

# PERSONAL DEVELOPMENT



**ALDER**  
Community High School

YEAR 10

The Media		
Autumn 1	<b>Knowledge</b> <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> <p>Media Democracy Journalism Misinformation Disinformation Mal information Censorship</p>



## SRE- Relationships with others

Autumn 2

### Knowledge

- 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

### Knowledge

- 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

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



## Mental Health and well being

Spring2

### Knowledge

- 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

Positivity  
Bereavement  
Grief  
Self esteem  
Mental health  
Depression  
Social anxiety

### How to help at home

Wellbeing support available- [Wellbeing Support | Alder Community High School](#)

Careers and Work experience support available- [Careers Education, Information, Advice and Guidance | Alder Community High School](#)



## 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



<b>Summer 2</b>	<b>Knowledge</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 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> <p>Discrimination Prejudice Perseverance Procrastination Tolerance Mutual respect Inclusive language</p>
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