



# 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.

## Year 7

### Content

#### Term 1 – Settling in & friendships

- Starting at St Gregory's and getting to know the school
- Routines, organisation and using your planner
- Building positive friendships and dealing with fall-outs
- Respect, kindness and including others
- Intro to online safety and staying safe on social media

#### Term 2 – Growing and staying healthy

- Physical and emotional changes in puberty
- Personal hygiene and looking after your body
- Healthy eating, sleep and exercise
- Managing emotions, stress and worries
- Who to talk to in school if you are worried

#### Term 3 – Safety, diversity & first aid

- Bullying and cyberbullying – how to report and get help
- Respecting differences, equality and British Values
- Keeping safe in the community (road, strangers, public spaces)
- Basic first aid and knowing when to get adult help
- Reflecting on my first year at St Gregory's

