

## Personal Development

Health and wellbeing

Living in the wider world

Relationships

### Personal Development Curriculum:

Our Personal Development Programme equips students with the knowledge, skills, and values needed to navigate their formative years with confidence and resilience. Rooted in our core values of pride, happiness, and ambition, the programme promotes critical thinking, character development, and informed decision-making to support students' health, safety, and overall wellbeing. It integrates high-quality careers education, enabling students to explore future pathways and develop key employability skills, while also fostering active citizenship and a deep understanding of British values such as democracy, the rule of law, individual liberty, and mutual respect. Through a structured and progressive approach, students are empowered to manage their academic, personal, and social lives positively, take pride in their growth, pursue ambitious goals, and prepare for life in modern Britain as open-minded, happy, and responsible individuals.

### Personal Development Days 2025 - 2026 (writing in red = year group assembly/outside speaker opportunities)

Year group	PD 1 – Tuesday 7 <sup>th</sup> October 2025	PD 2 – Tuesday 2 <sup>nd</sup> December 2025	PD 3 – Monday 26 <sup>th</sup> January 2026	PD 4 – Thursday 19 <sup>th</sup> March 2026	PD 5 – Wednesday 1 <sup>st</sup> July 2026
Year 7	Transition and safety – including personal safety in and outside of school	Diversity, prejudice and bullying  Team Building and New Challenges.  Kooth Assembly – Building friendships	Healthy Routines and influence on health, puberty, FGM, unwanted contact  Your Future –  Hampshire Police - ASB	Building relationships – self worth and romance and friendships	Living in the wider world – financial and borrowing  Government, Parliament and democracy  Your Future – EBP Business Networking 4x1hr  Kooth Assembly –Cyber bullying

## Personal Development



*The* **HENRY  
BEAUFORT** *School*

Year 8	<p>Drugs Education – Smoking, Vaping, Alcohol, the law, and peer pressure</p>	<p>Human Rights – stereotyping, discrimination, and respectful behaviours.</p> <p>OPTIONS fayre 4 and 5 assembly Straw Poll 1</p> <p>Kooth Assembly – Self esteem</p>	<p>Emotional well being – mental health and emotional well being (including body image and self-esteem)</p> <p>OPTIONS assembly Straw Poll 2 P5</p>	<p>Gender identity, sexual orientation, consent, introduction to contraception</p>	<p>Digital Literacy safety – online safety, to include sexting</p> <p>British Values</p> <p>Hampshire Police – Keeping Safe online</p>
Year 9	<p>Choices and consequences of risky behaviours, gangs exploitation</p> <p>Hampshire Police – County Lines exploitation</p> <p>Further Education Fair</p>	<p>Respectful relationships – families and Global Citizens tackling disability discrimination and Prevent</p>	<p>Healthy lifestyle – diet, exercise, lifestyle</p> <p>Kooth Assembly – Resilience</p>	<p>RSE – relationships, LGBTQ, FGM and laws, contraception and STIs.</p> <p>ARMY BOOKED</p>	<p>Employability and online presence</p>
Year 10	<p>Work Experience – introduction to process, skills, and qualities Further Education Fair</p> <p>Mental Health and ill health</p> <p>RE– Wealth, Poverty and Exploitation of the poor.</p>	<p>Healthy relationships – relationships and sex education. Impact of the media and pornography</p> <p>RE Fighting for Human Rights.</p> <p>STAR - VAWG</p>	<p>Exploring influence – impact of drugs, gangs, role models Daniel Spargo Mabb's Foundation</p> <p>Crime and Punishment, tackling Racism and Discrimination</p>	<p>Addressing extremism and radicalisation (Prevent)</p> <p>RE- Stephen Lawrence Racism</p> <p>Kooth Assembly – Exam Stress</p>	<p>Financial Decision Making – debt, gambling</p>

## Personal Development



The HENRY  
BEAUFORT School

Year 11	<p>Building for the future – stress management, future opportunities</p> <p>Future Pathways – <i>Personal Statements</i></p> <p><b>Further Education Fair</b></p> <p>RE Punishments, are they necessary?</p>	<p>Communication in relationships, becoming an adult</p> <p><b>RE: Sanctity of Life</b></p> <p><b>EPB Interview ready</b></p> <p><b>3x1hr - confirmed</b></p> <p><b>Hampshire Police – VAWG and Misogyny</b></p>	<p>Emotional Health and Wellbeing –</p> <p>RE: Religious Attitudes to roles and relationships.</p> <p><b>Inspirational Speak A Phipps</b></p>	<p>Families – different families, pregnancy, marriage, forced marriage, changing relationships</p> <p><b>Kooth Assembly – Exam Stress</b></p>	
---------	--	--	---	---	--

### Differentiation for Personal Development

- Seating plan
- Targeted questioning
- Group/paired tasks
- Resources (includes subtitles)
- Through explanations
- Where necessary, differentiated worksheets
- Think – Pair – Share

### Key to core themes of Personal Development:

Health and wellbeing

Living in the wider world

Relationships

Across all 3 personal development themes citizenship, careers, critical thinking and character development is thoughtfully integrated throughout the 5 PD days and the 5 year programme.

***Please note that our students continue to learn about Personal Development through our tutor and assembly programme.***

***Year 10 students are taught RSE in a timetabled lesson, once per fortnight.***