

PERSONAL DEVELOPMENT



ALDER
Community High School

YEAR 7

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



Active Citizenship

Autumn 2

Knowledge

- 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 that 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 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
Communication
Community
Activist



Relationships, Health and Wellbeing

Spring 1

Knowledge

- To know eating healthy is important and 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 the 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

Contract
Emotions
Anxiety
Puberty
Hormones
Hygiene
Responsibility



Being Safe and Healthy

Spring2

Knowledge

- 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
- 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 can 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

Knowledge

- 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 healthy and unhealthy coping strategies
- To know how to use strategies to support my wellbeing
- To know what digital resilience involves
- To know how to use strategies to build digital resilience

Key Vocabulary

Coping
Resilience
Coping strategies
Digital resilience
Wellbeing
Mental health



Living in the Wider World

Summer 2

Knowledge

- 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
- 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

How to help at home

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



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