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

Overview Autumn Term 1 – YEAR 8

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 : DRUGS AND ALCOHOL	
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 addresses Safeguarding and Support at SARCHS.
Caffeine	This is the first of three lessons for lower key stage 3, providing age-appropriate knowledge about substance use and the understanding and skills to manage influences young people experience in relation to smoking/vaping, alcohol and other drugs. This lesson introduces concepts of substance use through a focus on the risks and effects of caffeine consumption.
Smoking/Vaping	This is the second of three lessons focusing on specific risks relating to tobacco and nicotine product use. In addition this lesson explores the consequences of vaping and the strategies to manage influences that might impact young people's behaviour relating to smoking/vaping.
Alcohol and Risk	The lesson will be delivered in a sensitive, age-appropriate way, using discussion, scenario-based learning, and student reflection. It encourages respectful dialogue and helps students build confidence in making safe, independent decisions. The lesson will also look at the short and long term risks of alcohol as well as the legal requirements.

Overview Autumn Term 2 – YEAR 8

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AUTUMN HALF TERM 2 :	
Ten Ten – The Trouble with Max	Using the Ten Ten programme, students will explore how to recognise and manage their emotions, understand the impact their behaviour can have on others, and develop empathy and resilience. Through discussion and reflection, they will learn strategies for making positive choices and building healthy relationships.
Anti Bullying – Power for Good	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.
AI and Working Life	This lesson will give students an understanding of what Artificial Intelligence is and how it is already being used in everyday life and various careers. Explore the positive and negative impacts of AI on jobs and employment. Reflect on the importance of human decision-making, creativity, and ethics in a world where machines play an increasing role.

Overview Spring Term 1 – YEAR 8

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Spring Half Term 1 :	
Anti-Racism	This Year 8 lesson on anti-racism helps students understand what racism is, why it is harmful, and how they can contribute to a more inclusive and respectful school community. The lesson explores the difference between *not being racist* and being *actively anti-racist*, encouraging students to recognise unfair behaviour, challenge stereotypes, and speak up safely when they witness discrimination. Students learn about the impact racism can have on individuals' well-being, confidence, and sense of belonging, as well as the importance of empathy, kindness, and treating everyone with dignity.
Gender Stereotypes	This Year 8 lesson on gender stereotypes helps students understand what stereotypes are, how they are formed, and the impact they can have on people's choices, confidence, and opportunities. Students explore common gender expectations found in society, media, and everyday life, and consider how these assumptions can limit individuals or lead to unfair treatment. The lesson encourages students to question stereotypes, celebrate individuality, and recognise that interests, abilities, and careers are not determined by gender.
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 8

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Spring Half Term 2:	
Ten Ten: Gender Identity	In this Year 8 lesson, delivered as part of the Ten Ten programme, students explored the concept of gender identity in an age-appropriate and respectful way. The lesson aimed to help students understand themselves and others better, while promoting dignity, empathy, and respect. The lesson reinforced that every person deserves to be treated with respect, regardless of differences, and encouraged students to reflect on how their words and actions can impact others. Teaching was delivered in line with Ten Ten guidance and the school's values, providing a safe and balanced space for discussion.
Relationships and Conflict	In this Year 8 lesson, students explored relationships and how conflict can arise within them. The focus was on helping students understand that disagreements are a normal part of relationships and that they can be managed in healthy, respectful ways. The lesson encouraged students to reflect on their own behaviour and the impact it can have on others. Emphasis was placed on respect, emotional awareness, and knowing when and how to seek support from trusted adults.
Coping with Change	In this Year 8 lesson, students explored how to cope with change, including experiences of bereavement and separation. The session aimed to help students understand that change and loss are a natural part of life and that people respond to these experiences in different ways.

Overview Summer Term 1 – YEAR 8

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

Summer Half Term 1:	
Understanding Marriage	This lesson introduces students to the concept of marriage and its significance in different cultures, religions, and legal contexts. Students will explore what marriage is, why people choose to get married, and the values that underpin healthy and respectful relationships, such as commitment, trust, and communication. Through discussion and scenario-based activities, students will consider different types of relationships and the importance of mutual consent, equality, and respect within marriage. They will also learn about the legal aspects of marriage in the UK, including the rights and responsibilities of partners.
Parenthood	This lesson introduces students to the concept of parenthood and the responsibilities involved in raising a child. Students will explore what it means to be a parent or carer, considering the physical, emotional, and financial demands of caring for a child. Through discussion and scenario-based activities, students will reflect on the skills and qualities needed for effective parenting, such as patience, responsibility, communication, and empathy. They will also consider the impact that becoming a parent can have on a person's lifestyle, education, and future opportunities.
Ten Ten Attraction	This lesson, as part of the Ten:Ten programme, explores the concept of attraction and how feelings towards others can develop during adolescence. Students will learn that attraction can be emotional, physical, or based on shared interests, and that these feelings are a normal part of growing up. Through discussion and age-appropriate scenarios, students will reflect on how attraction may influence thoughts, behaviour, and relationships. The lesson emphasises the importance of respect, personal boundaries, and recognising that not all feelings need to be acted upon.

Overview Summer Term 2 – YEAR 8

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Summer Half Term 2:	
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.
Media Literacy	In this lesson, students will explore the concept of media literacy and develop the skills needed to critically evaluate information they encounter online and through social media. Students will learn how media messages are created, how algorithms and influencers can shape opinions, and how to identify reliable and unreliable sources of information. Through discussion and practical activities, students will examine examples of misinformation, advertising techniques, and online content designed to persuade audiences. By the end of the lesson, students will be better equipped to make informed decisions, recognise bias, and navigate digital spaces safely and responsibly.
Pol Ed – Viewing Harmful Content	In this lesson, students will explore the potential impact of encountering harmful content online and develop strategies for responding safely and responsibly. Students will discuss the different forms harmful content can take, including violent, hateful, extremist, sexually explicit, or misleading material, and consider how such content may affect thoughts, feelings, and wellbeing. Through age-appropriate scenarios and discussion activities, students will learn how to recognise harmful content, manage their online experiences, use reporting and blocking tools, and access trusted support when needed.