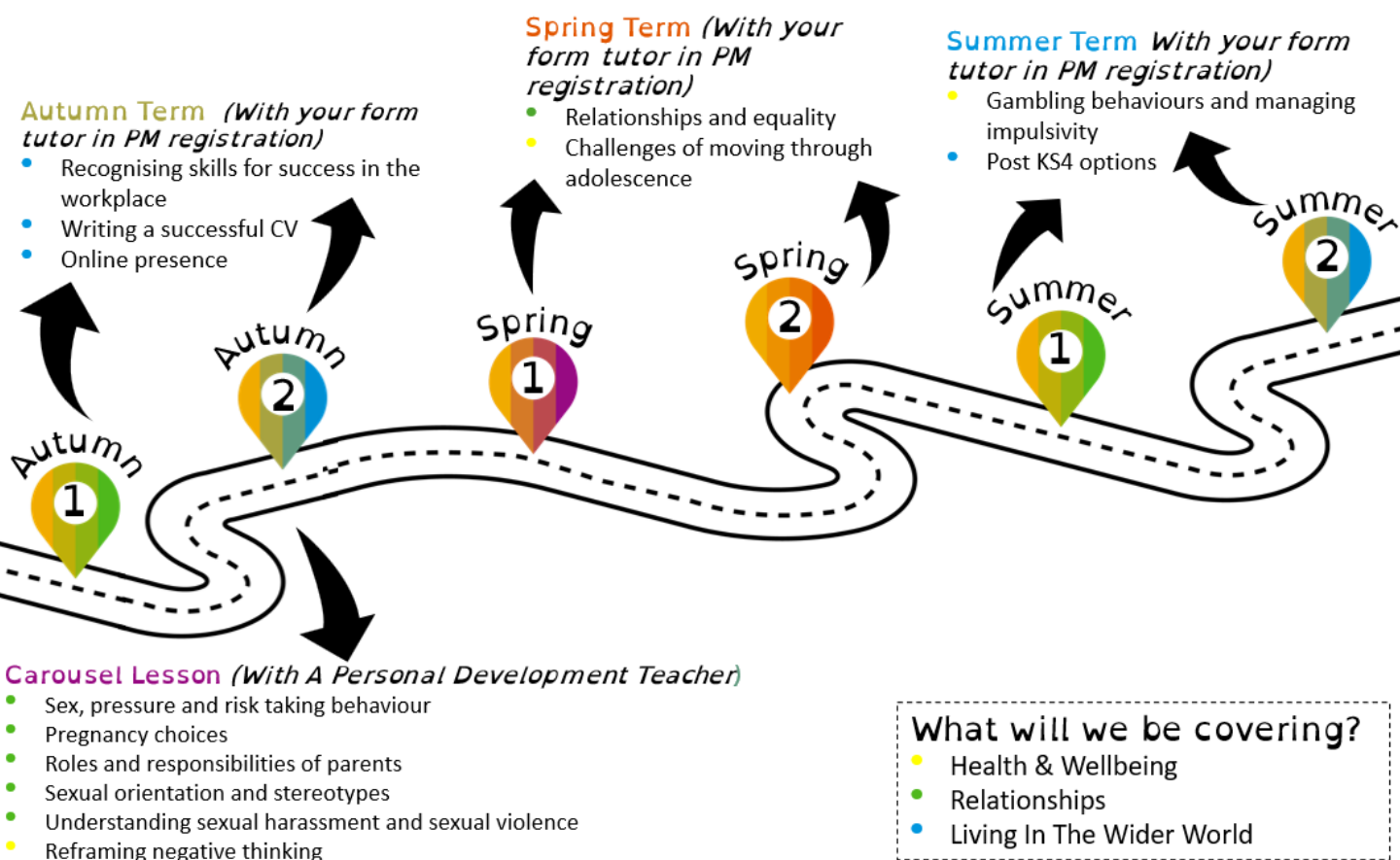




Year 10 Personal Development



The learning journey above shows the order in which topics are delivered in Year 10 Personal Development sessions. They are delivered by both the Y10 Form Tutors, and a Personal Development teacher, alongside assemblies, awareness weeks, career events, drop down sessions and extra curricular activities and guest speakers. The following pages give an enhanced breakdown of what is covered in each topic, and students have a copy of this in the front of their knowledge booklets. All pupils at UVHS complete an end of topic multiple choice quiz and have the opportunity to give additional feedback on what they would like to see in their Personal Development program.

We have also included content sources and signposting for each unit at the end of this document.



What will we be learning about in Personal Development in Y10?

Carousel lesson with your Personal Development Teacher

Relationships

Health & Wellbeing

Living In The Wider World

With?	When?	Topic	Content Summary
My Personal Development Teacher	1 Term Block On Rotation	Sex, Pressure & Risk Taking Behaviour	- Why might people feel pressurised to have sex? - Recap on Youth Produced Sexual Imagery - What is revenge porn / intimate image abuse? - How dangerous are deep fakes and AI? - How can alcohol and drugs lead to risk taking behaviour?
		Pregnancy Choices	- What is fertility, and how is it impacted? - What are different routes to parenthood? - What is our pelvic floor? - What options do people have if they become pregnant? - What are: abortion, adoption, fostering and miscarriage?
		Roles & Responsibilities Of Parents	- What qualities make a good parent? - How do conception rates vary nationally? - What responsibilities and challenges will parents face?
		Sexual Orientation & Stereotypes	- What is a stereotype? - Why is outing someone harmful? - Does it matter if my opinions are different to others? - How does the Equality Act and Protected Characteristics keep people safe? - What is allyship? - How can we support our friends / family members who have confided in us?
		Understanding Sexual Harassment & Sexual Violence	- Recap on consent and the Sexual Offences Act 2003 - What is sexual harassment? What is rape? - What behaviours are appropriate, what are forms of harassment and what are classified as assault? - What is the difference between sympathy and empathy? - What is a hate crime? - Are there ever reasons why situations may be more dangerous than others?
		Reframing Negative Thinking	- How can negative thinking impact us? - When should we intervene if we are worried about someone? - What is resilience? - How does change, loss, bereavement and grief affect us?

What will we be learning about in Personal Development in Y10?

Delivered in PM Registration with your form tutor

Relationships

Health & Wellbeing

Living In The Wider World

With?	When?	Topic	Content Summary
My Form Tutor	Autumn Term	Recognising Skills For Success In The Work Place	- Soft and hard skills - My personal strengths and transferable skills - How to evidence my achievements in an interview - What makes a good job advert and candidate? - Protected characteristics and employment
		Writing A Successful CV	- What is a CV? - What makes a good CV? - What are the different ways I can present a CV?
		Online Presence	- What are cyber security threats? - How can I keep my personal information safe? - How would you know if something was a scam?" - What is trolling? How can it impact someone? - How can our digital footprint online impact our future career opportunities?"
	Spring Term	Relationships & Equality	- Who do we have relationships with? - What are the different ways we can show commitment? - Forced and arranged marriages and the law. - How is diversity legally protected in partnerships?
		Challenges Of Moving Through Adolescence	- What changes might we encounter in life and how might they impact us? - What are the signs of poor mental health? - What are body modifications? What influences someone to make a body modification? - What are the laws, regulations and ways we can reduce risk regarding body modifications? - What are the risks associated with cosmetic procedures?
	Summer Term	Gambling Behaviours & Managing Impulsivity	- How do we assess risk? - What is gambling? - What is delayed gratification? - What does the term gamblers fallacy mean? - What are the consequences of gambling?
		Post KS4 Options	- What are my options after Year 11? - What are different forms of employment such as zero hours contracts and gig economy? - What are my strengths? - What steps can I take to reach my career ambition?

What content sources and signposted services do we use in Y10 Personal Development?

National
Careers
Service

PROSPECTS @brook



THE MIX childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Nude image of you online?
We can help take it down.

UCAS



YOUNG MINDS



R Relate

shout
85258

PSHE
ASSOCIATION

VS VICTIM
SUPPORT



GambleAware



YOUTH
EMPLOYMENT
UK



NHS

England

BBC
BITESIZE
CAREERS

FRANK

drinkaware



unifrog

WINSTON'S
WISH

Giving hope to grieving children



Office for
National Statistics



The Equality Act 2010



MSI
REPRODUCTIVE
CHOICES

THAMES VALLEY
POLICE
VIOLENCE AGAINST
WOMEN & GIRLS

RAPE
CRISIS
England & Wales



keoth

HM Government

Tommy's

Together, for every baby

BPAS
British Pregnancy Advisory Service

Cumbria Adoption



Cumbria Fostering



Working for Cumberland Council and
Westmorland & Furness Council