Year 7 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.

RELATIONSHIPS, HALF TERM 1

What they'll learn:

- How to settle in and make new friends
- What values matter in friendships
- Recognising and dealing with bullying
- Managing change and growth

Questions to ask at home:
"What makes a good friend, and how do you show that to others?"

Helping them to flourish:
Praise acts of kindness, honesty and empathy. Encourage them to reach out to classmates and talk through friendship challenges.

DIVERSITY AND INCLUSION HALF TERM 2

What they'll learn:

- What diversity and equality mean
- How stereotypes form
- How peer pressure influences behaviour
- How to respect our differences

Questions to ask at home:
"What's one way you could help someone feel included at school?"

Helping them to flourish:
Model respect, fairness, curiosity.
Celebrate differences in culture, identity, diversity.

HEALTH & WELLBEING: PUBERTY HALF TERM 3

What they'll learn:

- Managing emotions and change
- Developing resilience
- How exercise and nutrition support health
- Understanding body & emotional wellbeing

Questions to ask at home:
"What helps you feel calm or positive when things change or feel stressful?"

Helping them to flourish:
Encourage healthy routines, open communication, self-compassion. Reinforce perseverance and a growth mindset.

LIVING IN THE WIDER WORLD: FINANCE HALF TERM 4

What they'll learn:

- Why money matters
- How to budget and save
- How to spot value for money
- Risks and implications of borrowing

Questions to ask at home:
"Why is it important to save for the future?"

Helping them to flourish:
Encourage responsibility, patience and good decision-making. Use real-life examples when managing money or shopping.

STAYING SAFE (ONLINE & COMMUNITY) HALF TERM 5

What they'll learn:

- Rights & responsibilities online
- What happens to information you share
- Media influence on self-esteem
- Staying safe locally

Questions to ask at home:
"What's one thing you do to stay safe online?"

Helping them to flourish:
Promote digital integrity, respect and critical thinking. Encourage them to pause before posting and to talk about things that may worry them.

CITIZENSHIP & COMMUNITY HALF TERM 6

What they'll learn:

- What it means to be a citizen
- How democracy works
- How to take positive action in your community

Questions to ask at home:
"What could you do to make a positive difference in your community?"

Helping them to flourish:
Encourage service, leadership and responsibility. Point out local issues, support volunteer efforts, discuss civic engagement.