



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 11

Content

TERM 1

Term 1 – Post-16 choices, expectations & money

- Being a role model in school
- Exploring post-16 options and pathways
- Linking my strengths and interests to future plans
- Budgeting, saving and financial risk
- Preparing for mock exams and managing stress

TERM 2

Term 2 – Finance, safety, online image & mental health

- Finding advice on careers, courses and money
- Pros and cons of different work contracts
- Protecting my online and professional image and understanding legal responsibilities online
- Staying safe in new social and work settings
- What good mental and emotional health looks like
- Strategies to support my wellbeing
- Spotting signs of stress, anxiety and depression
- Unhealthy coping (self-harm, eating problems) and getting support

TERM 3

Term 3 – Values, strengths, identity & resilience

- Recognising and challenging my values
- Knowing my strengths and areas to improve
- Self-confidence, self-esteem and what influences them
- Building resilience for life after school
- Planning a positive transition to next steps
- Knowing my rights and responsibilities as an adult in relationships, work and online

