

Personal Development Education Parental Information Pack



Curriculum

The scheme of learning sources knowledge and information from DfE publications, PSHE Association, Designated Safeguarding Leads, TETC Team, Police Liaison Officer, and the wider community collectively.

The lessons are sensitive and respectful to different faith backgrounds and do not seek to encourage or promote one particular view or lifestyle.

Statutory Guidance:

The students will receive all their Sex and Relationships, Citizenship, Health and Careers Education through PDE.

Quality Assurance Measures:

The PDE programme has been quality assured by the PSHE Association and Head of Employability at Ashfield and undergoes annual faculty reviews in line with school policy.

Timetable:

Students receive their Personal Development Education through curriculum time, the pastoral programme and through optional extra-curricular activities at school.

KS3: Years 7 & 8 (1 hour per week).

KS4: Years 9 - 11 (1 hour per fortnight).

These sessions do not borrow time from core-subjects and are not traditionally assessed. PDE is a time for pupils to enhance their skills portfolio and educate them important topics they need to develop into informed and safe adults.

Provision:

Attached below is a copy of Personal Development Provision with a complementary breakdown of topics.

If you require more information or would like to be part of the Personal Development Parental Panel please contact:

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Head of Faculty for Personal Development and Pupil Wellbeing



Y7 1 lesson per week	New Beginnings H1- 10, H13, R13-17, L1-L3, R15, R42, R43	Anti-bullying R13-R17, R19, R38-R41, R42, R43, L1, H1-3, H6	British Values R15, R39, R40, L10, L1, L23, L26	Drugs and Health R15, R16, R42, R43, H7- H12, H14, H15, 17-19, H23-29, H31	Careers Education L1- L6, L9, L12	Sex and Relationships R1-R6, R9, R10, R13, R15, R16 R18, R21, R23, R24, R28, R31, R40, R42- R44
Y8 1 lesson per week	British Values L1, L10, L13, L19, L26, R19, R39, R40	Sex and Relationships H3, H4, H7, H10, H11, H21, H22, H34, H35, R1-R19, R21, R22-R28 R31- R36, R40 R42, R43	Careers Education L1- L16, L23, R15, R16, R42, H9	Drugs and Health R15, R16, R42- R44, L1, H23-29, H31, L1, L21	First Aid R15, R16, L1, H5, H6-12, H20, H21, H33	Health and Wellbeing H3- H5, H11-H14, H20, H21, H28- H31 R15, R16, R28, R29, R35- R38, R42, R43, R46, L1, L3, L4, L17, L21, L27
Y9 1 lesson per week	British Values L1, L10, L22, L23, L26, R19	Health and Wellbeing R37, R38, H21- H23- H29, H30, H31, H32, H34,	Law and Justice L1, L10, L19, L23, L26	Careers Education: Future Prospects L1- L14, L15-17, L23, H9 R15, R16	Drugs and Health H21- 29, H2, H4, R15, R16, R20, R42- R44, L1, L21	Sex and Relationships R1-R12, R13- R23- R37, R40, R42, L1, H35, H36, H22
Y10 1 lesson per fortnight	Unit A: Preparing for Adult Life H2-14, H27, H31, H32, R1-13, R13-19, R24-33, L1-3, L7-15.		Unit B: Preparing for Adult Life R14, R15, R38, H11, H12, H13, H19-23, H25, L16-L21, L22-29		Unit C: Preparing for Adult Life L2, R8, R23, R35- 37, H11, H17, H18, H20-H24, H27-H29.	
Sexions visit scheduled on consent and contraception						
Y11 1 lesson per fortnight	Unit A: Succeeding in Adult Life L16- L18, H9, L1, H9, H11, R1, R2, R5-6, R12, R16-17, R19, L5-7, H18, H6, H1-7, H9, H11, H14, H19, H21, H25,		Unit B: Succeeding in Adult Life R18, H13, H17, R1, R18 H17, H1-3, H1-H7, H9, H16 H19-21, R1, H30-33, R24-27, R1, R4, R12, R23-26, H4- 5, H7, H12, R7		Unit C: Succeeding in Adult Life L16-21, H16, H6, L2, L10, R13-14, H6, H9, H27-21, R19, R23	
Sexions visit scheduled on sexual health						

[PSHE Association Program of Study](#)



Year 7 Personal Development Education

	Content
Term 1	<p>New Beginnings</p> <ul style="list-style-type: none"> • Getting to know others. • Settling in and making friends. • Positive first impressions. • Understanding stress and anxiety. • Responding to peer pressure. <p>Anti-Bullying</p> <ul style="list-style-type: none"> • Identifying types of bullying. • Exploring why people bully. • The impact of bullying. • Cyber bullying. • Reporting bullying.
Term 2	<p>Our British Community</p> <ul style="list-style-type: none"> • What are British Values? • What makes a positive community? • Equality and diversity. • Tolerance and respect. • Pride and acceptance. • Safety and First Aid. <p>Drugs and Health</p> <ul style="list-style-type: none"> • Identifying healthy lifestyles. • Identifying threats to health. • Understanding eating disorders. • Researching the impact smoking and taking drugs has on the body. • Introducing R.E.A.L (refusal strategies). • Where to get help and advice.
Term 3	<p>Careers Education</p> <ul style="list-style-type: none"> • Exploring the labour market. • Learning styles. • Understanding long-term and short-term goals. • SMART targets • Assessing individual skills and strengths. • Exploring different jobs (visit from CEIAG Advisor) • Managing your money. <p>Sex and Relationships</p> <ul style="list-style-type: none"> • Understanding puberty. • Menstruation. • Body image. • Raising self-esteem. • Healthy relationships. • Introducing consent. • Recognising appropriate contact and conduct. • Investigating pregnancy and contraception (basic introduction)

Based on the feedback from our feeder Primaries, our Year 7 cohort also have a Y6-7 'Top Up' Relationships, Health and Sex Education Programme to ensure all pupils have had the statutory requirement of RSHE.

Our female cohort also have a 'preparing for periods' workshop where they receive free products and can ask questions in a secure environment.



Year 8 Personal Development Education

	Content
Term 1	<p>British Values</p> <ul style="list-style-type: none"> • Introducing British Values. • Human rights and responsibilities. • What are child soldiers? • Investigating child-labour and slavery. • Understanding Civil Rights. • Sustainability and preserving the environment for future generations. <p>Sex and Relationships</p> <ul style="list-style-type: none"> • Puberty. • The media and body image. • Healthy relationships and consent. • Discussing sexuality and gender. • FGM and sexual harm. • Pregnancy and options. • Contraception (basic introduction) • Managing risk and staying safe online. • Marriage and the breakdown of relationships.
Term 2	<p>Careers Education</p> <ul style="list-style-type: none"> • The options process at Ashfield School. • Making informed decisions. • Pathways and KS4 subjects. • Completing an individual skills audit. • Advice and guidance session with CEIAG advisor. <p>Drugs and Health</p> <ul style="list-style-type: none"> • Establishing factors of a healthy lifestyle. • The dangers of smoking and alcohol. • The effects of cannabis on the body and brain. • Applying R.E.A.L (refusal strategies). • Where to get help and advice.
Term 3	<p>First Aid</p> <ul style="list-style-type: none"> • Completing the primary survey. • The recovery position. • Dealing with heart attacks and strokes. • Understanding and administering CPR. • Dealing with choking and asthma. • Mental Health First Aid. • Signposting for mental health. <p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Anti-bullying. • Sexting and online grooming. • Stranger danger • Understanding the impact of New Psychoactive substances. • Extremism and the Prevent strategy. • Understanding Anxiety and depression. • Emotional wellbeing and confidence.



Year 9 Personal Development Education

	Content
Term 1	<p>British Values</p> <ul style="list-style-type: none"> • What does it mean to be British? • What is multiculturalism? • What is a democratic process? • The media and Britishness. • What are terror attacks? • The Prevent strategy. <p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Digital citizenship. • Sexting. • Grooming and sexual exploitation. • Eating disorders. • Gangs and county lines. • Depression. • Anti-bullying: LGBTQ+ and bullying.
Term 2	<p>Law and Justice</p> <ul style="list-style-type: none"> • What is a crime? • Sentencing. • Punishment. • Are criminals born or made? • Understanding Sharia law. • Should euthanasia be a crime? • Road safety and the law. <p>Employability Skills and Future Prospects</p> <ul style="list-style-type: none"> • Employability skills. • Industry sectors. • Creating a CV. • Preparing for an interview. • Budgeting. • Unemployment. • Work v. Welfare
Term 3	<p>Drugs and Health</p> <ul style="list-style-type: none"> • Facts and classification of illegal substances. • The effect of drugs on the mind and body. • Addiction. • Symptoms of withdrawal. • Applying R.E.A.L (Refusal strategies). • Where to get help and advice. <p>Sex and Relationships</p> <ul style="list-style-type: none"> • Sex and the Law. • Consent and harmful sexual behaviours • Pregnancy and options. • Raising a baby. • Domestic violence. • Sexuality and gender identity. • FGM and forced marriage. • Contraception



Year 10 Personal Development Education

	Content
Term 1	<p>Preparing for adult life</p> <ul style="list-style-type: none"> • Teenage mental health. • Toxic masculinity. • Recognising and responding to abuse in relationships. • Consent, rape, and sexual harassment- keeping all parties safe. • Forced marriage, arranged marriage and FGM. • Cyber-bullying. • Pregnancy and options. • Reproductive health and birth. • Signposting: Advice and Guidance.
Term 2	<p>Preparing for adult life</p> <ul style="list-style-type: none"> • Female risk and male attitudes towards women. • The Dark Web. • Prevent strategy. • Digital footprint. • Fake news. • Gambling • Substance misuse. • Cyberbullying • Online safety. • Signposting: Advice and Guidance.
Term 3	<p>Preparing for adult life</p> <ul style="list-style-type: none"> • Mental health and suicide prevention. • Strategies and coping mechanisms. • Healthy Bodies. • Cancer awareness and prevention. • Body confidence. • First aid: Refresher. • The dangers associated with pornography. • Gangs and county lines. • Signposting: Advice and Guidance.
	<ul style="list-style-type: none"> • SEXions visit: Consent, contraception, and Sexual Health Services (NHS) • VIA Education: Preparing to drive, road safety. • Unifrog

Sessions are complemented by additional drop-down days, external speakers, and outsider agencies.

In conjunction with the scheduled fortnightly lesson, Y10 pupils also complete a weekly PSHE tutor pack for a 6-week period, led by the Form Teacher.

Year 10 Personal Development Education

	Content
Term 1	<p>Succeeding in adult life</p> <ul style="list-style-type: none"> • Budgeting. • Living independently. • Exam preparation and revision techniques. • Incel culture: recognising and responding to risk. • Cancer awareness and prevention. • Gambling. • Addiction. • Signposting: Advice and Guidance.
Term 2	<p>Succeeding in adult life</p> <ul style="list-style-type: none"> • New Psychoactive Substances. • Synthetic cannabinoids. • Substance misuse. • Binge drinking. • Basic first aid. • Risk management. • Addiction and treatment. • Pregnancy and options. • Pregnancy, birth, and loss. • Cyberbullying. • Signposting: Advice and Guidance.
Term 3	<p>Succeeding in adult life</p> <ul style="list-style-type: none"> • Fraud and financial security. • Homelessness. • Cultural Awareness. • LGBTQA+ in sport. • Signposting: Advice and Guidance. <p>• SEXions visit: STI's, Condoms and Sexual Health Services (NHS)</p> <p>• VIA Education: Preparing to drive, road safety.</p> <p>• Unifrog</p>

Sessions are complemented by additional drop-down days, external speakers, and outsider agencies.

In conjunction with the scheduled fortnightly lesson, Y11 pupils also complete a weekly PSHE tutor pack for a 6-week period, led by the Form Teacher.

Following our recent Ofsted rating of 'good', we are now taking measures to secure the requirements needed to be outstanding.

A Personal Development Parents Panel is being created to allow parents and carers of our pupils to help tailor the curriculum to meet the needs to our students.

If you would like to join the Personal Development Parents Panel, please complete the following form by following the link below:

<https://forms.office.com/r/zKqU3bXyXQ>

