



Personal Development - Year 8 Parent/Carer Evening, January 2024

Dear Parent/Carer,

This is a reminder of the details shared with you at the Information Evening for your child's year group at the start of this academic year.

Each week, your child participates in PSE, Citizenship, and Relationships, Sexual and Health Education (RSHE) lessons as part of their timetable. Collectively, these curriculum areas are known as "Personal Development" (PD) and are a crucial element of our students' holistic development as they aspire to be the best versions of themselves, believe in their intrinsic value as beloved children of God, and achieve the happy and healthy personal lives they deserve after leaving school.

This overview informs you of the subjects your child covers in Personal Development lessons over the school year as a Year 8 student, reminders of which come to you every month in *St Antony's Stories*.

Autumn Term

- Body expectations
- Appreciating differences
- Disagreeing respectfully
- Gender stereotypes
- Gender identity & sexuality
- Community diversity
- Giving and seeking permission
- Consent and avoiding assumptions
- Appropriate and inappropriate touching

- Human rights

Spring Term

- When families separate
- Formalising relationships
- Managing conflict
- Tough relationships
- Gender equality
- E safety
- Nudes
- Think before you share
- How can we make a difference?

Summer Term

- Stereotyping and prejudice
- Inclusive language
- Disability inclusion
- Visible differences
- Why should local elections matter to you?
- Resilience
- Stress
- Anger and jealousy
- Dealing with fear
- Safeguarding against extremism

If you have any questions about the PD lesson curriculum, please email me directly c.betton@st-antonys.com as Head of Department for Personal Development.

Kindest regards and very best wishes,

Mr C Betton

Curriculum Lead: Personal Development

Note: Careers content is also added in each half term to PD lessons – this is determined by Ms Williams as Careers Lead, should you need any information about that aspect of school life.

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