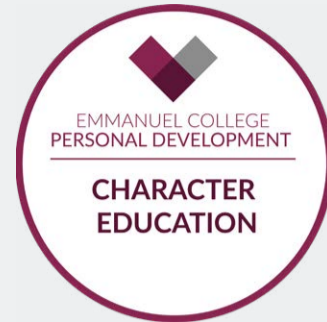


# EMMANUEL COLLEGE

## PERSONAL DEVELOPMENT OVERVIEW



|         | HEALTH & WELLBEING EDUCATION  | RELATIONSHIPS EDUCATION   | FUTURES EDUCATION  | CHARACTER EDUCATION   | RIGHTS & RESPONSIBILITIES EDUCATION   |
|---------|---|---|--|---|---|
| Year 7  | <p>What does it mean to be healthy?</p> <p>Making Healthy decisions</p> <p>Mental wellbeing an introduction</p> <p>Threats to living healthily</p> <p>Safety and personal strategies</p> <p>First Aid</p> <p>Online Safety</p>  | <p>The nature of Human beings</p> <p>Friendships Positive relationships including online</p> <p>Identity and Image</p> <p>Communicating in relationships including online</p> <p>What are the protected characteristics</p>   | <p>My goals &amp; what I need to do now to achieve my goals</p> <p>Why do we work?</p> <p>Study Skills &amp; Revision</p>  | <p>What is character, how does it develop, and why do we need to it flourish?</p> <p>Understanding the school virtues and how they are developed.</p> <p>What can we learn from others? Why good role models are essential to development.</p> <p>Setting intentions – what kind of person do I want to become this year?</p>                               | <p>What is Citizenship</p> <p>Rights of Children</p> <p>Identity in Community -Global Citizens</p>  |
| Year 8  | <p>Mental Health &amp; Change</p> <p>Taking responsibility for keeping yourself and others safe including online</p> <p>Hygiene &amp; Health inc. dental health</p> <p>First Aid</p> <p>Online Safety including malicious communication and sexting.</p> <p>County Lines</p> <p>Drugs (recreational and prescription, legal and illegal, effects on the body and why people choose to take drugs)</p> <p>Alcohol (Effects on the body /society and law)</p> <p>Smoking including vaping (Chemical effects on the body)</p> <p>Risks, Danger, Pressure and choices, Making good decisions.</p> | <p>Managing a range of relationships, Dealing with Conflict.</p> <p>The importance of Families</p> <p>Respectful relationships</p> <p>An Introduction to Adult Relationships</p> <p>Dealing with power in relationships</p> <p>Sex and the Way we speak</p> <p>Harassment</p>   | <p>What is enterprise</p> <p>Encounter with employers: Careers in Science, Maths</p> <p>Careers in Humanities, English, MFL</p> <p>Careers in the Creative industries (Art, Music Drama).</p> <p>Careers in the Creative industries (Computers &amp; IT).</p> <p>Study Skills &amp; Revision</p>   | <p>Self-regulation &amp; self-mastery are conditions for flourishing</p> <p>Self-awareness as the start of change</p> <p>Seeing growth not pleasure</p> <p>How do we make new habits and break old ones?</p> <p>Setting intentions – what kind of person do I want to become this year?</p>   | <p>National Government</p> <p>How does local government work?</p> <p>Strengths &amp; Weaknesses of Democracy</p>  |
| Year 9  | <p>Body Image, self confidence and media influences</p> <p>The cost of inactivity &amp; Goal setting</p> <p>Keeping Healthy: Sleep</p> <p>Keeping Healthy: Eating Disorders</p> <p>Keeping Healthy: Managing Risk</p> <p>Keeping Healthy: Online Safety</p> <p>What does it mean to be healthy?</p> <p>Mental Health and resilience</p> <p>First Aid</p> <p>Nutrition</p>   | <p>Commitment in relationships</p> <p>Power in relationships, sources of support, assertiveness skills Risks in intimate relationships</p> <p>Responding to extreme views</p> <p>What Humans are and what sex is?</p> <p>What is the purpose of sex</p> <p>Consent</p> <p>Harassment</p> <p>Protected characteristics and dealing with discrimination</p> <p>What is grief and bereavement?</p> | <p>Introduction to Unifrog – (an online careers programme) with quizzes on interests &amp; personality. Looking at jobs specific to the student.</p> <p>Raising aspirations and awareness of university as a viable option. (NECOP)</p> <p>Pathways talks looking at the options at Key Stage 4 and beyond. Options and routes into work</p>   | <p>What is stewardship?</p> <p>Taking responsibility for ourselves, our communities, and our planet</p> <p>Investing with what you have – the talents and the struggles What does it mean to fail well?</p> <p>Setting intentions – what kind of person do I want to become this year?</p>  | <p>Change makers -legislation and the equalities act</p> <p>Change makers -individuals matter</p> <p>Change makers -Group action does it matter?</p> <p>Living in Modern Britain</p>        |
| Year 10 | <p>Positive thinking; &amp; Work Life Balance</p> <p>Not neglecting your health and fitness as you grow up</p> <p>Healthy Living, Eating Disorders</p> <p>Online Safety</p> <p>Drug's awareness</p> <p>Gangs Knife crime</p>  | <p>Relationships, the law and true tolerance</p> <p>Enjoying Healthy Relationships</p> <p>Contraception</p> <p>Pregnancy</p> <p>Sexually transmitted infections</p> <p>Sex &amp; the way we speak and act</p> <p>Harassment</p> <p>Dealing with loss and Bereavement</p> <p>Language &amp; relationships</p>  | <p>Application and CV writing session.</p> <p>Introduction to Unifrog – (an online careers programme) with quizzes on interests &amp; personality. Looking at jobs specific to the student.</p> <p>Universities speak to the whole year group, in order to start students thinking about university as an option.</p> <p>Students attend a talk by an apprenticeship provider to discuss vocational/workplace-based education post 16.</p> <p>Careers in an industrial sector: STEM.</p> <p>Finance &amp; Futures</p> <p>World of Work Connections</p> | <p>Living with difference</p> <p>Time: why it's precious and how we should manage it</p> <p>Rhetoric v's action: do we have integrity in our actions?</p> <p>Setting intentions – what kind of person do I want to become this year?</p>  | <p>The role of the Media in Democracy</p> <p>Diversity and changes to society</p> <p>Can digital democracy increase political participation</p> <p>Pressure groups, NGO's and charities</p> |
| Year 11 | <p>Dealing with Exam Stress &amp; Study Skills</p> <p>Being proactive about your health</p> <p>Online Safety</p> <p>Consequences of Substance abuse</p> <p>First Aid</p>  | <p>National interfaith week, understanding Jewish perspectives</p> <p>What does it mean to be Human?</p> <p>How do I build healthy Relationships?</p> <p>How do I keep myself and others safe?</p> <p>Sexual Harassment</p> <p>Disrespect nobody; addressing relationship abuse</p> <p>Manipulation, Coercion, Abuse, Prejudice, Discrimination</p>   | <p>Sixth Form Options &amp; progression.</p> <p>Using Unifrog.</p> <p>Talk by a representative of local colleges about the options available there.</p> <p>How to access and complete apprenticeship applications. (NECOP).</p> <p>Basic finance</p> <p>Individual Careers Interviews</p>  | <p>Taking ownership and responsibility – growth emerges through struggle</p> <p>Profession virtues: why are they important in the workplace?</p> <p>Phronesis/practical wisdom: what do we do when ideals compete?</p> <p>How do we create and discover purpose in life?</p> <p>Setting intentions – what kind of person do I want to become this year?</p> | <p>How do other countries govern? What happens when we travel or work internationally?</p> <p>Rights &amp; Responsibilities at Work</p>   |