

# PERSONAL DEVELOPMENT



**ALDER**  
Community High School

YEAR 8

<b>Values and justice</b>		
Autumn 1	<b>Knowledge</b>	<b>Key Vocabulary</b>
	<ul style="list-style-type: none"><li>• To know that rights and freedoms are things everyone in the UK should get such as the right to an education, family, shelter, healthcare etc</li><li>• To know how people have spoken out for the rights of others throughout history</li><li>• To know that legal rights are rights that are protected by law</li><li>• To know how to take action about legal rights that you want to change</li><li>• To know that a crime can be caused by many things including poverty, upbringing, peer pressure and addiction</li><li>• To know how to share your view formally in a debate</li><li>• To know that criminal trials take place in magistrates and crown courts</li><li>• To know how different courts in the justice system are used</li><li>• To know that criminal trials take place in magistrates and crown courts</li><li>• To know how youth courts trials run differently</li><li>• To know that youth courts are different to adult courts including formality and purpose to protect young people who are more vulnerable</li><li>• To know that the UK justice system aims to rehabilitate prisoners and deter others from committing crime</li></ul>	<b>Key Vocabulary</b> Law Crime Justice Legal rights Defendant Offender Criminal responsibility Youth justice



<h2>What are rights?</h2>		
Autumn 2	<b>Knowledge</b> <ul style="list-style-type: none"><li>• To know that human rights are things that all humans are entitled to. They are outlined in the Universal Declaration of Human Rights</li><li>• To know that international organisations such as Amnesty international, Oxfam, UNHCR and UNICEF work to protect human rights</li><li>• To know that children have a different set of rights that are outlined by the UNHCR and includes the right to education</li><li>• To know how to explain different views about who decides what these rights are</li><li>• To know that the law states that young people can work from the age of 13 with what the specific restrictions are.</li><li>• To know how children's rights are protected around the world</li><li>• To know that a contract of employment adds to statutory rights at work</li><li>• To know how to write a contract of employment that is protects rights</li></ul>	<b>Key Vocabulary</b> Rights Responsibility Statutory Contractual Declaration Human Rights United Nations Minimum wage



## PSHE

Spring 1	<b>Knowledge</b> <ul style="list-style-type: none"><li>• To know that consent is important and what this means legally and ethically</li><li>• To know how to recognise when a person is consenting or not and how to seek consent from another person</li><li>• To know how to explain how consent is given/ not given</li><li>• To know that there are different health risks related to drinking alcohol and know what they are</li><li>• To know how to demonstrate methods of raising awareness about the health risks relating to alcohol</li><li>• To know that there are risks and consequences to drug use and what they are.</li><li>• To know how to reduce the risks relating to my health</li><li>• To know that body image is the way we perceive ourselves and the impact this can have on us</li><li>• To know how to recognise the effects of body image on my mental health</li><li>• To know that there are laws around gambling and the risks associated with gambling</li><li>• To know how to make good choices in my life in relation to gambling</li></ul>	<b>Key Vocabulary</b> Gambling Addiction Recreational Consent Lottery Positive affirmations Risk
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<h2>Living in the wider world</h2>		
Spring 2	<b>Knowledge</b> <ul style="list-style-type: none"><li>• To know the different threats to our environment</li><li>• To know how to live in a more sustainable way</li><li>• To know the impact of global warming</li><li>• To know what we can do to help with climate change</li><li>• To know the different types of illegal drugs and how they can have a serious impact on our health</li><li>• To know how to use the information to help me to make good choices in my life</li><li>• To know what factors contribute to a young person joining a gang</li><li>• To know good decisions to keep myself safe and where to get help if needed</li><li>• To know about the issues around online safety and grooming and its impact on people</li><li>• To know how to use this information to keep myself safe online</li></ul>	<b>Key Vocabulary</b> <p>Fossil fuels Deforestation Global warming Gang Illegal drugs Social drugs Groomer Advocacy</p>
<b>How to help at home</b>  <b>Support available for online safety-</b> <a href="http://aldercommunityhighschool.onlinesafetyhub.uk">Online Safety Hub - aldercommunityhighschool.onlinesafetyhub.uk</a>		



## Careers

Summer 1	<b>Knowledge</b> <ul style="list-style-type: none"><li>• To know that career motivators play an important role in choosing the right career</li><li>• To know how to investigate and evaluate what I want in a career</li><li>• To know that there are myths and facts about careers and how to differentiate between the two</li><li>• To know how to apply information about career myths and facts to my own career</li><li>• To know what it means to be assertive and the importance of being assertive</li><li>• To know how to be assertive and use this to make decisions in my future career</li><li>• To know what interview and employability skills are</li><li>• To know how to use interview/ employability skills effectively in my own life and career</li></ul>	<b>Key Vocabulary</b> Myth Fact Stereotype Assertive Employability skills Interview skills
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<h2>Health and wellbeing</h2>		
Summer 2	<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 social media is and can identify the risks associated with using social media platforms</li><li>• To know how to avoid the risk of using social media and know how to use social media responsibly</li><li>• To know what FGM is</li><li>• To know how to access help and support with any concerns about FGM</li><li>• To know what cancer is, how it develops in the body and how it is treated</li><li>• To know how we can take preventative measures to stay healthy and where to get support if anyone around us is affected by cancer</li><li>• To know what self-awareness and sensitivity is and the importance of this</li><li>• To know how we can sensitively handle strong emotions, to be more self-aware and sensitive towards others</li><li>• To know the different health problems caused by smoking tobacco, cannabis and vaping</li><li>• To know how to make good and healthy choices in my life around smoking and vaping</li><li>• To know what self-confidence is and the importance of this when working towards personal goals</li><li>• To know how to apply different strategies to help build self confidence</li></ul>	<b>Key Vocabulary</b> Social media Cancer Genetic predisposition FGM Self-awareness Vaping Smoking Self esteem Self confidence Growth mindset
<b>How to help at home</b>  <b>Careers support available- <a href="#">Careers Education, Information, Advice and Guidance   Alder Community High School</a></b>		



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