

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:

- Positive relationships
- Healthy friendships
- Tackling bullying
- Equality and rights
- Respectful relationships
- Courts and tribunals

Questions to ask at home:

"What makes a good friend, and how can you show respect to others?"

Helping them to flourish:

Encourage kindness, honesty and empathy. Talk through friendship difficulties and encourage them to seek help when they need it.

LIVING IN THE WIDER WORLD: FINANCE HALF TERM 2

What they'll learn:

- Why money matters
- Managing money
- Bank accounts
- Online information
- Managing stress
- Positive character

Questions to ask at home:

"Why is it important to learn how to manage money from a young age?"

Helping them to flourish:

Use everyday opportunities to talk about money, saving and spending. Encourage responsible decision-making and resilience when dealing with stress.

HEALTH AND WELLBEING: HALF TERM 3

What they'll learn:

- Importance of sleep
- Internet algorithms
- Social media
- AI chatbots and privacy
- Digital choices

Questions to ask at home:

"How can you protect your wellbeing and privacy when using technology?"

Helping them to flourish:

Encourage healthy routines, including good sleep habits. Talk openly about social media and help them think critically about what they see online.

CAREERS AND LIFE SKILLS: HALF TERM 4

What they'll learn:

- Support networks
- Jobs and careers
- Career meaning
- Taking initiative
- Healthy balance
- Family types

Questions to ask at home:

"What job or career might interest you, and what skills could help you achieve it?"

Helping them to flourish:

Help them recognise their strengths and interests. Encourage initiative, independence and a positive attitude towards future opportunities.

RELATIONSHIPS: HALF TERM 5

What they'll learn:

- Positive parenting
- Adolescent changes
- Menstrual cycle
- Puberty changes
- Healthy relationships
- Respectful communication

Questions to ask at home:

"What makes a relationship healthy and respectful?"

Helping them to flourish:

Keep conversations open and age-appropriate. Encourage students to ask questions and talk to trusted adults about changes they are experiencing.

HEALTH AND WELLBEING: HALF TERM 6

What they'll learn:

- Sexual consent
- Phones and sleep
- Balanced diet
- Alcohol awareness
- Fire safety
- Media and careers

Questions to ask at home:

"What choices can you make to keep yourself healthy and safe?"

Helping them to flourish:

Encourage healthy routines and safe decision-making. Talk calmly about risks and help them understand the consequences of their choices.

Year 8 PERSONAL DEVELOPMENT PARENT/CARER GUIDE



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RELATIONSHIPS: HALF TERM 1

What they'll learn:

- Relationship types
- Unhealthy relationships
- Repairing relationships
- Peer pressure
- Sharing information
- Online relationships
- Ending relationships

Questions to ask at home:

"How can you tell if someone is treating you with respect?"

Helping them to flourish:

Model healthy communication and respectful relationships. Encourage them to recognise pressure and understand personal boundaries.

HEALTH AND WELLBEING: HALF TERM 2

What they'll learn:

- Harmful content
- Gender discrimination
- Racism and discrimination
- Homophobia
- Respecting diversity
- Democratic process
- Positive character

Questions to ask at home:

"What can we do when we see discrimination or unfair treatment?"

Helping them to flourish:

Model respect, fairness and curiosity. Encourage them to challenge prejudice and celebrate differences.

LIVING IN THE WIDER WORLD: HALF TERM 3

What they'll learn:

- Religious diversity
- Managing money
- Health decisions
- Sexual imagery
- Masculine narratives
- Informed choices

Questions to ask at home:

"How can you decide whether something you see online is healthy or harmful?"

Helping them to flourish:

Encourage critical thinking and respectful discussion. Help them understand that online content can influence attitudes and behaviour.

CAREERS AND LIFE SKILLS HALF TERM 4

What they'll learn:

- Challenging yourself
- Skills and qualifications
- School choices
- Role models
- Workplace wellbeing
- Trustworthy people

Questions to ask at home:

"What skills would you like to develop for your future?"

Helping them to flourish:

Celebrate effort and progress. Encourage resilience, leadership and confidence when trying new things.

RELATIONSHIPS: HALF TERM 5

What they'll learn:

- Power dynamics
- Understanding consent
- Healthy boundaries
- Pornography influence
- FGM awareness
- Unsafe situations

Questions to ask at home:

"Why is consent important in every healthy relationship?"

Helping them to flourish:

Encourage open conversations about boundaries, respect and consent. Reinforce that they can always speak to a trusted adult if they feel unsafe.

HEALTH AND WELLBEING: HALF TERM 6

What they'll learn:

- Changing emotions
- Vaping risks
- First aid and oral hygiene
- Personal hygiene
- Alcohol awareness
- Drug laws

Questions to ask at home:

"How can you make healthy choices when you feel pressured by others?"

Helping them to flourish:

Talk openly about health and risk without judgement. Encourage confidence to make informed choices and seek help when needed.

Year 9 PERSONAL DEVELOPMENT PARENT/CARER GUIDE



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HEALTH AND WELLBEING: HALF TERM 1

What they'll learn:

- Understanding happiness
- Managing anxiety
- Negative self-talk
- Expressing gratitude
- Healthy sex
- Digital footprints
- STI awareness

Questions to ask at home:

"What helps you manage stress or negative thoughts when things feel difficult?"

Helping them to flourish:

Encourage self-compassion and healthy ways of managing emotions. Talk openly about online influences and wellbeing.

RELATIONSHIPS HALF TERM 2

What they'll learn:

- Pregnancy choices
- Forced marriage
- Unwanted behaviour
- Online grooming
- Substance addiction
- Pressure and control

Questions to ask at home:

"How could you recognise if someone was being pressured or controlled?"

Helping them to flourish:

Keep conversations calm and non-judgemental. Reinforce that students should seek support if they or someone they know feels unsafe.

HEALTH & WELLBEING: HALF TERM 3

What they'll learn:

- Gambling addiction
- Drug and alcohol
- County lines
- Healthy eating
- First aid
- Safer choices

Questions to ask at home:

"How would you respond if someone pressured you to make an unsafe choice?"

Helping them to flourish:

Build confidence to say no and make informed decisions. Encourage students to recognise risks and ask for help.

LIVING IN THE WIDER WORLD: HALF TERM 4

What they'll learn:

- Financial risk
- Exploitation awareness
- Volunteering
- Law-making
- Deepfakes and AI
- Learning from setbacks

Questions to ask at home:

"What could you do to make a positive difference in your community?"

Helping them to flourish:

Encourage responsibility, resilience and community involvement. Help them develop critical thinking about money, laws and technology.

CAREERS AND LIFE SKILLS: HALF TERM 5

What they'll learn:

- GCSE planning
- Job applications
- Entrepreneurial thinking
- Career opportunities
- Career impact

Questions to ask at home:

"What career or job interests you, and what steps could you take towards it?"

Helping them to flourish:

Help them recognise their strengths and interests. Encourage ambition, initiative and resilience when planning for the future.

RELATIONSHIPS: HALF TERM 6

What they'll learn:

- Knife crime
- Organ donation
- Positive masculinity
- Relationship law
- Preventing harassment
- Cyberbullying
- Sextortion awareness

Questions to ask at home:

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

Helping them to flourish:

Encourage open conversations about safety, respect and relationships. Reinforce that asking for help is a sign of strength.

Year 10 PERSONAL DEVELOPMENT PARENT/CARER GUIDE



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HEALTH AND WELLBEING HALF TERM 1

What they'll learn:

- How body image affects mental health
- Internet harms on mental health
- Taking care for mental health and personal hygiene
- Facts and risks of FGM

Questions to ask at home:

"What helps you feel good about yourself?"

Helping them to flourish:

Praise effort and kindness rather than appearance or achievement.

RELIGIOUS STUDIES HALF TERM 2

What they'll learn:

- What religion is
- Religion and world views
- Differing world views
- Society and perception of world views
- Understanding free will and personal choices

Questions to ask at home:

"Why is it important to respect people who have different beliefs from our own?"

Helping them to flourish:

Encourage curiosity — it's okay to ask big questions about life and belief.

RS CONTINUES AND CAREERS HALF TERM 3

What they'll learn:

- Religions and discrimination
- Religious world views and morals
- What is LMI (labour market information)
- Exploring career choices

Questions to ask at home:

"How do different religions teach respect and equality?"

Helping them to flourish:

Celebrate curiosity about learning, beliefs, and career goals.

CAREERS AND RELATIONSHIPS HALF TERM 4

What they'll learn:

- Key skills for my future
- What makes a great CV
- Creating a strong CV
- Long term relationships
- Parental roles and responsibilities

Questions to ask at home:

"What skills do you think are most important for your future?"

Helping them to flourish:

Remind them that building skills, empathy, and responsibility helps prepare them for both work and life.

RELATIONSHIPS CONTINUED HALF TERM 5

What they'll learn:

- Explicit content and stereotyping
- Non consensual behaviour
- Sexual coercion
- Respect in relationships

Questions to ask at home:

"How do you know if someone is respecting your boundaries?"

Helping them to flourish:

Encourage open conversations about boundaries, respect, and consent.

RELIGIOUS STUDIES HALF TERM 6

What they'll learn:

- Discrimination against people
- Abrahamic religions
- Jewish discrimination
- Christians and Muslim discrimination

Questions to ask at home:

"Why is it important to treat people fairly, even if they have different beliefs?"

Helping them to flourish:

Model respectful behaviour toward people of all faiths, cultures and backgrounds.

Year 11 PERSONAL DEVELOPMENT PARENT/CARER GUIDE



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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 diseases (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)