

Levenshulme High School – Curriculum Map – Personal Development

		Focus Day 1 - Relationships					Focus Day 2 – Self-Care					Focus Day 3 – Planning For The Future		
	Title of Session	Online Bullying	The Internet and Me	Representation	Human Rights	Marriage and Long-Term Commitments	Menstrual and Gynaecological Health	Dental Health	Healthy Eating	Food Fads	A Weekly Food shop	Critical Consumer	Conscious Consumer	Employment
Year 8	<i>What are we learning in the session?</i>	<p>Discuss what cyberbullying is.</p> <p>Distinguish the different ways that cyberbullying takes places.</p> <p>Identify strategies to manage cyberbullying</p>	<p>Discuss how to prevent technology damaging our social and mental wellbeing</p> <p>Know how to manage your digital footprint</p> <p>Identify the dangers of the internet, including trolls, targeted adverts and data sharing</p> <p>List ways to combat these dangers and stay safe online</p>	<p>Understand that identities are made up of different characteristics.</p> <p>Be aware that our identities have many things in common, but differences too.</p> <p>Be able to describe your own individual identity.</p> <p>Understand our country has a diverse population.</p> <p>Know where our diversity comes from.</p> <p>Appreciate the benefits of diversity and celebrate difference</p>	<p>Recognise the different Human Rights are</p> <p>Explain why we have Human Rights</p> <p>Be aware of how Human Rights protect us all</p>	<p>Recognise that there are different types of long-term commitments</p> <p>Explain what the legal differences are between each option</p>	<p>Recognise the facts about menstrual and gynaecological health,</p> <p>Understand what is an average period and period problems</p>	<p>How to brush, rinse and floss effectively</p> <p>How different foods affect our dental hygiene</p>	<p>How to create a balanced meal</p> <p>How different food groups affect your body</p> <p>How to include different food groups as part of a healthy, balanced diet</p> <p>How to read food labels</p> <p>How to create a balanced meal to a budget</p>			<p>List different ways in which companies and individuals may try to influence my saving and spending</p> <p>Demonstrate ways to resist unwanted pressure to save or spend my money unwisely</p> <p>Explain how being a critical consumer can help me make responsible saving and spending choices</p>	<p>List skills that are useful in the world of work</p> <p>Recognise which skills I already have and which I can work on</p> <p>Identify different jobs that are available and their requirements</p> <p>Reflect on your journey towards employment</p>	
	<i>Why are we learning this?</i>	<p>To help you enjoy being online in a safe way</p> <p>To help you make good decisions in your friendships, including when online</p>	<p>To help you enjoy being online in a safe way</p> <p>To help you act responsibly towards others and yourself online</p> <p>To help you manage the extent to which digital activities impact on your mental well-being</p>	<p>To help you appreciate the value of your own identity</p> <p>To help you appreciate the value of other people and their identity, especially if it is different to ours</p> <p>To help you recognise under-representation</p>	<p>To help you appreciate the value of your identity</p> <p>To help you appreciate the value of other people and their identity, especially if it is different to ours</p>	<p>To help you understand different relationships you may encounter</p> <p>To help you make informed decisions in your future relationships</p>	<p>To help you understand your body</p> <p>To help you know when to seek help from healthcare professionals</p>	<p>To help you maintain good dental hygiene</p> <p>To help you make good decisions around your diet</p>	<p>To help you maintain a healthy diet</p> <p>To help you make good decisions around your diet</p>			<p>To help you reflect on what you need to buy and what you want to buy</p> <p>To help you recognise who influences you and your spending habits</p> <p>To help you resist pressures, wherever they come from</p> <p>To help you shop effectively i.e. to help you consume critically</p>	<p>To help you be proud of skills you have!</p> <p>To help you recognise ways you can keep developing</p> <p>To help consider a wide range or jobs</p>	

	<i>Why are we learning this now?</i>	The minimum age for using many social media platforms is 13. Your learning and social habits may also include more time online.	You and your peers can develop your own identities in a safe and respectful way.	You will meet a range of people in secondary school, so this will help you develop empathy	Your body will be developing at this age	You are likely to experience more freedoms and trust at this age so it is important to learn how to stay healthy.	You may be given more financial independence at this age, with your approach to money open to influence from your developing social circles your experiences in the world	You should be developing as many transferable skills as possible at this age to give you as many employment opportunities further down the line
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