

# PERSONAL DEVELOPMENT



**ALDER**  
Community High School

YEAR 7

British Citizenship and Values		
Autumn 1	<ul style="list-style-type: none"><li>• To know that citizenship is about the rights and responsibilities that come with membership of communities</li><li>• To know how to use citizenship skills effectively</li><li>• To know that being British means you have legal rights in England, Scotland, Wales and Northern Ireland</li><li>• To know how to reflect on your own identity</li><li>• To know that a good British Citizen demonstrates our British values</li><li>• To know how to demonstrate British values</li><li>• To know that individual liberty involves freedom of speech, taking responsibility and respecting other people's freedoms</li><li>• To know how to demonstrate individual liberty</li><li>• To know that democracy means people power</li><li>• To know how to be democratic</li><li>• To know how to be tolerant and respectful of others</li></ul>	<b>Key Vocabulary</b>  Citizenship Discrimination Prejudice Liberty Democracy Tolerance



## Active Citizenship

Autumn 2

- To know that active citizenship involves taking part in a community in a way that is beneficial to others
- To know how to become a more active citizen
- To know what a campaign is and how negotiation is used
- To know how to plan citizenship action
- To know that citizenship action can bring about positive change
- To know how to bring about positive change through citizenship action
- To know that citizenship skills for taking action include communication, analysis, research and problem solving
- To know how to demonstrate these citizenship skills effectively
- To know that to take action successfully and have your voice heard you need to demonstrate active citizenship, democracy and exercising rights and freedoms
- To know how to take action about a citizenship issue effectively

### Key Vocabulary

Citizenship  
Negotiation  
Campaign  
Democracy  
communication



## Relationships, Health and Wellbeing

Spring 1

- To know that eating healthily is important and to know that diet can have an impact on health
- To know how to have a respectful discussion about sensitive topics
- To know how to use inclusive and non-judgemental language
- To know that all people experience different emotions
- To know how to agree to, and follow a class contract
- To know that all people experience changes during puberty and know what these changes are
- To know how to eat a balanced and healthy diet
- To know how to manage different emotions and feelings
- To know that hygiene is important and what hygiene is
- To know how to manage these changes and learn strategies to do this
- To know what and why parts of the body need to be kept hygienically clean

### Key Vocabulary

Anxiety  
Puberty  
Hormones  
Hygiene



## Being Safe and Healthy

Spring 2

- To know the reasons that someone might need First Aid
- To know how to assess a casualty
- To know that the recovery position is the safest way that someone can be placed and what emergencies this applies to
- To know how to assess risk when treating a casualty
- To know how to put someone in the recovery position safely
- To know that CPR is a way to help someone who is in cardiac arrest
- To know how to use CPR safely
- To know that cyber-crime is serious and where to get help and advice from
- To know how to make good decisions that keep me safe online
- To know that there are serious consequences of substance misuse and what these consequences are
- To know how to recognise internal and external influences on decisions relating to substance and alcohol abuse
- To know that there are risks involved with alcohol and to be able to identify these risks

### Key Vocabulary

Alcohol  
Influence  
Resuscitation  
Cardiac arrest  
Cyber crime  
Unconscious  
First aid

### How to help at home

Online safety support available- [Online Safety Hub - aldercommunityhighschool.onlinesafetyhub.uk](https://aldercommunityhighschool.onlinesafetyhub.uk)



## Mental Health and Wellbeing

Summer 1

- To know the ways mental and physical health are linked
- To know how to challenge stereotypes about mental health
- To know what emotional wellbeing is
- To know how to build resilience
- To know what healthy and unhealthy coping strategies are
- To know how to use strategies to support my wellbeing

### Key Vocabulary

Coping  
Resilience

**How to help at home**

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



## Living in the Wider World

### Summer 2

- 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 bullying is and know what is, and is not, acceptable behaviour towards others
- To know how to treat others in our school community with respect and where to seek help with concerns about bullying in and out of school
- To know what news is
- To know how to evaluate the reliability of sources of information
- To know what responsibilities the media has and how they are enforced
- To know how to use this information to decide what media is reliable or not reliable
- To know the role of the media in a democracy
- To know how to use the media to help me to make informed decisions in my own life as a British citizen
- To know how the media hold those in power to account
- To know how to use this information to help me to make informed decisions in my own life as a British citizen
- To know how to check that information we receive from media is accurate
- To know how I can be confident that what I read is accurate

### Key Vocabulary

Bullying  
Banter  
Responsibility  
Media  
News  
newsworthy