

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.

HEALTH AND WELLBEING HALF TERM 1

What they'll learn:

- Equality Act
- Human rights
- Identity and aspirations
- Criminal exploitation
- Fertility and pregnancy
- Deepfakes and online content
- Sex and substances

Questions to ask at home:

"How can understanding your rights help you make positive choices for your future?"

Helping them to flourish:

Encourage informed choices, positive aspirations and seeking trusted support.

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:

Use trusted sources, seek support and encourage open, respectful conversations.

RELIGIOUS STUDIES HALF TERM 3

What they'll learn:

- Moral decision-making
- Utilitarianism
- Human life
- Organ donation
- IVF ethics
- Genetic engineering

Questions to ask at home:

"How can we make difficult decisions when people have different views?"

Helping them to flourish:

Encourage curiosity and respectful debate. Help students listen to different viewpoints and explain their own reasoning clearly.

RELATIONSHIPS HALF TERM 4

What they'll learn:

- Insurance
- Sexual harassment
- Domestic abuse
- Masculinity
- Health conditions
- Exam stress

Questions to ask at home:

"How can you protect your wellbeing and prepare for challenges in adult life?"

Helping them to flourish:

Encourage informed choices, healthy relationships and positive wellbeing.

SUPPORT AND RESOURCES BEYOND PADGATE ACADEMY

Wellbeing & Mental Health:

Mind – [mind.org.uk](https://www.mind.org.uk)

Kooth – [kooth.com](https://www.kooth.com)

headspace.com

Healthy relationships -
[nspcc.org.uk](https://www.nspcc.org.uk)

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](https://www.nhs.uk) (health info)

Gov.uk – [gov.uk](https://www.gov.uk) (legal info)