

# PERSONAL DEVELOPMENT



**ALDER**  
Community High School

## YEAR GROUP 11

Careers		
Autumn 1	<b>Knowledge</b> <ul style="list-style-type: none"><li>To know the different post 16 options that are available</li><li>To know how to evaluate which options are best for me.</li><li>To know how to evaluate LMI (Labour Market Information) to make plans to help achieve a specific career goal</li><li>To know how to explore post-16 options, focusing on browsing college websites, vocational routes, and apprenticeship opportunities.</li><li>To know how to use post-16 options information to inform my post 16 decisions</li></ul>	<b>Key Vocabulary</b>  Vocational Academic Ambition Labour market College Sixth form Apprenticeship
Mental Health and wellbeing		
Autumn 2	<b>Knowledge</b> <ul style="list-style-type: none"><li>To know a range of strategies and techniques that can be used to manage exam stress</li><li>To know which strategies for managing exam stress work for me and apply them in my life</li><li>To know a range of strategies and techniques to help build resilience</li><li>To know which strategies for building resilience work for me and apply them in my life to help me with my future career decisions</li><li>To know how to make good decisions.</li><li>To use decision making strategies to make good choices in my own life</li><li>To know the strategies that people can use to manage their studies.</li></ul>	<b>Key Vocabulary</b>  Stress Anxiety Coping strategies Mental wellbeing Resilience



<b>How to help at home</b>  <b>Wellbeing support available-</b> <a href="#">Wellbeing Support   Alder Community High School</a>  Careers support available- <a href="#">Careers Education, Information, Advice and Guidance   Alder Community High School</a>	
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<b>SRE</b>		
<b>Spring 1</b>	<b>Knowledge</b> <ul style="list-style-type: none"><li>• To know what body shaming is</li><li>• To know the consequences of body shaming</li><li>• To know how to be more body positive towards myself and others</li><li>• To know what the long and short term consequences are of sharing intimate images</li><li>• To know how to prevent becoming a victim of revenge porn and what to do and where to get help if I/ someone I know does.</li><li>• To know what makes a healthy and unhealthy relationship</li><li>• To know how to identify unhealthy aspects of a relationship like coercive control and know how and where to get help if this is needed</li></ul>	<b>Key Vocabulary</b>  Body shaming Body image Revenge porn Upskirting Coercive control
<b>Living in the wider world- Preparing for life after school</b>		
<b>Spring 2</b>	<b>Knowledge</b> <ul style="list-style-type: none"><li>• To know what social pressures young people face.</li><li>• To know ways to deal with social pressures in my life effectively</li><li>• GCSE exam preparation</li></ul>	<b>Key Vocabulary</b>  Growth mindset Social pressures



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