

Year 9 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:

- What the equality act is
- Creating a fairer society
- How to make a difference to society
- Voluntary groups and charities in our society
- Changing communities

Questions to ask at home:

"What does equality mean to you, and why is it important?"

Helping them to flourish:

Encourage empathy, kindness, and respect for all people.

CAREERS HALF TERM 2

What they'll learn:

- What skills would suit my character?
- How the world of work is changing
- What is my career path?
- What does further education offer?
- What skills do I need for my future?

Questions to ask at home:

"What careers or jobs interest you, and why?"

Helping them to flourish:

Support them in recognising and building their own strengths.

HEALTH & WELLBEING HALF TERM 3

What they'll learn:

- Risks of drugs to our health
- Risks of alcohol to our health
- Managing peer influence
- Substance abuse and anti social behaviour

Questions to ask at home:

"How would you handle peer pressure to try something unsafe?"

Helping them to flourish:

Support them in developing confidence to say no and make safe choices.

RELATIONSHIPS HALF TERM 4

What they'll learn:

- Safe and unsafe relationships
- What coercive control is
- What sexual harassment is
- Different types of contraception
- STI's and sexual pressure

Questions to ask at home:

"Who could you talk to if you felt unsafe or unsure about a relationship?"

Helping them to flourish:

Encourage open, honest conversations about relationships, respect, and consent.

INTIMATE RELATIONSHIP HALF TERM 5

What they'll learn:

- What consent is and the law
- impact of pornography on relationships
- Recognising abusive relationships
- Communication in intimate relationships

Questions to ask at home:

"How can you communicate openly and respectfully with a partner or friend?"

Helping them to flourish:

Model positive communication and conflict resolution in your own relationships.

RESPONSIBILITY IN A DIGITAL WORLD HALF TERM 6

What they'll learn:

- What harmful online content is
- Internet and gambling
- Grooming and coercion online
- Online hate and the impact

Questions to ask at home:

"How can you tell if a website or app is risky?"

Helping them to flourish:

Encourage open, non-judgmental conversations about online experiences.