



Personal Development 2024 Overview – 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.

AUTUMN HALF TERM 2 : DIVERSITY	
An additional lesson was added to autumn 1 to address the UK Riots.	
Alcohol & Risk	This lesson focuses on specific risks relating to alcohol use and challenges some of the perceived social norms about drinking alcohol.
Anti-Bullying –Theme for 2024 – Choose Respect	This Anti-Bullying Week pupils will explore and define the concept of respect, including its importance in maintaining positive relationships, how it interlinks with bullying, and how it influences interactions, particularly when disagreements occur. Pupils will identify and practice strategies for managing conflicts and disagreements respectfully, emphasising how to avoid bullying behaviours and maintain constructive communication. Pupils will learn how to recognise and address disrespectful behaviour, including how to support others who are being disrespected, and promote a culture of respect in various settings, including online and in person interactions.
Appreciating differences	Building on the teaching that our deepest identity is in God, students will learn about male/female differences including issues such as gender stereotypes, gender identity and gender dysphoria. Students will understand that equality is of great importance, and that we should celebrate our uniqueness. Students will learn about different perspectives regarding gender and transgender

<p>#I'm with Sam</p>	<p>identity and they will know that bullying and marginalising others is always wrong because every person is a child of God, worthy of love.</p> <p>The lesson looks at raising awareness of people with learning disabilities and autism as part of a diverse society, asks pupils to reflect on the impact of ways in which people with learning disabilities and autism are perceived, judged, described and treated, and explores ways to question, challenge and change these discriminatory behaviours.</p>
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<p>SPRING HALF TERM 1 : COMMUNITY & CAREERS</p>	
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<p>Identifying strengths and weaknesses</p> <p>What employers look for</p> <p>British Values – focus on Tolerance and Mutual Respect</p>	<p>Lesson 1 addresses the difference between personal qualities and academic strengths. Pupils will set three targets for the new academic year, outlining how they hope to achieve each one. Pupils will also explore and describe their personal qualities.</p> <p>Lesson 2 focuses on what employers are looking for. Pupils will identify the skills, qualities and qualifications employers are looking for. Pupils will address how they are able to develop these skills further.</p> <p>Pupils will cover two of the British Values in lesson 3, looking at how in school and in wider society we can show respect and tolerance. Within this pupils will cover the importance of these values.</p>
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<p>SPRING HALF TERM 2 : EMOTIONAL WELLBEING</p>	
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<p>Snapchat</p> <p>Attitudes towards mental health</p> <p>Promoting Emotional Wellbeing</p>	<p>This lesson provides pupils with the knowledge and understanding to be able to use Snapchat responsibly, recognise potential risks, and know how to protect our digital wellbeing.</p> <p>This lesson explores mental health and emotional wellbeing. Within the content we will address and examine the misconceptions and attitude surrounding mental health.</p> <p>This lessons continues to explore mental health and emotional wellbeing. This time focusing on how young people can maintain daily wellbeing, through a range of resilience-building strategies.</p>
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