

# PERSONAL DEVELOPMENT



**ALDER**  
Community High School

YEAR 10

The Media		
Autumn 1	<ul style="list-style-type: none"><li>• To know the role of the media in a democracy</li><li>• To know how the media and democracy can impact our lives</li><li>• To know what is meant by responsible journalism and how the media is regulated</li><li>• To know what my rights are where the media and journalism is concerned</li><li>• To know how the media holds those in power to account.</li><li>• To Know how the media helps to support our democratic rights in the UK</li><li>• To know what misinformation and censorship are</li><li>• To know that I can use the knowledge I have on misinformation to critically decide what types of media are reliable and trustworthy</li><li>• To know how the media can influence our decisions</li><li>• To know how to use the awareness of media influence to make good decisions in my life</li></ul>	<b>Key Vocabulary</b>  Media Democracy Journalism Misinformation Disinformation Mal information Censorship



## SRE- Relationships with others

Autumn 2

- To know different strategies to manage conflict
- To know how to use them to manage conflict in my own life
- To know what forced marriage and arranged marriages are
- To know what the law says about forced marriage and how someone can seek support if they are being forced to marry against their will
- To know what stalking and harassment is and the impact of this on people
- To know what UK law says about stalking and harassment and how to get help if needed
- To know what sexism is and gender prejudice are
- To know the issues that this kind of prejudice can cause for people and society
- To know how role models influence us
- To know how we can be more realistic and positive about the way we view ourselves
- To know the challenges of being a new parent and consequences of having children
- To know how to use this information to make the right choices for me in my life

### Key Vocabulary

Conflict  
Resolution  
Stalking  
Harassment  
Sexism  
Prejudice  
Role model  
Idolise  
Self esteem



## Careers and Work Experience

Spring 1

- To know about the different sources of work experience
- To know the best way to find work experience for me
- To know what should go into a CV
- To know how to write a CV for myself to use for work experience
- To know Labour Market information trends in Greater Manchester and what they mean for me
- To know how to use Labour Market information to make good decisions in my own life
- To know what SMART targets are
- To know how to use them effectively to help with work experience plans
- To know what skills make someone more resilient in their career choices
- To know how to use these skills to make good decisions for my future

### Key Vocabulary

Work experience  
Employability  
Curriculum Vitae (CV)  
Skills  
Qualities  
Personal statement  
Labour market information  
Apprenticeships



Mental Health and well being		
Spring 2	<ul style="list-style-type: none"><li>• To know the different ways that we can help ourselves and others to improve our moods when feeling low</li><li>• To know how to apply these strategies for positivity in my own life to help me with mental health and well being</li><li>• To know about the different stages of grief and the impact it can have</li><li>• To know the best ways to support grieving people and strategies for coping with our own grief</li><li>• To know that people can create unreal personas online</li><li>• To know how social media can affect our self-esteem and expectations and how to manage these feelings</li><li>• To know what causes people to have social anxiety and the physical symptoms of the condition</li><li>• To know the different treatments available to people with social anxiety and how to access these</li><li>• To know what mental health illnesses are and the ways people can help maintain good mental health</li><li>• To know how to retain good mental health in my own life</li></ul>	<b>Key Vocabulary</b>  Positivity Bereavement Self esteem Mental health Depression Social anxiety
<b>How to help at home</b>  <b>Wellbeing support available-</b> <a href="#">Wellbeing Support   Alder Community High School</a>  <b>Careers and Work experience support available-</b> <a href="#">Careers Education, Information, Advice and Guidance   Alder Community High School</a>		



## Making good choices- Health and wellbeing (Summer 1 and 2)

### Summer 1

- To know the dangers and risks involved with vaping
- To know how to use this information to make good choices around vaping in my own life
- To know the legal and personal implications of drug use
- To know how to use this information to make informed choices in my own life
- To know the dangers and risks of substance misuse
- To know how to use this information to make good choices around legal and illegal substance use

### Key Vocabulary

Vaping  
Smoking  
Substance abuse  
Myth  
Stereotype



<b>Summer 2</b>	<ul style="list-style-type: none"><li>• To know what Pride is, why it is celebrated and why it is important to celebrate and respect diversity</li><li>• To know how to celebrate diversity and think about how we can support diversity in our school and the wider community</li><li>• To know what procrastination is and the benefits of perseverance</li><li>• To know how to break procrastination cycles in my life and how I can persevere to meet my goals and succeed</li><li>• To know what qualities and behaviours we should expect in positive and healthy friendships</li><li>• To know how to show these qualities to maintain positive and healthy friendships in my life</li><li>• To know what mutual respect and tolerance are</li><li>• To know how to treat others with respect and use inclusive and respectful language</li><li>• To know what I need to do to prepare for my work experience placement</li><li>• To know how to put my plans into action to make my work experience a success.</li><li>• To know what my strengths and weaknesses are from my work experience placement</li><li>• To know how to use these experiences to inform my future career choices</li></ul>	<b>Key Vocabulary</b>  Discrimination Prejudice Perseverance Procrastination Tolerance Mutual respect Inclusive language
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