



# PERSONAL DEVELOPMENT PHSE/RSE UPDATE HT4

OUR LADY  
AND ST BEDE  
CATHOLIC ACADEMY





## This Half Term (HT4)

This half term, we will be covering the following topics within our HD RSE lessons.

"I HAVE COME  
THAT YOU MAY  
HAVE LIFE  
& HAVE IT TO  
THE FULL"

### HD RSE Half Term 4 Topics



Year	Topic	Content
Y7	Family and Friends + My Life on Screen	Types of friendship, Family structures and Managing behaviour, Online Safety, Digital Footprint, Media and Gaming.
Y8	First Aid	CPR, Recovery Position, Choking, Bleeds, Burns and Road Safety.
Y9	Smoking, Alcohol and Drugs	Addiction, Smoking, Vaping, Alcohol, Drugs, the law and effects on society.
Y10	Abuse and Solidarity	Types of abuse (physical, emotional, domestic and neglect), entrapment, manipulation, sexual grooming, cyberbullying, pornography, FGM, human trafficking, honour-based violence.
Y11	Bullying, Knife crime and Prevent	Bullying, Knife crime and PREVENT awareness



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## Personal Development Day Term 2

Last half term, we held our second Personal Development Day of the academic year, focusing on the theme 'Living in the Wider World.' It was a packed and engaging day, offering a variety of exciting sessions. Highlights included a Careers Fayre, an informative Finance workshop delivered by Wize Up Financial Education, and thought-provoking sessions on Knife Crime and developing enterprise skills.



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## It's Not OK tour

We had the privilege of hosting the It's Not OK tour in partnership with the NSPCC. Our Year 7 and 8 pupils experienced a powerful drama performance and took part in interactive workshops exploring important topics such as grooming, coercive control, sexual assault, and online safety.



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