



Personal Development

	Content
Year 7 HT1	Students start with looking at how to manage the challenges of moving to a new school. We look at how to establish and manage friendships, both new friendships formed since joining TLA and ways of creating new ones. We give our students the tools to identify personal strengths and areas for development. including how to improve on their study skills.
Year 7 HT2	This half term is all about the challenges that puberty brings and how to empathise with others who are about to go through puberty. This includes the emotional, social and physical changes that happen during puberty. We look at the physical changes that happen to girls' bodies, inside and out and the range of feminine protection products available and how they work. As part of this unit we look at the dangers of FGM and how to stop it from happening. We look at how to empathise with boys who are going through puberty. Including the physical and emotional changes that happen to boys during puberty. We look at the causes of body odour and how to prevent it. We explain how personal hygiene links to a healthy body and how to achieve high standards of personal hygiene. We help students recognise how to respect their own and others personal boundaries including the three key elements to giving consent. Included in this is how to define low and high self-esteem and give examples. We give examples of a range of issues that may impact their own self-esteem and a wide range of ways to boost their own self esteem. We also work on how to effectively communicate with others in an assertive way
Year 7 HT3	This half term our focus is friendships. Including how to recognise if they have unhealthy friendships The importance of not disclosing information to online friends. We identify a wide range of different relationships. The differences between a friendship and a relationship and how to respect the rights of others and celebrate our differences. We teach the students how to turn a problem into an opportunity, including why it is important to be aware of their own emotions, with how peer pressure impacts people of all ages and the best way to deal with peer pressure.
Year 7 HT4	This half term we teach the students how to make healthy lifestyle choices including diet, dental health, physical activity and sleep We show them the link between activity and to know how to set clear wellbeing goals. We teach students how to budget and understand the cost of living. We link this into healthy eating on a budget, as well as the struggles around living on a budget. As summer is drawing near, we talk about how to stay safe in the sun and looking after themselves in the water.
Year 7 HT5	This half term focuses on County Lines, we look at how to spot gang member behaviour and how to avoid it. We explore why some young people join gangs, the risks associated with carrying a knife. The impact carrying a knife has on family and friends and the range of punishments that can be administered for breaking the law. We move on to look at safety online covering a wide range of risks associated with internet use and how to reduce the risks associated with 'being online' and look at the importance of reporting anything suspicious they see or hear online. We define 'gaming addiction' and the range of risks associated with online gaming.
Year 7 HT6	This unit starts to look at which drinks are high in sugar content, how to make healthy choices with regards to what you drink. The risks associated with Energy drinks. We then teach what alcohol is and the different forms it comes in. We look at the short and long term impacts of alcohol use and explain the impact alcohol misuse has on society. We move on to the health consequences of smoking and how the government is helping people to quit smoking. The difference between smoking and vaping is taught as well as the risks associated with vaping. The term finishes with how to explain where stereotypical views come from and why it's important not to stereotype so as not to judge people before they get to know them We learn about the difference between prejudice and discrimination and how to help support equality for all.

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<p>Year 8 HT1</p>	<p>We start off by looking at students' own self esteem and what their aspirations are. We move on to teach about what mental health is and how to identify a range of mental health symptoms.</p> <p>We learn how to look after their own mental health and wellbeing, including where stress comes from and the long-term impact of stress on the body and mind.</p> <p>To end this half term we define the term 'body image', and the pressures social media and society places on body image. We teach ways to raise students' own self-esteem and that of others plus how the media and peers may impact their self-esteem.</p>
<p>Year 8 HT2</p>	<p>This unit is all about health and well being, what a balanced diet should consist of and how to explain the difference between good and bad cholesterol. We look at ways to substitute unhealthy snacks with healthy snacks.</p> <p>We talk about the importance of sleep and the effects lack of sleep can have on the body. The importance of vaccines, how work and the benefits of having these are looked at before we move on to community and belonging where we describe some of the ways that people can be similar and different to one another</p>
<p>Year 8 HT3</p>	<p>This is our first half term of RSE, so we look at what good Relationships and Sex Education is and how to give good relationship advice to others.</p> <p>We explain what love is and the expectations that form a positive romantic relationship plus the many differences between love and sex.</p> <p>We teach the difference between sex and gender including the full spectrum of genders and the different options available to those transitioning.</p>
<p>Year 8 HT4</p>	<p>This half term is all about the LGBTQA+ community, so we look at the meaning of LGBTQA+ and to name a variety of LGBTQA+ role models. Students develop their communication skills so they know how to support someone coming out and the issues faced by someone coming out including how to recognise passive, assertive and aggressive communication styles.</p> <p>We define homophobia and why it's wrong to use homophobic language, teaching the students how to support a friend in need; how to be confident in challenging homophobic language if they hear it.</p>
<p>Year 8 HT5</p>	<p>This half term is split into 2 topics, the first one is developing knowledge from Year 7 on County Lines, we look at how they operate and the dangers of getting involved.</p> <p>We teach the students how to recognise when a friend might be involved with or at risk of becoming involved in County Lines. The groups of people County line Gangs target and why, plus where to go for help if they feel threatened by County Lines gangs. We develop this topic to look at what online grooming is and how people may try to gain their trust in order to abuse it.</p> <p>The second topic is drugs and alcohol education, we teach the students how to define substance misuse and substance dependency and how drugs impact the body.</p> <p>We revisit what alcohol is, the strength of different alcohols and the different forms it comes in. Students learn the short and long term impacts of alcohol use including the impact alcohol misuse is having on society.</p>
<p>Year 8 HT6</p>	<p>To end the year we look at digital patterns, how to define trolling, cyber bullying. How to prevent and respond to cyber bullies is also included along with recognising harassment. We link this to online behaviour and how that can impact their mental health and well-being.</p> <p>To finish we reflect on how a range of conflict management strategies can help resolve issues and look at the different causes of conflict.</p>

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	PSHE Lesson	Tutor Time
Year 9 HT1	<p>During the first half term, within timetabled lessons, students investigate body images seen in the media. They look at what it means to be body positive and body neutral, creating links between airbrushing, photo editing and self esteem.</p> <p>Students learn to identify the difference between high and low self-esteem. We look at what might influence someone's self-esteem and look at a range of ways to manage it.</p>	<p>In tutor time Year 9 will begin by looking at setting goals for the future, they will look at how success comes from failure, turning problems into opportunities.</p> <p>We look at triggers for negative emotions, the science behind being angry and how to recognise when we are becoming angry. We teach the students how to deal with their anger in a positive way.</p>
Year 9 HT2	<p>This half term is all about forming healthy relationships, we look at the main features that help to build a healthy relationship and how to evaluate if a relationship is positive and healthy or not.</p> <p>Students go on to look at what is child on child abuse and evaluate potentially abusive behaviours and responses from those in authority including the law regarding FGM in the UK and the dangers associated with FGM.</p>	<p>This half term we look at drugs and vaping. We define the term substance addiction and understand the different types of addictions that people can have. Students evaluate whether sugar is more addictive than cocaine!</p>
Year 9 HT3	<p>This is the start of our RSE topic, we begin by looking at the law on nudes and to know who to talk to if an unwanted nude is received.</p> <p>We look at what up skirting is, how upskirting affects people and where it might take place. We help students to know what they can do if they're the victim or witness it and sources they can go to for support.</p> <p>We finish this unit by defining what stalking and sexual harassment is and how the law responds to them.</p> <p>We teach the students the differences between flirting and sexual harassment.</p>	<p>During this half term we learn more about a variety of Class A and B drugs and the impact these drugs have on society. We explore the physical and mental impact these drugs have on users and evaluate what support networks are available to help support those who use drugs as a coping mechanism or those addicted to drugs.</p> <p>We look at the different forms cannabis comes in, the legal status of cannabis and how to evaluate the arguments for and against legalisation of cannabis.</p>
Year 9 HT4	<p>Students are taught the legal definition of consent and the law surrounding it.</p> <p>We look at the practicalities of consent and the importance of it, including understanding the consequences of sexual activity with no consent.</p> <p>We discuss why delaying sexual activity is important. How they can be assertive in saying say no and respecting each others boundaries.</p>	<p>This unit is about understanding healthy choices in their lifestyle, some of the latest research on cancer prevention and how diet, stress and life situations have an impact on physical health.</p> <p>We look at what grief is. The range of emotions people may feel when grieving and what students could do to try and help support someone who is grieving.</p>
Year 9 HT5	<p>We learn the block, suppress and disable methods to reducing the risk of pregnancy and explore which forms of contraception protect against pregnancy, STI's or both.</p>	<p>Students develop an understanding on the difference between biological sex, gender identity and sexual orientation, they begin to recognise that sexual attraction and sexuality are diverse.</p> <p>Understand what sexuality is and to know common myths and misconceptions. To understand the difference between sex and gender, to understand what gender stereotyping means exploring examples of gender stereotyping.</p>

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	PSHE Lesson	Tutor Time
Year 9 HT6	<p>We teach students the key symptoms and risks associated with a variety of different STI's and understand the importance of sexual Health Clinics, including why young people, if they have unprotected sex, should always get themselves checked out.</p> <p>We learn the history of HIV and AIDS and understand the recent advances in HIV treatment and prevention. We explore how the cycle of prejudice and discrimination towards HIV and AIDS sufferers has been broken.</p>	<p>This unit is all about looking after ourselves. Understanding the vital importance of First Aid as a life saving skill, how to perform first aid, including CPR, the use of defibrillators, choking and basic treatment for common injuries. Students will know how to put someone in the recovery position and when to contact emergency services.</p>