



# 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 9

### Content

TERM 1

#### Term 1 – Identity, influence & respect

- How role models and celebrities influence us
- Who I am: identity, values and beliefs
- How early experiences shape attitudes
- Challenging unhealthy or unkind social norms
- Managing arguments and relationship conflict
- Calling out harassment and sexist behaviour
- Being respectful and safe online

TERM 2

#### Term 2 – Body image, consent & relationships

- Body image, comparison culture and social media pressure
- Spotting manipulation, coercion and controlling behaviour
- Peer influence and confidently saying "no"
- Sexting, age of consent and the law on sharing sexual images
- Sexual harassment and assault – how to report and get help
- Recognising unsafe or unhealthy relationships
- Where to go for help for myself or a friend

TERM 3

#### Term 3 – Sexual health, risk & next steps

- Sexual health, STIs and trusted information and clinics
- Menstrual health, fertility and when to seek medical advice
- Healthy intimate relationships, mutual respect and the law on sexual assault and rape
- Pornography vs reality – unrealistic expectations and harmful messages
- Staying safe at parties, gatherings and on nights out
- Drugs, alcohol, vaping and risky behaviour
- Healthy coping strategies and support networks
- Emergency first aid, CPR and defibrillator basics

