



Personal Development - Year 7 Parent/Carer Transition and Pastoral Evening October 2025

Dear Parent/Carer,

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 letter is to inform you of the topics your child covers in Personal Development over the school year as a Year 7 student. Citizenship is identified by the italics and Careers lessons are the identified by the underlined font.

Autumn Term

- Who am I?
- Investing in myself
- Importance of education
- Changing bodies
- Puberty
- Menstrual wellbeing
- (Un)healthy relationships
- *What makes me British? & Elections*
- Appearance pressures
- Media influence on appearance ideals
- Unhealthy comparisons
- Healthy inside and out

- Equal opportunities – health related
- Friends and family

Spring Term

- Family relationships
- Diverse families
- Family changes
- Loss and bereavement
- Removing the barriers
- Foetus rights
- What are digital skills?
- Be internet citizens
- *Rules, Laws and the role of the Police*

Summer Term

- Pets & wild animals
- Working & farm animals
- Underwater animals
- Animal rescuers
- Standing up for what you believe in
- *Why is registering to vote so important?*
- Immunisations & health
- Skin, teeth, ears & eyes
- Diet and exercise
- Maintaining health: tattoos & piercings
- *Should all treatment be available via the NHS?*

While our legal, consultation review is next year, we are always open to discussion with families. Our website outlines the approach taken to PD lessons, how the content is determined and you have the opportunity to get in touch with us if you have any questions about the PD Curriculum.

If you have any questions in the meantime about the RSE content or anything else for PD, please email directly at c.betton@st-antony.com. For Careers communication, please email Mrs Williams: r.williams@st-antony.com.

Kind regards,

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