



# Personal Development



Archdiocese of Liverpool

## Curriculum intent:

Treat each child as a child of God and work to improve their knowledge and understanding of His world and their place within it.

Ensure that young people learn how to be a good citizen and take their place in God's world.

Build upon previous learning and experiences to develop our young people's knowledge and understanding of themselves, society and the world in which they live.

Ensure that young people are socially developed and equipped with the personal skills necessary to embrace the next stage in their lives.

Challenge misconceptions, intolerance, prejudice and discrimination on the grounds of gender, race, creed, sexual orientation and/or disability as per the Equality Act 2010 ensuring that all are recognised as part of God's creation, thereby encouraging them to challenge these intolerances in our society.

## Years 10

### Content

#### Term 1 – Rights, identity & relationships

- How the UK is governed and laws are made
- Human rights and protection in society
- Diverse identities in the UK and respect
- St Gregory's Social Norms and my behaviour
- Spotting bias, extremism and fake information
- What healthy relationships look like
- Recognising unhealthy or controlling relationships
- Domestic abuse and coercive control, and how to get help
- Marriage, civil partnerships and the law
- Different romantic and sexual attraction and identity
- Bullying, conflict and repairing relationships

#### Term 2 – Health, body image, substances & online risk

- Taking responsibility for my physical health
- Sun safety, vaccinations and basic self-checks
- Online relationships, consent and online sexual harms (including sextortion and edited images)
- Harassment, stalking and unwanted attention (including online)
- Effects of drugs and illegal substances on health and future choices
- Risks of tattoos, piercings and sunbeds
- Media pressure and body image
- Social media, extreme views and targeted content (including gambling and sexual content)
- Smoking, vaping and unhealthy habits
- Dental health and regular check-ups
- Using NHS and health services confidently

#### Term 3 – Careers, money & complex relationships

- Building study and employability skills
- Understanding the labour market and job sectors
- Developing my own "career identity"
- Budgeting, saving and financial risk
- Gambling, scams and where to get help
- Consent in maturing relationships and the law on sexual assault
- How drugs and alcohol affect sexual decisions
- Readiness for sex and sharing images, including the law on indecent images
- Contraception options and emergency contraception
- Unintended pregnancy and choices (parenting, adoption, abortion)
- Responsibilities and challenges of being a young parent
- FGM, forced marriage and "honour-based" abuse – illegal and harmful
- Abuse, coercive control and violent sexual behaviour as crimes, and how to seek help

