



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 8

Content

Term 1 – Identity, equality & wellbeing

- Self-esteem, confidence and body image
- Stereotypes, prejudice and discrimination
- Equal rights and treating others fairly
- Mental health, anxiety and low mood – how to get support
- Social media pressure and managing screen time

Term 2 – Choices, money & risk

- Basic money skills: saving, spending, budgeting
- Advertising, influencers and “too good to be true” offers
- Smoking, vaping and alcohol – risks and realities
- Peer pressure and saying “no” confidently
- How risky behaviour can affect your future choices

Term 3 – Relationships & future plans

- Different types of relationships (family, friends, peers)
- Boundaries and consent (personal space, sharing images, saying no)
- Being a good friend and positive bystander
- Careers, ambitions and an introduction to future options
- Reviewing my goals for Year 9

