



Personal Development - Year 8 Parent/Carer Information Evening, September 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 8 student. Citizenship is identified by the italics and Careers lessons are the identified by the underlined font.

Autumn Term

- Created and chosen
- What are the Gatsby Benchmarks?
- Self-management skills
- Appreciating differences
- Relationship values & disagreeing respectfully
- Relationship expectations & gender stereotypes
- Gender identity & sexuality
- *Intro to community diversity*
- Giving and seeking permission

- Consent - avoiding assumptions
- Appropriate and inappropriate touching
- Feelings
- *Rights up your street - human rights*
- ‘Before I was born’

Spring Term

- Formalising relationships
- Managing conflict
- When families separate
- Tough relationships
- Gender pay gap
- Gender equality
- E-safety
- Nudes

Summer Term

- *How can we make a difference?*
- Stereotyping and prejudice
- Inclusive language
- Disability inclusion
- Visible differences
- Diversity and celebrating differences
- *Why should local elections matter to you?*
- Stress
- Anger and jealousy
- Dealing with fear
- *Safeguarding against extremism*

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 about the RSE content or anything else for PD lessons or Citizenship, 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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