



## **Personal Development 2025**

### **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](mailto: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.