

Year 10 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.

RELIGIOUS STUDIES HALF TERM 1

What they'll learn:

- Discrimination and prejudice
- Antisemitism
- Islamophobia
- Christian discrimination
- Gender discrimination
- Challenging discrimination

Questions to ask at home:

"Why is it important to challenge discrimination?"

Helping them to flourish:
Model respect, fairness and equality. Encourage students to listen to different perspectives and challenge prejudice appropriately.

RELATIONSHIPS HALF TERM 2

What they'll learn:

- Pornography impact
- Health screening
- Healthcare system
- Menstrual health
- AI and society
- Informed choices

Questions to ask at home:

"How can reliable information help you make better decisions about your health?"

Helping them to flourish:

Encourage students to use trusted sources and seek appropriate support. Keep conversations open, respectful and non-judgemental.

LIVING IN THE WIDER WORLD HALF TERM 3

What they'll learn:

- Personal data
- Understanding democracy
- Global relationships
- Public money
- Pensions
- Financial planning

Questions to ask at home:

"Why is it important to think about your financial future?"

Helping them to flourish:

Use everyday situations to discuss money, responsibility and digital safety. Encourage long-term thinking and informed decision-making.

RELATIONSHIPS HALF TERM 4

What they'll learn:

- Sexual consent
- Types of intimacy
- Sexual orientation
- Illegal images
- Online expectations
- Acting on feedback

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. Help students reflect on feedback and learn from their experiences.

CAREERS AND LIFE SKILLS HALF TERM 5

What they'll learn:

- Importance of work
- Career pathways
- First jobs
- Money decisions
- Employment skills
- Adult life

Questions to ask at home:

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

Helping them to flourish:

Encourage independence, resilience and adaptability. Talk about different pathways and help students recognise the skills they already have.

HEALTH AND WELLBEING HALF TERM 6

What they'll learn:

- Media and careers
- Online stalking
- Rule of law
- Vaccination
- Drug awareness and medication misuse
- Healthy lifestyles
- Misinformation

Questions to ask at home:

"How can you tell whether information online is reliable?"

Helping them to flourish:

Encourage critical thinking, healthy routines and responsible choices.