



Personal Development 2024 Overview – YEAR 7

To enable you to support and consolidate your child's learning and continue these vital conversations at home, please see the overview below.

Autumn Half Term 1:	
Introduction to Personal Development	This introductory lessons focuses on understanding Personal Development and its importance. Within this introductory lesson the class with teacher support will establish the ground rules for Personal Development lessons considering that sensitive topics will be addressed. This lesson briefly introduces British Values and Protected Characteristics. Safeguarding and Support at SARCHS are also covered within this lesson.
Transition	Pupils will explore the transition to secondary school, identifying some of the challenges and changes that can arise and where to get support if needed.
Building Connections	Pupils will explore the meaning of loneliness and connection and learn actions they can take to build connections with themselves, with friends and family and with their wider community.
Internet Safety	This lesson covers key aspects of internet safety, including protecting personal information, recognising online threats, and practicing responsible behaviour. Pupis will learn how to stay safe and secure online.
Maintaining Privacy Online	This lesson teaches students how to maintain privacy online, covering key practices like creating strong passwords, managing personal information, and recognising privacy settings to stay safe on the internet.
Basic Life Support	This lesson is designed to teach pupils about basic life support. They'll learn how to do the primary survey, the recovery position, CPR, and how to use an AED.
Firework Safety	This lesson will focus on staying safe and acting responsibly around fireworks, sparklers and bonfires. Pupils will analyse the risks associated, assess how to manage these risks, and explore how to manage peer influence.