, **unhealthy**, and **abusive** relationships. The focus will be on helping students understand the **warning signs** of emotional, physical, and controlling behaviours that can occur in friendships, family relationships, or romantic partnerships.
Conflict in Relationships	In this lesson, Year 9 students will explore how to manage conflict in relationships through the lens of **forgiveness**, rooted in the Catholic Social Teaching principle of **Solidarity**. Students will be encouraged to reflect on the meaning of forgiveness in their own lives and consider how it can strengthen relationships, promote healing, and uphold the dignity of others.
Sex and Consent Online	In this important lesson, students will explore the sensitive but essential topic of **online safety, consent, and the sharing of sexual content**, with a strong emphasis on the **Catholic Social Teaching principle of Human Dignity**. The session aims to equip students with the knowledge and confidence to make safe, respectful, and responsible choices in the digital world.
Consent	This lesson helps pupils understand the concept of **consent** and its importance in all types of relationships — including friendships, family relationships, and romantic situations. The session is designed to promote respect, empathy, and personal safety, while supporting students to make informed and responsible choices. Pupils will explore what consent means, how to recognise when it is or isn't given, and how to communicate boundaries clearly and respectfully.

Overview Spring Term 1 – 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.

SPRING TERM 1 :	
Smokefree **Smoking and Vaping**	This session features an external visitor from **NHS Smokefree**, who will speak to students about the health risks and realities of smoking and vaping. The visitor provides expert, up-to-date information on how nicotine affects the body, why young people are particularly vulnerable to addiction, and the long-term impact these habits can have on physical and mental health. Students also learn about the misleading nature of some vaping products and advertising, as well as common myths surrounding "harmless" or "social" use. This Year 9 lesson on the dangers of smoking and vaping helps students understand the health risks and long-term consequences associated with nicotine use. Students learn how smoking and vaping can affect the lungs, heart, and brain, as well as the impact of addictive chemicals that can make these habits hard to quit. The lesson also explores the tactics used in advertising and social media to make vaping appear harmless, alongside the reality of emerging health concerns and the risks of experimenting at a young age. Students are encouraged to think critically about peer pressure, make informed decisions, and understand where to seek support if they or someone they know is struggling with nicotine use.
Misogyny, respect and everyday choices.	Students will explore the meaning of misogyny and how harmful attitudes and behaviours can affect individuals and society. Through discussion and real-life scenarios, they will consider the importance of respect, equality and challenging stereotypes, while reflecting on how everyday choices can help create positive and inclusive relationships.
Dangers of AI	This Year 9 lesson on the dangers of AI helps students understand how artificial intelligence affects their daily lives and why it's important to use it responsibly and safely. Students learn about common risks associated with AI, including misinformation, deepfakes, online privacy concerns, bias in algorithms, and the impact AI can have on decision-making. The lesson also explores how AI tools collect and use data, why critical thinking is essential when interacting with AI-generated content, and how to recognise when technology might be misleading or unsafe.
Introduction to Gambling	This Year 9 lesson introduces students to the risks and realities of gambling in a clear, age-appropriate, and protective way. Students learn what gambling is, how it appears in everyday life (including online gaming features, sports betting, and advertising), and why young people can be particularly vulnerable. The lesson explores how gambling can affect decision-making, mental health, friendships, and finances, and highlights how small, seemingly harmless behaviours can lead to bigger risks over time.
Mental Health	This lesson, taught during Children's Mental Health Week, helps students understand the importance of checking in with themselves and others using the theme **"How Are You? – Mental Health Should Be in All Our Minds."** Using the online theatre production *How Are You?*, students explore common challenges young people may face, including changes in friendships, pressure from schoolwork and exams, family tensions, and feelings of anxiety.

Overview Spring Term 2 – 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.

SPRING TERM 1 :	
Health Services	In this Year 9 Personal Development lesson, students learn about the different health services available to support physical and mental wellbeing. The lesson aimed to help students become more informed, confident, and responsible in understanding how and when to access appropriate support. The lesson encouraged students to develop independence and confidence in managing their own health while reinforcing the importance of trusted adults and professional support.
Balanced Diet	In this Year 9 Personal Development lesson, students learned about healthy eating and how nutrition supports both physical and mental wellbeing. The lesson aimed to help students develop the knowledge and skills needed to make informed food choices as they become more independent. The lesson encouraged students to reflect on their own eating habits in a non-judgemental way and to understand that healthy eating is about balance rather than restriction. Emphasis was placed on developing lifelong habits and understanding how nutrition links to overall wellbeing.
Exercise	In this Year 9 Personal Development lesson, students learned about the importance of regular exercise and physical activity for both physical and mental wellbeing. The lesson focused on helping students understand how staying active supports a healthy lifestyle as they become more independent. The lesson encouraged students to think positively about movement and to recognise that exercise does not have to be competitive or intense to be beneficial. Emphasis was placed on balance, enjoyment, and making realistic choices that can be sustained over time.
Asphyxiation	In this Year 9 Personal Development lesson, delivered as part of the Pol-Ed programme, students learned about the risks and dangers associated with asphyxiation. The lesson focused on safety, awareness, and informed decision-making. The lesson was delivered in an age-appropriate and responsible manner, with a strong emphasis on prevention and personal safety. Students were not encouraged to discuss personal experiences and were reminded that support is available from trusted adults in school and at home.
FGM	In this Year 9 Personal Development lesson, students learned about Female Genital Mutilation (FGM), including the risks, legal context, and ways to seek support. The lesson aimed to inform students, raise awareness, and promote safety and wellbeing. The lesson was delivered in an age-appropriate and sensitive way, providing a safe space for questions without encouraging disclosure of personal experiences. Students were reminded that support is available and that they should always speak to a trusted adult if they have concerns.
Self Examination and Vaccination	In this Year 9 Personal Development lesson, students learned about the importance of self-examination and vaccination in maintaining long-term health and wellbeing. The lesson aimed to help students develop knowledge, confidence, and responsibility for their own health. The lesson was delivered in an age-appropriate and sensitive way, ensuring students understood the practical steps they can take while reinforcing that support and guidance are available from trusted adults.

Overview Summer Term 1 – 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.

SPRING TERM 1 :	
TEN TEN – Love People, Use Things	In this lesson, students explore the important idea that people should always be valued and respected, while material things should never be placed above relationships. Using resources from Ten Ten, the session encourages students to reflect on how modern culture—especially social media and consumerism—can sometimes lead us to treat people as objects or value possessions too highly.
TEN TEN – In Control of my Choices	In this lesson, using Ten Ten resources, students explore the importance of personal responsibility and the impact of the choices they make in their daily lives. The session encourages students to reflect on how their decisions—both online and offline—can affect their wellbeing, relationships, and future opportunities.
TEN TEN – Fertility and Contraception	In this lesson, using Ten Ten resources, students are introduced to the key concepts of fertility and contraception as part of their Relationships Education. The session provides accurate, age-appropriate information to help students understand how the body works and the responsibilities that come with growing maturity. Through discussion, video content, and reflective activities, students will: • Learn about the basic biological processes involved in fertility • Understand the purpose of contraception and the different methods available • Explore the importance of making informed, responsible decisions in relation to relationships and sexual health.
Sexual Health Education	In this lesson, students will explore the physical, emotional, and social aspects of sexual health within the context of respectful relationships and human dignity. Rooted in Catholic teachings, the session emphasises that every person is created with inherent worth and is deserving of respect, care, and compassion. Students will develop an understanding of puberty, reproduction, and the importance of making informed and responsible decisions. The lesson highlights the value of love, commitment, and the role of relationships, including the Catholic perspective on marriage and family life.
Understanding Consent	In this lesson, students will explore the concept of consent within the context of respectful relationships and human dignity. Guided by Catholic values, the session emphasises that every person is created with inherent worth and should always be treated with respect, care, and compassion. Students will develop a clear understanding of what consent means, including the importance of freely given, informed, and enthusiastic agreement in all interactions. The lesson highlights that consent cannot be assumed, pressured, or given under the influence of fear, manipulation, or substances.

Overview Summer Term 2 – YEAR 9

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SUMMER TERM 1 :	
Water Safety and CPR	In this lesson, students will learn important life-saving skills linked to water safety and emergency response. They will explore common dangers around water, including rivers, lakes, canals, swimming pools, and the seaside, and learn how to stay safe in different situations. Students will also be introduced to basic CPR (cardiopulmonary resuscitation) and how to respond in an emergency.
Run, Hide and Tell	In this lesson, students will learn about the **Run, Hide, Tell** guidance used to help people stay safe during a serious violent incident. Through age-appropriate discussion and scenario-based activities, students will explore the principles of personal safety, situational awareness, and emergency decision-making. The lesson will focus on understanding when and how to apply the Run, Hide, Tell advice, recognising the importance of following instructions from emergency services, and identifying ways to remain calm and protect themselves and others in a crisis.
Pol Ed - Nudes	In this lesson, students will explore the risks, responsibilities, and legal implications associated with creating, sharing, and receiving nude or semi-nude images online. Through age-appropriate discussions and scenario-based activities, students will examine the concepts of consent, peer pressure, healthy relationships, and digital footprints. Students will learn how image sharing can affect wellbeing, privacy, reputation, and future opportunities, as well as understand the support available if they or someone they know is involved in an image-sharing incident.
Understanding Menstruation	In this lesson, students will develop their understanding of menstruation as a normal and healthy part of human development. Students will explore the menstrual cycle, the physical and emotional changes that can occur during menstruation, and the range of products available to manage periods. The lesson will also address common myths and misconceptions, promote empathy and respect, and encourage open, informed discussions about reproductive health.
Health and Image	In this lesson, students will explore the relationship between health, self-esteem, and body image. They will examine how media, social media, advertising, and societal expectations can influence perceptions of appearance and wellbeing. Through discussion and reflective activities, students will learn to recognise unrealistic body standards, challenge harmful stereotypes, and develop strategies for maintaining a positive and healthy self-image.
Financial Choices	In this lesson, students will explore how financial decisions can affect their lives both now and in the future. They will learn about needs and wants, budgeting, saving, spending, and the influence of advertising and peer pressure on financial choices. Through practical activities and real-life scenarios, students will develop an understanding of how to manage money responsibly, evaluate financial risks, and make informed decisions. The lesson encourages students to consider the long-term consequences of financial choices and build confidence in managing personal finances effectively.