

PERSONAL DEVELOPMENT



YEAR 10

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

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| Autumn 2 | Knowledge | Key Vocabulary |
| | <ul style="list-style-type: none">• 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 | <p>Conflict Resolution Stalking Harassment Sexism Prejudice Role model Idolise Self esteem</p> |



Careers and Work Experience

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| Spring 1 | Knowledge <ul style="list-style-type: none">• To know I 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 LMI information to make good decisions in my own life• To know what smart targets are.• To know how to use them affectively 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 <p>Work experience Employability Curriculum Vitae (CV) Skills Qualities Personal statement Labour market information Apprenticeships</p> |
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Mental Health and well being

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| Spring2 | Knowledge <ul style="list-style-type: none">• To know the different ways that we can help ourselves and others to improve our moods when feeling low• To know how to apply these strategies for positivity in my own life to help me with mental health and well being• To know about the different stages of grief and the impact it can have• To know the best ways to support grieving people and strategies for coping with our own grief• To know that people can create unreal personas online• To know how social media can affect our self-esteem and expectations how to manage these feelings• To know what causes people to have social anxiety and the physical symptoms of the condition• To know the different treatments available to people with social anxiety and how to access these.• To know what mental health illnesses are and the ways people can help maintain good mental health.• To know how to retain good mental health in my own life | Key Vocabulary <p>Positivity Bereavement Grief Self esteem Mental health Depression Social anxiety</p> |
| | How to help at home <p>Wellbeing support available- Wellbeing Support Alder Community High School</p> <p>Careers and Work experience support available- Careers Education, Information, Advice and Guidance Alder Community High School</p> | |



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

Summer 1

Knowledge

- 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 dangers and risks of substance misuse
- To know how to use this information to make good choices around legal and illegal substance use
- To know that strangulation is illegal and dangerous.
- To know how any activity that involves applying force or pressure to someone's neck or covering someone's mouth and nose is dangerous and can lead to serious injury or death.
- To know what the menopause is
- To know the ways this may impact the lives of women.

Key Vocabulary

Vaping
Smoking
Substance abuse
Myth
Stereotype
Non-fatal strangulation
Strangulation
Suffocation
Domestic violence
Menopause
Perimenopause



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| <p style="text-align: center;">Summer 2</p> | <p>Knowledge</p> <ul style="list-style-type: none">• To know what Pride is, why it is celebrated and why it is important to celebrate and respect diversity• To know how to celebrate diversity and think about how we can support diversity in our school and the wider community• To know what procrastination and the benefits of perseverance• To know how to break procrastination cycles in my life and how I can persevere to meet my goals and succeed.• To know about cancer awareness and why early detection is important• To know how to check for cancer and how to seek help/ support if needed• To know what is involved with blood, organ and stem cell donation• To know and recognise the importance of donation to individuals and society• To know what I need to do to prepare for my work experience placement• To know how to put my plans into action to make my work experience a success.• To know what my strengths and weaknesses are ready for my work experience placement• To know how to use these experiences to inform my future career choices. | <p>Key Vocabulary</p> <p>Perseverance Procrastination Breast cancer Testicular cancer Self examination Blood donation Organ donation Stem cell donation</p> |
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