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 10 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 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 : BABIES	
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.
Babies **Cinema in Education**	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. 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.
Responding to an unexpected Pregnancy	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.
Babies **Cinema in Education**	This lesson explores one aspect of the story of "Babies" – the topic of "safe sex". It helps students 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.

Overview Autumn Term 2 – YEAR 10

AUTUMN HALF TERM 2	
Pol Ed – Incel Culture	Students will explore what incel culture is, how harmful online communities and extremist ideologies can influence attitudes and behaviour, and the impact these can have on individuals and society. The lesson encourages students to think critically about online content, recognise unhealthy beliefs, and understand the importance of respectful, healthy relationships and seeking reliable sources of support and information.
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 Sexual Imagery – Rise and Dangers	This lesson gives students an understanding of what is meant by AI generated sexual imagery. Students will be able to explain the impact of AI generated sexual imagery on victims. They will also be able to evaluate the ethical arguments around the creation of AI generated sexual imagery

Overview Spring Term 1 and 2 – YEAR 10

Spring Term 1 and 2	
Impact of Relationships	This Year 10 lesson helps students understand the impact that different kinds of relationships can have on their emotional well-being, confidence, and decision-making. Students explore the qualities of healthy relationships—such as respect, trust, communication, and boundaries—as well as the signs of unhealthy or harmful behaviour, including pressure, control, and lack of respect.
HARV (Domestic Abuse)	This Year 10 session is delivered by an external speaker from **HARV**, a specialist organisation that supports individuals affected by domestic abuse. The session helps students understand what domestic abuse is, how it can appear in many forms—including emotional, physical, financial, and controlling behaviour—and why recognising early warning signs is important. The speaker approaches the topic sensitively and age-appropriately, focusing on promoting healthy, respectful relationships and challenging harmful behaviours.
Paladin (Stalking)	This Year 10 session is delivered by an external speaker from **Paladin**, a national charity that supports victims of stalking. The session helps students understand what stalking is, how it can begin, and the different forms it can take—both online and offline. The speaker explains common behaviours associated with stalking, why it is a serious criminal offence, and how it can impact a person's safety, mental well-being, and daily life.
Working and Earning	This Year 10 lesson on working and earning helps students understand the world of employment and what it means to manage money responsibly. Students learn about different types of work, including full-time, part-time, apprenticeships, and freelance roles, as well as the skills employers look for. The lesson also introduces key financial concepts such as wages, salaries, income tax, National Insurance, and payslips, helping students develop practical knowledge they will need in adult life.
Mortgages	This Year 10 lesson on mortgages introduces students to the basics of how borrowing money to buy a home works and why mortgages are an important part of adult financial life. Students learn key terms such as deposit, interest, repayment, fixed-rate and variable-rate mortgages, and how long-term loans are paid back over time. The lesson also explores the responsibilities that come with borrowing money, the factors lenders consider when offering a mortgage, and how interest rates can affect the total cost.
Dangers of Gambling	This Year 10 lesson on the dangers of gambling helps students understand how gambling works and the risks it can pose to their financial well-being, mental health, and decision-making. Students explore different forms of gambling, including online betting, gaming features such as loot boxes, and the role of advertising in encouraging risky behaviour. The lesson discusses how gambling can become addictive, how it affects the brain's reward system, and the warning signs that someone may be developing a problem.

Overview Summer Term 1 – YEAR 10

Summer 1:	
Walls	In this Year 10 Personal Development lesson, students will explore the concept of "walls" — both physical and metaphorical — and how they represent division between cultures, communities, and individuals. The lesson will focus on themes such as identity, belonging, prejudice, and inclusion. Students will watch and analyse a short film based in Blackburn, which highlights real-life experiences of cultural division and community separation.
Pol Ed – Extremism	n this lesson, students will explore the concept of extremism through the lens of personal development, using resources from Political Education (Pol Ed). The session focuses on helping students understand how extremist ideas can develop and the impact they can have on individuals, communities, and society as a whole. Students will engage with age-appropriate Pol Ed materials to examine how factors such as identity, belonging, influence, and misinformation can make people more vulnerable to extremist narratives.
Pol Ed Radicalisation	In this Political Education lesson, students will explore the concept of extremism and its place within modern society. Using structured Pol Ed resources, learners will examine how extremist ideologies are formed, how they spread, and the impact they can have on individuals, communities, and democratic values.

Overview Summer Term 2 – YEAR 10

Summer 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.
Blood, Organ and Stem Donation	In this lesson, students will explore the importance of blood, organ, and stem cell donation and the role these donations play in saving and improving lives. Students will learn how donation systems operate, who can become a donor, and how donated blood, organs, and stem cells are used to support people with illnesses, injuries, and medical conditions. The lesson will also examine common misconceptions, ethical considerations, and the importance of informed decision-making when considering donation.