



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

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	<p>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.</p>
Caffeine	<p>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.</p>
Smoking/Vaping	<p>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.</p>
Reactive Curriculum – Harmful Sexual Behaviour	<p>This lesson aims to help students understand what harmful sexual behaviour (HSB) is. Through guided discussions, scenario-based learning, and reflection, students will explore the types and signs of HSB, including verbal, non-verbal, physical, and online behaviours that can be inappropriate, coercive, or abusive. The lesson also focuses on helping students develop empathy, recognise boundaries, understand consent, and know how to respond to or report concerning behaviour.</p>

Overview Autumn Term 2 – 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 2 :	
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.
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 <i>not being racist</i> and being <i>actively anti-racist</i> , 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 <i>How Are You?</i> , students explore common challenges young people may face, including changes in friendships, pressure from schoolwork and exams, family tensions, and feelings of anxiety.