

Personal Development

Year 7-10

We teach Personal development at Hampton College through 3 Strands through years 7 to 10 in curriculum time.

These strands are:

Strand A – Health and Wellbeing where we tackle topics relative to everyday Health issues and students wellbeing. These topics cover Personal Safety, Drugs & Alcohol, Addiction, Mental Health, Puberty and changes to the body, Body Image and Self Esteem, Independence through teenage years and The impact of gangs on society and issues arising from this.

Strand B – Living in the Wider World covers issues such as Politics, Finance & Decision Making, Debt, Digital Literacy & Online Safety, Basic First Aid, Employability Skills in preparing for the workplace, Careers, Option selection and Readiness for work.

Strand C – Relationships and Sexual Education (RSE) which covers the following areas Diversity, Prejudice and bullying, Families, Conflict Resolution, Discrimination in Society, Self Worth, Friendships, Consent, STI's, Contraception, Gender Identity, Sexual orientation and Sexting.

Spiritual, Moral, Social & Cultural (SMSC) development and appreciation of British Values

British values and SMSC are integral parts of academy life, however by their very nature they will be addressed more frequently and in more detail during PD lessons. These areas focus on the development of the whole pupil and are whole academy responsibilities. Academies are conscientious in accurately mapping these aspects of the curriculum both across subjects and within the wider curriculum they provide. SMSC is also a highlighted session during morning registration and the topics covered are planned in advance by the SMSC co-ordinator.

A Whole Academy Approach

All subjects across the curriculum support the exploration of Personal development, RSE, SMSC and British Values coherently mapping appropriate aspects of this coverage to their subject schemes of work for example Rule of Law, democracy and individual liberty (PD & British Values) is taught through History whilst English and the arts support the appreciation of the influences that have shaped our heritage & those of others (SMSC). Our IT departments teach online safety (PD), PE fosters an awareness of physical health and fitness (PD) and

Science teaches the facts about puberty, reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women (RSE) etc. By doing this it not only enables us to develop and deepen the knowledge our students have, but to also ensure that we have a coherent consistent delivery model.

Our daily tutorial and assembly programmes support our students' personal development and understanding of these important aspects of our curriculum. A wealth of opportunities designed across the academic year provide both whole school and age appropriate events, programmes, trips and visits. We promote national and local awareness campaigns, observe local and national commemorations and celebrate diversity empowering students to engage more widely in their personal, social, health, moral, spiritual, cultural education.

Opportunities such as our student voice and enrichment programmes operate but the causes they promote, charities they support or enrichments activities they offer are personalised to meet their students' interests and reflect their communities.

These aspects of our curriculum are designed to allow the freedom of delivery for specialists while giving scope to address key local and national issues, meet statutory requirements and ensure a high level of consistency across the Trust.

The most important and guiding factor when devising this curriculum has been to ensure that our students are given all the skills, knowledge and experience they need to effectively prepare them for their future in an ever-changing world. Our intent is to equip our students as global citizens and support them in becoming an efficient and contributing member of society

PERSONAL DEVELOPMENT

	Year 7	Year 8	Year 9	Year 10
Autumn 1	Strand A: New school, Hygiene, Diet, Exercise, Immunisation. Strand C: Year 7 Council	Strand A: Valuing ourselves, Body Image, Eating Disorders, Obesity, Sleep	Strand C: ILP's, Careers, Qualifications, Options	Strand B: Self Confidence, Body Image, Health/Work Balance, STI's, Contraception
Autumn 2	Strand C: Political Parties, Manifestos, Elections, Strand A: Operation Smokestorm	Strand B: Relationships, Role Play, Bullying. Strand A:	Strand B: Sexuality, Consent, STI's, Contraception, Risks of Cosmetic Surgery	Strand B: Cancer, Harassment/Personal safety, Sex and the media, Extremism, Adoption and Fostering
Spring 1	Strand B: Puberty Strand A: Autism, Dyslexia, Epilepsy, Diabetes	Strand B: Love/Abstinence, STI's, Contraception	Strand B: Homophobia, Prejudice, Discrimination and Stereotypes	Strand C: Gang Crime, Strand B: CSE, CCE, Mental Health, Substance Abuse
Spring 2	Strand B: Internet Footprint, Cyber space, Cyber Bullying	Strand C: Real Game, Crime, Gang Crime.	Strand B: Drugs, Alcohol, Drink Driving. The Law	Strand B: First Aid, Abortion, TBC
Summer 1	Strand B: Friendships, Relationships and Abuse	Strand B: Stereotypes, Relationships, Sexting	Strand B: Stable Relationships, CSE Behaviour/Three Girls, CCE Behaviour	Strand B: Relationships, Abuse, Breakdowns of relationships
Summer 2	Strand B: Illegal Drugs Strand C: Non Verbal Communication, Effective Communication	Strand B: CSE/CCE Behaviour, Peer Pressure	Strand B: Sexting, Consent/USA Case studies, Forensic processes, prosecution	Strand B: Exploitation and Unacceptability, Teenage Parenthood