Year 11 PERSONAL DEVELOPMENT PARENT/CARER GUIDE

This guide is designed to help you support your child's personal development—nurturing their confidence, emotional wellbeing, resilience, and character. Every child has the potential to flourish—to grow, thrive, and become the best version of themselves. This mini guide offers useful conversation topics to explore with your child, helping to strengthen the partnership between home and school.

CITIZENSHIP HALF TERM 1

What they'll learn:

- Democracy and the electoral process
- The British constitution
- The legal system
- UK and international law
- Taxes and local authorities

Questions to ask at home:
"What responsibilities do citizens have in a democratic society?"

Helping them to flourish:
Model civic responsibility, such as voting, volunteering, and respecting rules.

RELATIONSHIPS HALF TERM 2

What they'll learn:

- Why are families important?
- Issues of relationships
- Protecting my reproductive health and understanding Sexually transmitted dieses (STI's)

Questions to ask at home:
"How do you know if a relationship is healthy?"

Helping them to flourish:
Model respect, empathy, and positive communication in your own relationships.

RELIGIOUS STUDIES HALF TERM 3

What they'll learn:

- Society and world views
- Ethical decisions
- life forms
- Ethical IVF and organ donation
- Genetic engineering

Questions to ask at home:
"Why is it important to respect people with different worldviews?"

Helping them to flourish:
Reinforce that understanding others' beliefs builds empathy, tolerance, and confidence.

STAYING SAFE HALF TERM 4

What they'll learn:

- Gambling addiction
- Drugs and alcohol addiction
- Online reputation
- Indecent material
- Risks of financial lending

Questions to ask at home:
"Who could you talk to if you were worried about addiction, online safety, or financial issues?"

Helping them to flourish:
Support resilience, self-awareness, and confidence to make safe, informed choices.

HEALTH AND WELLBEING HALF TERM 5

What they'll learn:

- Managing risks
- physical health responsibilities
- sexual health responsibilities
- mental health responsibilities

Questions to ask at home:
"How can you identify and manage risks in daily life?"

Helping them to flourish:
Support and encourage them to take responsibility for their decisions and actions.

SUPPORT AND RESOURCES BEYOND PADGATE ACADEMY

Wellbeing & Mental Health:
Mind – mind.org.uk
Kooth – kooth.com
headspace.com

Careers & Skills:
nationalcareers.service.gov.uk
indeed.co.uk/career-advice
UCAS – ucas.com
amazingapprenticeships.com
futurelearn.com

Financial & Life Skills:
moneyhelper.org.uk
stepchange.org (debt advice)
NHS – nhs.uk (health info)
Gov.uk – gov.uk (legal info