

Levenshulme High School – Curriculum Map – Personal Development

| | | Focus Day 1 - Relationships | | | | | Focus Day 2 – Self-Care | | | | Focus Day 3 – Planning For The Future | | |
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| | Title of Session | Real Friendships | New Relationships | Conflict Resolution | Mindfulness | Being A Parent | Positive Psychology | Working With Worry | First Aid | Personal Organisation | Financial Risk | The NHS and Me | Types of Employment |
| Year 9 | <i>What are they learning in the session?</i> | <p>Identify the qualities of healthy and unhealthy friendships</p> <p>Describe strategies for dealing with challenges in friendship</p> <p>Explain how friends can support each other effectively</p> | <p>Identify the qualities of healthy and unhealthy friendships</p> <p>Describe strategies for dealing with challenges in friendship</p> <p>What constitutes harassment and stalking</p> <p>How to exit an unhealthy relationship safely</p> | <p>Define conflict and explore possible causes</p> <p>Describe strategies that can help diffuse conflict</p> | <p>Understand the importance of breath in training your attention</p> <p>Gain an insight into the mind's nature</p> | <p>Understand the legal and non-legal responsibilities of being a parent</p> <p>Understand the impact being a parent can be on your life due to the many responsibilities</p> | <p>Students will be participating in different workshops/sessions that will empower them to make a more effective and planned transition from school to further education, training and employment.</p> <p>Understand the different study pathways available to them after they finish school</p> | <p>Understand stress: where it comes from, why it is necessary, how it works and its harmful effects</p> | <p>Identify what help is needed in emergency situations</p> <p>Assess what first aid a person may need in an emergency situation</p> <p>How to help in emergency situations</p> <p>Learn a range of basic first aid treatments, including CPR</p> | <p>Recognise the importance of organisation</p> <p>Explore different ways to be organized</p> <p>Reflect on your own organisation skills</p> | <p>Identify the different taxes I must pay now and in the future</p> <p>Explain how taxation and public spending affects me and others</p> <p>Take the necessary steps towards protecting my money/identity when undertaking financial transactions</p> <p>Recognise the potential link between qualifications and earnings</p> | <p>How to navigate their local healthcare system:</p> <p>What a GP is</p> <p>When to use A&E / minor injuries</p> <p>How to access sexual health and family planning clinics</p> <p>Understand the role of local pharmacies.</p> | <p>Recognise a range of employment types</p> <p>Understand the differences between types of employment</p> <p>Understand the differing rights for each type of employment</p> |
| | <i>Why are they learning this?</i> | <p>To help you make good decisions in your friendships</p> <p>To help you manage the extent to which friendships impact our mental well-being</p> | <p>To help you make good decisions in your friendships and relationships</p> <p>To help you manage the extent to which relationships impact our mental well-being</p> <p>To help keep you safe</p> | <p>To help you avoid conflict as much as possible</p> <p>To help you manage conflict when it does arise</p> | <p>To develop simple tools for training your own attention</p> <p>To help you understand that we can choose what we do with our attention</p> | <p>To help empathy for the roles of parents and guardians</p> <p>To help you make healthy decisions in their relationships</p> | <p>Through preparation for the day, participation in workshops and other work-related activities, the students will enhance their self confidence, employability skills, ability to make informed decisions, knowledge of post 16 routes, awareness of support available at key stages</p> | <p>To help you recognise where you feel stress in the body</p> <p>To help you work with stress in a healthy way</p> | <p>To help you should you ever need to assist in an emergency</p> | <p>To help you manage your well-being</p> <p>To help you develop employability skills</p> | <p>To help you make grasp the relative value of money</p> <p>To help you make good decisions around your money</p> <p>To help you reflect on how your life choices affect your money</p> <p>To help you reflect on how your money affects your life choices</p> | <p>To help you look after yourself and others in a timely and appropriate way</p> <p>To help you access support when needed</p> | <p>To help you understand types of employment</p> <p>To help you understand employment rights</p> <p>To help consider a wide range of jobs</p> |
| | <i>Why are we</i> | Your friendships will continue to | Your social interactions may start to include new friendships and new | | Stress and anxiety are increasingly | | You are making decisions at your | | So that you are | Your age may mean more independence | You will begin to make decisions | You are more independent | |

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| | <i>learning this now?</i> | develop and there may be challenges to overcome. | kinds of relationships beyond friendships – it is important that you and your peers are able to develop these in a safe and respectful way | common amongst this age group. | | age which may have longer-term impacts in life, such as lifestyle choices and career paths. This session helps you to focus on staying happy and fulfilled whilst making these. | | prepared for an emergency – a skill for life | and expectation, in school and outside of school | about your future, so it is important to recognise how these impact you financially | at this age and may have more responsibilities and so may need to access support for you or someone you know | |
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