

Year 8 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:

- Challenging stereotypes
- Intimate relationships
- Unsafe relationships
- What consent is
- managing relationship breakdowns

Questions to ask at home:

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

Helping them to flourish:

Model healthy relationships at home—showing kindness, equality, and good communication.

EMOTIONAL WELLBEING HALF TERM 2

What they'll learn:

- Supporting wellbeing
- Negative impacts
- Positive impacts
- Emotional resilience
- Oral and sleep hygiene

Questions to ask at home:

"What things help you feel happy and calm during the week?"

Helping them to flourish:

Encourage a regular sleep routine and limit screen time before bed.
Celebrate effort as well as achievement to build resilience and self-esteem.

PERSONAL SAFETY HALF TERM 3

What they'll learn:

- What is peer pressure?
- Dangers of knife crime
- Staying safe in the community/online
- responding to an emergency
- Basic first aid

Questions to ask at home:

"What could you do if someone pressured you to do something unsafe?"

Helping them to flourish:

Talk openly about risks and safety in a calm, non-judgmental way.

LIVING IN THE WIDER WORLD: CAREERS HALF TERM 4

What they'll learn:

- Careers that interest me
- What skills do I have?
- How is the world of work changing?
- Rights and responsibilities at work in the future
- Exploring future choices

Questions to ask at home:

"What steps could you take now to help you reach your future goals?"

Helping them to flourish:

Emphasise the importance of adaptability, resilience, and lifelong learning.

STAYING SAFE (ONLINE) HALF TERM 5

What they'll learn:

- What is my online footprint?
- The law and sexually explicit content
- Social media vs reality
- unhealthy comparisons online

Questions to ask at home:

"How can what you post online affect your future?"

Helping them to flourish:

Encourage regular, open conversations about their online experiences, help them think critically about what they see online.

CITIZENSHIP HALF TERM 6

What they'll learn:

- What are laws and how are they made?
- Reasons behind a crime
- Government vs Parliament
- History of democracy

Questions to ask at home:

"Why do we have laws, and how do they help society?"

Helping them to flourish:

Model responsible citizenship through discussion, involvement, and leading by example.