



Sutton House Academy

Personal Development

Medium Term Planning

2024/2025

The MTP encompasses a detailed breakdown of teaching points and activities for each learning intention across different year groups, focusing on EYFS through Year 11. The sessions align with the RHSE, PSHE, and SMSC topics, ensuring that our children in an SEMH setting receive targeted support and meaningful learning experiences.

EYFS – Foundations of Personal Development

Term 1	<ol style="list-style-type: none"> 1. Identify and express basic emotions <ul style="list-style-type: none"> ○ Teaching Points: Introduce different emotions (happy, sad, angry) using picture cards or storybooks. ○ Activities: <ul style="list-style-type: none"> ▪ Emotion Matching Game: Use cards with different faces showing various emotions and ask children to match them with corresponding labels. ▪ Emotion Stories: Read a story, and ask children to identify how characters are feeling. 2. Understand and practice basic hygiene <ul style="list-style-type: none"> ○ Teaching Points: Discuss why washing hands and brushing teeth are important. ○ Activities: <ul style="list-style-type: none"> ▪ Handwashing Song: Teach a fun song to sing while washing hands to ensure they do it long enough. ▪ Tooth brushing Activity: Provide toothbrushes and let children practice brushing on a model. 3. Recognise and name family members and friends <ul style="list-style-type: none"> ○ Teaching Points: Discuss different family structures and friendships. ○ Activities: <ul style="list-style-type: none"> ▪ Family Tree Craft: Children create a simple family tree with pictures or drawings. ▪ Friendship Circle Time: Sit in a circle and share names of friends and what makes them special.
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4. Learn and follow basic safety rules

- **Teaching Points:** Introduce basic rules like holding hands when crossing the street.
- **Activities:**
 - **Safety Role Play:** Practice crossing the street with a toy car and a zebra crossing mat.
 - **Safety Signs Game:** Show pictures of common safety signs and explain their meaning.

5. Understand and participate in simple routines

- **Teaching Points:** Talk about daily routines like tidying up after play.
- **Activities:**
 - **Routine Chart:** Create a visual chart of the daily routine for children to follow.
 - **Tidy-Up Time:** Use a timer and play a song to make tidying up a fun race against time.

6. Explore different family structures and cultures

- **Teaching Points:** Introduce the concept that families can look different.
- **Activities:**
 - **Story Time:** Read books that feature diverse families.
 - **Culture Day:** Invite parents to share a cultural tradition or food from their background.

7. Recognise and respect personal space and boundaries

- **Teaching Points:** Discuss the concept of personal space and why it's important.
- **Activities:**
 - **Personal Space Bubble Activity:** Use hula hoops or an imaginary bubble to teach children about maintaining personal space.
 - **Boundary Games:** Play games like "Red Light, Green Light" where children must stop and respect space.

Term 2	<ol style="list-style-type: none"> 1. Recognise and name more complex emotions (e.g., frustration, excitement) <ul style="list-style-type: none"> ○ Teaching Points: Introduce more complex emotions, explaining how they might feel and when they might occur. ○ Activities: <ul style="list-style-type: none"> ▪ Emotion Puppets: Use puppets to act out scenarios where these emotions are expressed. ▪ Emotion Matching Game: Match facial expressions to emotion words, expanding beyond basic emotions. 2. Practice sharing and turn-taking <ul style="list-style-type: none"> ○ Teaching Points: Discuss why sharing and taking turns is important in friendships and play. ○ Activities: <ul style="list-style-type: none"> ▪ Turn-Taking Games: Play games like “Pass the Parcel” where children must wait their turn. ▪ Story Time: Read books about sharing, followed by a discussion on why sharing is important. 3. Understand and practice saying “please” and “thank you” <ul style="list-style-type: none"> ○ Teaching Points: Emphasize the importance of manners and how they help build positive relationships. ○ Activities: <ul style="list-style-type: none"> ▪ Role Play: Act out different scenarios where children must remember to use “please” and “thank you.” ▪ Manners Chart: Create a chart to track when children use good manners, with stickers as rewards. 4. Explore the concept of helping others <ul style="list-style-type: none"> ○ Teaching Points: Introduce the idea that helping others makes the community stronger and happier. ○ Activities: <ul style="list-style-type: none"> ▪ Helper Roles: Assign “helper” roles in the classroom (e.g., helping to tidy up) and discuss the importance of each role. ▪ Kindness Chain: Create a paper chain where each link represents a kind act.
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	<p>5. Discuss and identify healthy food choices</p> <ul style="list-style-type: none"> ○ Teaching Points: Talk about different types of foods and which ones are good for our bodies. ○ Activities: <ul style="list-style-type: none"> ▪ Healthy Eating Plate: Use cut-out pictures of food to create a “healthy plate” collage. ▪ Food Sorting Game: Sort food items into “healthy” and “sometimes” categories. <p>6. Recognise different community helpers (e.g., police officers, firefighters)</p> <ul style="list-style-type: none"> ○ Teaching Points: Introduce children to the roles of various community helpers. ○ Activities: <ul style="list-style-type: none"> ▪ Community Helper Dress-Up: Have a dress-up day where children can pretend to be different community helpers. ▪ Community Helper Visits: Invite a community helper to visit the classroom and talk about their job. <p>7. Understand basic safety rules at home and school</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss basic safety rules like not touching hot surfaces and staying close to an adult. ○ Activities: <ul style="list-style-type: none"> ▪ Safety Simon Says: Play “Simon Says” with safety instructions (e.g., “Simon says look both ways before crossing”). ▪ Safety Scenario Discussions: Present different scenarios and ask children what they would do to stay safe.
Term 3	<p>1. Understand the concept of friendship and how to be a good friend</p> <ul style="list-style-type: none"> ○ Teaching Points: Introduce what it means to be a friend, focusing on kindness, sharing, and playing together. ○ Activities: <ul style="list-style-type: none"> ▪ Friendship Circle: Sit in a circle and share stories about what makes someone a good friend. ▪ Friendship Bracelets: Make simple friendship bracelets to give to a friend in the class.

2. Learn about different emotions and how to express them appropriately

- **Teaching Points:** Discuss various emotions and appropriate ways to express them.
- **Activities:**
 - **Emotion Faces:** Create paper plate faces with different emotions and discuss when they might feel each emotion.
 - **Emotion Story Time:** Read a story where characters experience a range of emotions, followed by a discussion.

3. Understand the importance of looking after our bodies (e.g., hygiene)

- **Teaching Points:** Discuss basic hygiene practices like washing hands, brushing teeth, and bathing.
- **Activities:**
 - **Handwashing Practice:** Demonstrate proper handwashing techniques and practice together.
 - **Hygiene Routine Chart:** Create a chart that children can take home to track their hygiene routines.

4. Recognise the importance of rules and routines

- **Teaching Points:** Introduce the concept of rules and routines, and why they help us feel safe.
- **Activities:**
 - **Routine Role Play:** Role-play different parts of the daily routine (e.g., getting ready for school).
 - **Rules Poster:** Create a classroom poster with simple rules that everyone agrees to follow.

5. Explore different types of families

- **Teaching Points:** Discuss how families can look different and that all families are special.
- **Activities:**
 - **Family Drawing:** Have children draw pictures of their families and share them with the class.
 - **Family Storybooks:** Read storybooks that feature different types of families and discuss.

	<p>6. Learn to identify safe and unsafe behaviours</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss basic safety at home, school, and in the community. ○ Activities: <ul style="list-style-type: none"> ▪ Safety Song: Sing a song about safety rules (e.g., “Stop, Look, Listen” for road safety). ▪ Safety Scenario Game: Present different scenarios (e.g., crossing the street) and ask what they would do to stay safe. <p>7. Understand the concept of caring for the environment</p> <ul style="list-style-type: none"> ○ Teaching Points: Introduce the idea of taking care of the environment, including plants, animals, and the earth. ○ Activities: <ul style="list-style-type: none"> ▪ Planting Activity: Plant seeds in the classroom and take care of them, discussing the importance of caring for living things. ▪ Recycling Sorting Game: Sort items into recycling bins and discuss why recycling is important.
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Primary KS1 – Early Exploration of Self and Others

Term 1	<p>1. Identify and express a range of emotions</p> <ul style="list-style-type: none"> ○ Teaching Points: Explore a wider range of emotions and how they manifest. ○ Activities: <ul style="list-style-type: none"> ▪ Emotion Charades: Children act out different emotions while others guess what they are. ▪ Emotion Wheel: Create a wheel of emotions where children can point to how they feel.
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2. Understand and practice good personal hygiene routines

- **Teaching Points:** Explain the steps and reasons for regular hygiene habits.
- **Activities:**
 - **Hygiene Posters:** Children create posters that show the steps of handwashing or tooth brushing.
 - **Hygiene Routine Chart:** Make a daily hygiene chart where children can tick off tasks they've completed.

3. Recognise different types of families and friendships

- **Teaching Points:** Discuss the diversity of families and friendships.
- **Activities:**
 - **Friendship Bracelets:** Children make bracelets and give them to friends to celebrate friendship.
 - **Family Collage:** Use magazines to create a collage of different family structures.

4. Learn and practice basic road safety

- **Teaching Points:** Teach the importance of looking both ways and holding an adult's hand.
- **Activities:**
 - **Road Safety Walk:** Take a supervised walk around the school to practice road safety.
 - **Road Safety Simulation:** Set up a small road crossing area in the playground.

5. Discuss the importance of kindness

- **Teaching Points:** Introduce kindness as a core value and how it benefits everyone.
- **Activities:**
 - **Kindness Jar:** Create a classroom jar where children put notes of kind acts they've seen.
 - **Story Time:** Read books that emphasise the importance of being kind to others.

	<p>6. Recognise and respect diversity within their community</p> <ul style="list-style-type: none"> ○ Teaching Points: Introduce the idea that people can be different but equal. ○ Activities: <ul style="list-style-type: none"> ▪ Community Walk: Explore the local community and discuss its diversity. ▪ Diversity Show-and-Tell: Children bring in an item that represents their culture. <p>7. Understand the concept of right and wrong</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss simple scenarios where they choose between right and wrong. ○ Activities: <ul style="list-style-type: none"> ▪ Moral Stories: Read and discuss stories with clear moral lessons. ▪ Right vs. Wrong Sorting Game: Present different scenarios and have children sort them into ‘right’ and ‘wrong’ categories.
Term 2	<p>1. Identify and express empathy towards others</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss what empathy is and how we can show it towards others. ○ Activities: <ul style="list-style-type: none"> ▪ Empathy Role Play: Role-play situations where someone needs empathy (e.g., a friend is sad) and discuss appropriate responses. ▪ Empathy Stories: Read stories that highlight characters showing empathy, followed by a discussion. <p>2. Understand the importance of regular physical activity</p> <ul style="list-style-type: none"> ○ Teaching Points: Explain how physical activity helps keep our bodies healthy and strong. ○ Activities: <ul style="list-style-type: none"> ▪ Activity Chart: Keep a weekly chart where children record their physical activities.

- **Movement Games:** Play games like “Follow the Leader” where the leader models different physical exercises.

3. Recognise and respect different cultures and traditions

- **Teaching Points:** Discuss how people celebrate different holidays and traditions around the world.
- **Activities:**
 - **Cultural Holiday Crafts:** Create crafts related to different cultural holidays (e.g., making Diwali lamps or Chinese New Year dragons).
 - **Story Time:** Read books that explore different cultural traditions and discuss how they are similar and different from their own.

4. Learn the basics of healthy eating

- **Teaching Points:** Introduce the concept of balanced meals and why certain foods are better eaten in moderation.
- **Activities:**
 - **Food Group Sorting:** Sort food items into categories (e.g., fruits, vegetables, proteins).
 - **Healthy Snack Making:** Prepare a simple healthy snack together and discuss the nutritional benefits of each ingredient.

5. Understand the importance of honesty

- **Teaching Points:** Discuss why honesty is important in building trust and maintaining friendships.
- **Activities:**
 - **Honesty Scenarios:** Present scenarios where honesty is important and discuss what the right choice would be.
 - **Honesty Pledge:** Create an “Honesty Pledge” that students can sign, committing to being honest.

	<p>6. Explore the concept of fairness and sharing</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss what it means to be fair and why sharing is important in a community. ○ Activities: <ul style="list-style-type: none"> ▪ Fairness Games: Play games that require taking turns and sharing to reinforce the concept of fairness. ▪ Story Time: Read stories about fairness and discuss the outcomes of fair versus unfair actions. <p>7. Practice basic road safety skills</p> <ul style="list-style-type: none"> ○ Teaching Points: Reinforce the importance of road safety, including looking both ways and crossing at crosswalks. ○ Activities: <ul style="list-style-type: none"> ▪ Road Safety Walk: Take a supervised walk in the local area to practice road safety skills. ▪ Road Safety Crafts: Create a poster or model of a safe road crossing.
Term 3	<p>1. Develop an understanding of personal strengths and qualities</p> <ul style="list-style-type: none"> ○ Teaching Points: Encourage children to identify and celebrate their own strengths and qualities. ○ Activities: <ul style="list-style-type: none"> ▪ Strengths Star: Create a “Strengths Star” where each point of the star highlights a personal strength. ▪ Compliment Circle: Sit in a circle and give each child a compliment from their peers, focusing on their strengths. <p>2. Learn about healthy food choices and the importance of a balanced diet</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the food groups and what makes a balanced diet. ○ Activities: <ul style="list-style-type: none"> ▪ Healthy Plate Activity: Create a paper plate model of a balanced meal using cut-out food pictures. ▪ Fruit Tasting: Have a fruit-tasting session, discussing the benefits of eating a variety of fruits.

3. Understand the concept of respect and how to show it

- **Teaching Points:** Discuss what respect means and how it is shown through actions and words.
- **Activities:**
 - **Respect Role Play:** Act out different scenarios where respect is shown (e.g., listening when someone else is talking).
 - **Respect Posters:** Create posters that show ways to be respectful at school and home.

4. Learn about different cultures and celebrations

- **Teaching Points:** Explore different cultures and the special celebrations they observe.
- **Activities:**
 - **Cultural Craft Activity:** Make a craft related to a cultural celebration, such as making lanterns for Chinese New Year.
 - **Celebration Story Time:** Read books about different cultural celebrations and discuss the traditions involved.

5. Discuss the importance of physical activity for health

- **Teaching Points:** Explain how physical activity helps keep our bodies healthy.
- **Activities:**
 - **Exercise Circle:** Engage in a group exercise session with simple movements (e.g., jumping jacks, stretching).
 - **Activity Chart:** Track daily physical activities and discuss the benefits.

6. Explore the importance of kindness and helping others

- **Teaching Points:** Discuss how kindness and helping others can make people feel good.
- **Activities:**
 - **Kindness Chain:** Create a paper chain where each link represents a kind act that someone did.

	<ul style="list-style-type: none"> ▪ Helping Hands Project: Make “helping hands” out of paper, where students write ways they can help others. <p>7. Understand the concept of safety with strangers</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss what a stranger is and the importance of being cautious around them. ○ Activities: <ul style="list-style-type: none"> ▪ Stranger Danger Game: Role-play scenarios involving strangers and practice safe responses. ▪ Safety Rules Poster: Create a poster with safety rules about dealing with strangers.
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Primary KS2 (Years 3 – 4) – Developing Self-Identity and Social Awareness

Term 1	<p>1. Explore different emotions and identify healthy ways to express them</p> <ul style="list-style-type: none"> ○ Teaching Points: Emphasize that all emotions are valid but must be expressed appropriately. ○ Activities: <ul style="list-style-type: none"> ▪ Emotion Journals: Children keep a journal where they write or draw their feelings. ▪ Role Play: Act out scenarios where different emotions are expressed healthily. <p>2. Understand the basics of first aid</p> <ul style="list-style-type: none"> ○ Teaching Points: Introduce simple first aid concepts like how to treat a minor cut. ○ Activities: <ul style="list-style-type: none"> ▪ First Aid Kits: Assemble basic first aid kits and discuss their uses. ▪ Bandaging Practice: Use bandages on dolls or each other to practice basic first aid. <p>3. Recognise the qualities of a good friend</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss traits like trust, loyalty, and kindness in friendships.
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- **Activities:**
 - **Friendship Tree:** Create a tree where children add leaves with qualities of a good friend.
 - **Compliment Circle:** Sit in a circle and share positive qualities they appreciate in each other.

4. Learn about digital safety

- **Teaching Points:** Discuss the importance of keeping personal information private online.
- **Activities:**
 - **Online Safety Posters:** Design posters about online safety rules.
 - **Digital Footprint Activity:** Demonstrate how online actions leave a digital footprint.

5. Discuss fairness and justice in simple scenarios

- **Teaching Points:** Explore the concepts of fairness in everyday situations.
- **Activities:**
 - **Fairness Role Play:** Act out scenarios where fairness is challenged and discuss solutions.
 - **Fair vs. Unfair Sorting Game:** Present different situations and have students decide if they are fair or not.

6. Explore cultural diversity and learn about traditions

- **Teaching Points:** Discuss the importance of respecting and celebrating different cultures.
- **Activities:**
 - **Culture Boxes:** Each student brings in a box of items that represent their culture. Staff can also organise this for the children.
 - **Cultural Celebration Day:** Host a day where students present different cultures through food, music, or dance. Children can create a poster or research and create a presentation showing their understanding of different cultures.

	<p>7. Reflect on moral values and how they guide behaviour</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss how values like honesty and respect influence decisions. ○ Activities: <ul style="list-style-type: none"> ▪ Moral Dilemmas: Present dilemmas and have children discuss what they would do. ▪ Value Posters: Create posters that represent different values and their importance.
Term 2	<p>1. Understand and manage more complex emotions</p> <ul style="list-style-type: none"> ○ Teaching Points: Explore emotions like frustration, disappointment, and pride, discussing how to manage them. ○ Activities: <ul style="list-style-type: none"> ▪ Emotion Wheels: Create a wheel with different emotions and discuss strategies for managing each one. ▪ Journal Reflection: Encourage students to write about a time they felt a complex emotion and how they dealt with it. <p>2. Explore the importance of teamwork and cooperation</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss how working together can lead to better results and stronger relationships. ○ Activities: <ul style="list-style-type: none"> ▪ Team Building Games: Play games that require teamwork, such as “Tug of War” or “Building a Tower with Blocks.” ▪ Cooperative Projects: Work on a group project where each student has a role to play. <p>3. Discuss and understand different family structures</p> <ul style="list-style-type: none"> ○ Teaching Points: Explain that families come in all shapes and sizes, and every family is unique. ○ Activities: <ul style="list-style-type: none"> ▪ Family Tree Projects: Create a family tree and discuss how all families are different. ▪ Story Sharing: Encourage students to share a story about their family and what makes it special.

4. Recognise the importance of mental health and well-being

- **Teaching Points:** Introduce the idea that mental health is just as important as physical health.
- **Activities:**
 - **Mindfulness Exercises:** Practice simple mindfulness techniques like breathing exercises or body scans.
 - **Feelings Check-In:** Have a daily check-in where students share how they're feeling.

5. Understand and practice kindness and compassion

- **Teaching Points:** Discuss how small acts of kindness can have a big impact.
- **Activities:**
 - **Kindness Challenges:** Set daily or weekly kindness challenges (e.g., “compliment someone”).
 - **Kindness Tree:** Create a tree in the classroom where students add leaves with kind acts they've performed.

6. Learn about personal safety and boundaries

- **Teaching Points:** Discuss the importance of understanding personal space and saying no when necessary.
- **Activities:**
 - **Boundary Scenarios:** Role-play different situations where boundaries might be tested, and discuss appropriate responses.
 - **Safety Circle:** Create a “safety circle” activity where students identify safe people to talk to.

7. Explore the basics of internet safety

- **Teaching Points:** Discuss how to stay safe online, including the importance of not sharing personal information.
- **Activities:**

	<ul style="list-style-type: none"> ▪ Internet Safety Pledge: Create an online safety pledge for the class to follow ▪ Online Scenario Discussions: Present online scenarios (e.g., receiving a message from a stranger) and discuss safe responses.
Term 3	<ol style="list-style-type: none"> 1. Understand and manage peer relationships <ul style="list-style-type: none"> ○ Teaching Points: Discuss the importance of positive peer relationships and how to handle conflicts. ○ Activities: <ul style="list-style-type: none"> ▪ Friendship Role Play: Role-play scenarios where friends might disagree, practicing conflict resolution skills. ▪ Peer Relationship Circle: Have a group discussion about what makes a good friend and how to maintain friendships. 2. Explore the benefits of staying active <ul style="list-style-type: none"> ○ Teaching Points: Discuss the physical, mental, and social benefits of regular physical activity. ○ Activities: <ul style="list-style-type: none"> ▪ Activity Log: Have students keep a log of their physical activities for a week and share how it made them feel. ▪ Group Exercise Challenge: Organise a fun group exercise challenge, like a relay race or obstacle course. 3. Discuss the importance of respecting others' opinions and differences <ul style="list-style-type: none"> ○ Teaching Points: Talk about how everyone has different opinions and why it's important to respect them. ○ Activities: <ul style="list-style-type: none"> ▪ Opinion Discussion: Present a topic and allow students to share their opinions, practicing respectful listening. ▪ Respect Role Play: Act out scenarios where students must respect others' differing opinions. 4. Learn about healthy sleep habits <ul style="list-style-type: none"> ○ Teaching Points: Discuss the importance of sleep for health and well-being, including tips for better sleep. ○ Activities:

- **Sleep Diary:** Have students keep a sleep diary for a week and discuss how different amounts of sleep affect their mood and energy.
- **Bedtime Routine Posters:** Create posters showing a healthy bedtime routine.

5. **Explore the concept of fairness and justice**

- **Teaching Points:** Discuss what fairness and justice mean and how they apply to everyday situations.
- **Activities:**
 - **Fairness Debate:** Present scenarios where fairness is questioned and have students discuss possible outcomes.
 - **Justice Stories:** Read stories where characters seek justice and fairness, discussing the moral lessons.

6. **Understand the basics of first aid (e.g., dealing with cuts and scrapes)**

- **Teaching Points:** Introduce basic first aid skills, focusing on minor injuries like cuts and scrapes.
- **Activities:**
 - **First Aid Role Play:** Practice basic first aid techniques on each other with supervision (e.g., applying a bandage).
 - **First Aid Kit Exploration:** Go through a basic first aid kit and discuss what each item is used for.

7. **Discuss the importance of honesty and integrity**

- **Teaching Points:** Talk about why being honest and having integrity is important in building trust.
- **Activities:**
 - **Honesty Stories:** Read or watch stories where characters face situations requiring honesty and discuss the outcomes.
 - **Integrity Role Play:** Role-play scenarios where students must choose between telling the truth and lying, discussing the consequences.

Primary KS2 (Years 5 - 6) – Developing Self-Identity and Social Awareness / Expanding Knowledge and Responsibility

Term 1	<ol style="list-style-type: none">1. Understand the changes during puberty<ul style="list-style-type: none">○ Teaching Points: Explain the physical and emotional changes during puberty.○ Activities:<ul style="list-style-type: none">▪ Puberty Bingo: A bingo game with facts about puberty.▪ Question Box: A safe space where students can anonymously ask questions about puberty. 2. Recognize the importance of mental health<ul style="list-style-type: none">○ Teaching Points: Discuss mental health as an essential part of overall well-being.○ Activities:<ul style="list-style-type: none">▪ Mindfulness Exercises: Practice simple mindfulness techniques like deep breathing.▪ Mental Health Posters: Create posters that promote positive mental health strategies. 3. Explore the dynamics of peer influence<ul style="list-style-type: none">○ Teaching Points: Discuss positive and negative peer influence and how to resist pressure.○ Activities:<ul style="list-style-type: none">▪ Peer Pressure Role Play: Act out scenarios involving peer pressure and discuss strategies for handling them.▪ Influence Web: Create a web diagram showing different sources of influence in their lives. 4. Learn about responsible digital citizenship<ul style="list-style-type: none">○ Teaching Points: Discuss the impact of online behaviour and the importance of being a good digital citizen.○ Activities:<ul style="list-style-type: none">▪ Digital Citizenship Pledge: Create a class pledge to follow online safety rules.
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	<ul style="list-style-type: none"> ▪ Online Etiquette Scenarios: Discuss and role-play appropriate online interactions. <p>5. Reflect on personal values and how they affect decisions</p> <ul style="list-style-type: none"> ○ Teaching Points: Explore how core values guide choices and actions. ○ Activities: <ul style="list-style-type: none"> ▪ Values Collage: Create a collage of images and words that represent their values. ▪ Decision-Making Scenarios: Present scenarios where values influence decisions and discuss outcomes. <p>6. Understand and respect cultural diversity in the community</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the importance of respecting different cultural backgrounds. ○ Activities: <ul style="list-style-type: none"> ▪ Community Interviews: Interview community members about their cultural heritage. ▪ Cultural Exchange: Organise a cultural exchange day where visiting adults from the community or in school share aspects of their own culture with students. <p>7. Discuss the importance of fairness in broader social contexts</p> <ul style="list-style-type: none"> ○ Teaching Points: Explore fairness in societal issues, like equality and justice. ○ Activities: <ul style="list-style-type: none"> ▪ Fairness Debate: Hold a debate on a current social issue related to fairness. ▪ Fairness Posters: Create posters that promote fairness and equality in society.
Term 2	<p>1. Explore the concept of identity and self-esteem</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss what identity means and how self-esteem is related to how we see ourselves. ○ Activities:

- **Identity Collage:** Have students create a collage that represents their identity, including their hobbies, interests, and values.
- **Self-Esteem Boosters:** Create a list of positive affirmations that students can use to boost their self-esteem.

2. **Understand peer pressure and develop strategies to resist it**

- **Teaching Points:** Discuss what peer pressure is and why it can be challenging to resist.
- **Activities:**
 - **Peer Pressure Role Play:** Role-play scenarios where peer pressure might occur, discussing how to resist it.
 - **Decision-Making Tree:** Create a decision-making tree to help students think through the consequences of their actions.

3. **Discuss and explore gender identity and expression**

- **Teaching Points:** Introduce the concept of gender identity and discuss how people express their gender in different ways.
- **Activities:**
 - **Gender Stereotype Discussion:** Discuss common gender stereotypes and how they can be harmful.
 - **Expression Project:** Allow students to express their own identity through art, writing, or presentation.

4. **Recognise and challenge stereotypes**

- **Teaching Points:** Discuss what stereotypes are and how they can be harmful.
- **Activities:**
 - **Stereotype Collage:** Create a collage that challenges common stereotypes.
 - **Story Analysis:** Read stories or watch videos where characters challenge stereotypes, followed by a discussion.

5. **Develop conflict resolution skills**

	<ul style="list-style-type: none"> ○ Teaching Points: Discuss different ways to resolve conflicts peacefully and effectively. ○ Activities: <ul style="list-style-type: none"> ▪ Conflict Resolution Role Play: Role-play common conflicts (e.g., arguments between friends) and practice resolving them. ▪ Conflict Resolution Toolkit: Create a “toolkit” of strategies for resolving conflicts, such as using “I” statements and active listening. <p>6. Explore healthy relationships and boundaries</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss what makes a relationship healthy and how to maintain boundaries. ○ Activities: <ul style="list-style-type: none"> ▪ Healthy Relationship Scenarios: Discuss scenarios that depict both healthy and unhealthy relationships, analysing the differences. ▪ Boundary Setting Role Play: Practice setting boundaries in different situations through role play. <p>7. Understand the importance of consent</p> <ul style="list-style-type: none"> ○ Teaching Points: Introduce the concept of consent and why it is important in all relationships. ○ Activities: <ul style="list-style-type: none"> ▪ Consent Discussions: Use age-appropriate scenarios to discuss when and how to ask for consent. ▪ Consent Posters: Create posters that promote the importance of consent.
Term 3	<p>1. Explore the impact of emotions on behaviour</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss how different emotions can influence behaviour and decision-making. ○ Activities: <ul style="list-style-type: none"> ▪ Emotion and Behaviour Mapping: Create a map linking emotions to behaviours and discuss how to manage them. ▪ Behaviour Role Play: Act out situations where emotions affect behaviour and practice positive ways to handle them.

2. Understand the concept of responsibility and accountability

- **Teaching Points:** Discuss what it means to be responsible and accountable for one's actions.
- **Activities:**
 - **Responsibility Scenarios:** Present scenarios where students must decide how to act responsibly and discuss the outcomes.
 - **Accountability Project:** Create a class project where each student takes responsibility for a task and reflects on their contribution.

3. Learn about the impact of the environment on health

- **Teaching Points:** Discuss how environmental factors, like pollution, can affect health.
- **Activities:**
 - **Environmental Impact Research:** Research local environmental issues and discuss how they impact health.
 - **Eco-Friendly Action Plan:** Develop a plan to reduce environmental impact at school or home.

4. Explore the concept of self-esteem and body image

- **Teaching Points:** Discuss what self-esteem is and how body image can affect it.
- **Activities:**
 - **Positive Affirmation Posters:** Create posters with positive affirmations about body image and self-worth.
 - **Body Image Discussion:** Discuss how media can influence body image and brainstorm ways to maintain a healthy self-esteem.

5. Understand the basics of nutrition and its impact on health

- **Teaching Points:** Discuss how different nutrients affect the body and why a balanced diet is important.
- **Activities:**
 - **Nutrient Research:** Research different nutrients and create a poster or presentation on their benefits.
 - **Healthy Recipe Challenge:** Create or modify a recipe to make it healthier, and share it with the class.

6. Learn about the effects of smoking and substance use

- **Teaching Points:** Discuss the short-term and long-term effects of smoking and substance use on health.
- **Activities:**
 - **Substance Awareness Posters:** Create posters that highlight the dangers of smoking and substance use.
 - **Interactive Discussion:** Use case studies or scenarios to discuss the risks and consequences of substance use.

7. Explore the concept of leadership and teamwork

- **Teaching Points:** Discuss what makes a good leader and the importance of teamwork.
- **Activities:**
 - **Team Building Activity:** Engage in a group challenge that requires teamwork, such as building a tower with limited materials.
 - **Leadership Role Play:** Role-play scenarios where students must take on leadership roles and work together to solve problems.

Secondary (Years 7-8) – Navigating Adolescence

Term 1	<ol style="list-style-type: none">1. Understand the effects of puberty<ul style="list-style-type: none">○ Teaching Points: Delve deeper into the emotional and physical changes of puberty.○ Activities:<ul style="list-style-type: none">▪ Puberty Fact or Fiction: Debunk myths about puberty through a game.▪ Diary of Changes: Encourage students to keep a reflective diary about their experiences during puberty. 2. Develop mental health strategies<ul style="list-style-type: none">○ Teaching Points: Discuss strategies for managing stress, anxiety, and other mental health challenges.○ Activities:<ul style="list-style-type: none">▪ Stress Ball Making: Create stress balls and discuss their use.▪ Mindfulness Meditation: Practice guided meditation sessions. 3. Explore self-identity and build self-esteem<ul style="list-style-type: none">○ Teaching Points: Discuss factors that influence self-identity and how to build self-esteem.○ Activities:<ul style="list-style-type: none">▪ Identity Collage: Create a collage that represents their identity and interests.▪ Self-Esteem Journal: Keep a journal where they write positive affirmations and achievements. 4. Understand the impact of social media on mental health<ul style="list-style-type: none">○ Teaching Points: Discuss the pros and cons of social media use.○ Activities:<ul style="list-style-type: none">▪ Social Media Audit: Have students evaluate their social media use and its effects on their mood.
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	<ul style="list-style-type: none"> ▪ Digital Detox Challenge: Encourage a short-term digital detox and reflect on the experience. <p>5. Reflect on ethical decision-making</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss what it means to make ethical decisions and the impact of those decisions. ○ Activities: <ul style="list-style-type: none"> ▪ Ethical Dilemma Discussion: Present dilemmas and discuss possible solutions. ▪ Ethics Debate: Organise debates on topics such as animal rights or environmental issues. <p>6. Explore the impact of culture on personal identity</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss how culture influences identity and values. ○ Activities: <ul style="list-style-type: none"> ▪ Cultural Heritage Project: Research and present on their own cultural heritage. ▪ Cultural Influence Discussion: Discuss how cultural backgrounds influence their worldview and identity. <p>7. Engage in discussions about moral values and their application</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss how moral values are applied in everyday life. ○ Activities: <ul style="list-style-type: none"> ▪ Case Study Analysis: Analyse case studies that involve moral dilemmas. ▪ Values Discussion Circle: Sit in a circle and discuss different values and how they apply in various situations.
Term 2	<p>1. Understand and manage stress and anxiety</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss common sources of stress and anxiety in adolescence and strategies for managing them. ○ Activities:

- **Stress Management Workshop:** Teach relaxation techniques, such as deep breathing, progressive muscle relaxation, and visualization.
- **Stress Journal:** Have students keep a journal to track their stress levels and identify triggers.

2. Explore personal identity and self-expression

- **Teaching Points:** Discuss how personal identity evolves during adolescence and the importance of self-expression.
- **Activities:**
 - **Identity Reflection:** Write an essay or create a project about how their identity has changed over the years.
 - **Expression Through Art:** Encourage students to express themselves through an art project that reflects their identity.

3. Understand the impact of bullying and how to respond

- **Teaching Points:** Discuss the different forms of bullying, including cyberbullying, and effective ways to respond.
- **Activities:**
 - **Anti-Bullying Campaign:** Develop a campaign to raise awareness about bullying in school.
 - **Role Play:** Role-play scenarios of bullying and practice different strategies for dealing with it.

4. Discuss and explore healthy online behaviour

- **Teaching Points:** Discuss the importance of online etiquette and the impact of online behaviour on real-life relationships.
- **Activities:**
 - **Digital Footprint Project:** Have students research and present on what a digital footprint is and how to manage it.
 - **Online Etiquette Role Play:** Practice scenarios where proper online behaviour is important, such as in group chats or on social media.

5. Understand and explore the concept of social justice

	<ul style="list-style-type: none"> ○ Teaching Points: Introduce the concept of social justice and discuss examples of social justice issues. ○ Activities: <ul style="list-style-type: none"> ▪ Social Justice Debate: Organise a debate on a current social justice issue, encouraging students to research both sides. ▪ Advocacy Project: Create a project or presentation on a social justice issue that they feel passionate about. <p>6. Explore healthy relationships and the concept of respect</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss what makes a relationship healthy and the role of respect in maintaining healthy relationships. ○ Activities: <ul style="list-style-type: none"> ▪ Respect in Relationships Workshop: Facilitate a workshop on respect, including activities that highlight the importance of mutual respect. ▪ Respect Role Play: Practice scenarios where respect is challenged and discuss how to respond. <p>7. Discuss the impact of substance use and abuse</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the effects of substance use and abuse on health and well-being. ○ Activities: <ul style="list-style-type: none"> ▪ Substance Awareness Campaign: Create a campaign to educate peers about the dangers of substance abuse. ▪ Interactive Discussion: Use case studies to discuss the impact of substance use and abuse, encouraging critical thinking.
Term 3	<p>1. Explore the concept of resilience and overcoming challenges</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss what resilience means and how to build it in the face of challenges. ○ Activities: <ul style="list-style-type: none"> ▪ Resilience Stories: Share and discuss stories of individuals who overcame significant challenges. ▪ Challenge Reflection: Have students reflect on a personal challenge and how they dealt with it, considering what they learned.

2. Understand the effects of peer pressure and how to manage it

- **Teaching Points:** Discuss different forms of peer pressure and strategies for resisting it.
- **Activities:**
 - **Peer Pressure Role Play:** Act out scenarios where students must resist peer pressure and discuss strategies used.
 - **Pressure Points Worksheet:** Identify situations where they might face peer pressure and plan how to respond.

3. Learn about the impact of media on self-image and identity

- **Teaching Points:** Discuss how media portrays beauty and success and how this can affect self-image and identity.
- **Activities:**
 - **Media Analysis:** Analyse advertisements or social media posts to discuss how they influence self-perception.
 - **Self-Image Reflection:** Write a reflection on how media has impacted their view of themselves.

4. Discuss the importance of mental health and self-care

- **Teaching Points:** Introduce the concept of mental health and the importance of self-care practices.
- **Activities:**
 - **Self-Care Plan:** Create a personal self-care plan that includes activities and habits that support mental health.
 - **Mindfulness Practice:** Introduce basic mindfulness exercises, such as deep breathing or meditation. This can also include tangible activities such as colouring, doodling, listening to music, etc. Discuss WHY these strategies help – what do we notice happening in our bodies when we stress and then try to regulate? Children can create a storyboard to show these changes.

5. Explore the concept of community and social responsibility

- **Teaching Points:** Discuss what it means to be a part of a community and the importance of contributing to it.
- **Activities:**

	<ul style="list-style-type: none"> ▪ Community Service Project: Plan and execute a small community service project, such as a school clean-up. ▪ Social Responsibility Debate: Debate on a current issue related to social responsibility, encouraging critical thinking. <p>6. Understand the risks and consequences of online behaviour</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the risks associated with online behaviour, including privacy issues and cyberbullying. ○ Activities: <ul style="list-style-type: none"> ▪ Cyber Safety Workshop: Host a workshop on online safety, including practical tips for protecting privacy. ▪ Digital Footprint Exercise: Have students research and reflect on their digital footprint and how it can affect their future. <p>7. Learn about the effects of bullying and how to seek help</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the different forms of bullying, including cyberbullying, and how to seek help. ○ Activities: <ul style="list-style-type: none"> ▪ Bullying Awareness Campaign: Create an awareness campaign to educate peers about the effects of bullying and available support. ▪ Role Play: Practice scenarios where someone is being bullied and explore how bystanders can help.
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Secondary (Years 9-10) – Preparing for the Future

Term 1	<p>1. Comprehensively understand sexual health education</p> <ul style="list-style-type: none"> ○ Teaching Points: Provide detailed information on contraception, STIs, and consent. ○ Activities: <ul style="list-style-type: none"> ▪ Contraception Demonstration: Use models to demonstrate different methods of contraception. ▪ Consent Workshop: Role-play scenarios to practice giving and receiving consent.
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2. Develop mental health awareness

- **Teaching Points:** Discuss mental health disorders and coping mechanisms.
- **Activities:**
 - **Mental Health Campaign:** Develop a campaign to raise awareness about mental health issues.
 - **Support Circle:** Create a support circle where students can discuss their feelings in a safe environment.

3. Explore diversity and inclusion

- **Teaching Points:** Discuss the importance of diversity and inclusion in society.
- **Activities:**
 - **Diversity Workshop:** Host a workshop on the importance of diversity and how to be inclusive.
 - **Inclusion Posters:** Create posters that promote inclusion in school and society.

4. Understand advanced digital literacy

- **Teaching Points:** Discuss the importance of online privacy and the potential risks of sharing personal information.
- **Activities:**
 - **Privacy Settings Audit:** Have students review and adjust privacy settings on their social media accounts.
 - **Online Identity Project:** Create a project about the impact of their online identity on their real-life identity.

5. Reflect on justice and fairness in broader social contexts

- **Teaching Points:** Discuss justice and fairness in societal issues, such as criminal justice or economic inequality.
- **Activities:**
 - **Mock Trial:** Organise a mock trial to explore concepts of justice and fairness.
 - **Fairness in Society Debate:** Debate a current event topic related to justice and fairness.

	<p>6. Explore global citizenship and their role in the world</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss what it means to be a global citizen and the responsibilities that come with it. ○ Activities: <ul style="list-style-type: none"> ▪ Global Issues Research: Research a global issue and present on how they can contribute to solutions. ▪ Global Research Project: Research or contact another school, via email or letter, to learn about their global perspectives. <p>7. Engage in discussions about social issues and their impact</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss various social issues and their impact on different communities. ○ Activities: <ul style="list-style-type: none"> ▪ Social Issue Debate: Debate a significant social issue, such as climate change or human rights. ▪ Action Plan: Develop a personal or group action plan to address a social issue in their community.
Term 2	<p>1. Understand the importance of mental health and well-being</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the importance of maintaining mental health and well-being and strategies for doing so. ○ Activities: <ul style="list-style-type: none"> ▪ Mental Health First Aid: Introduce basic mental health first aid techniques that students can use to support themselves and others. ▪ Well-Being Plan: Have students create a personalised plan to maintain and improve their mental health. <p>2. Explore the concept of consent in relationships</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the importance of consent in all relationships and the impact of consent violations. ○ Activities: <ul style="list-style-type: none"> ▪ Consent Workshop: Facilitate a workshop on consent, including role plays and discussions on how to ask for and give consent.

- **Consent Scenarios:** Discuss real-life scenarios where consent is important, and analyse how to handle them.

3. **Discuss the importance of diversity and inclusion in society**

- **Teaching Points:** Discuss why diversity and inclusion are important in a multicultural society.
- **Activities:**
 - **Inclusion Role Play:** Role-play scenarios where inclusion is challenged, and practice ways to promote inclusion.
 - **Diversity Research Project:** Research and present on a culture or community different from their own.

4. **Explore the impact of social media on self-image**

- **Teaching Points:** Discuss how social media can affect self-image and self-esteem.
- **Activities:**
 - **Social Media Audit:** Have students audit their social media use and reflect on how it impacts their self-image.
 - **Body Positivity Campaign:** Create a campaign promoting body positivity and healthy self-image.

5. **Understand financial responsibility and budgeting**

- **Teaching Points:** Discuss the basics of financial responsibility, including budgeting and saving.
- **Activities:**
 - **Budgeting Exercise:** Give students a scenario (e.g., managing a monthly allowance) and have them create a budget.
 - **Financial Planning Workshop:** Introduce basic financial planning concepts, such as saving, investing, and managing debt.

6. **Discuss ethical decision-making in the digital age**

- **Teaching Points:** Explore the ethical implications of decisions made online, including privacy and digital citizenship.
- **Activities:**

	<ul style="list-style-type: none"> ▪ Ethical Dilemma Discussions: Discuss real-life ethical dilemmas related to digital behaviour (e.g., sharing private information). ▪ Digital Citizenship Role Play: Role-play scenarios where ethical decision-making is key, such as handling misinformation or cyberbullying. <p>7. Explore career options and pathways</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss different career options, pathways, and the importance of setting goals. ○ Activities: <ul style="list-style-type: none"> ▪ Career Research Project: Research a career of interest, including required education, skills, and potential salary. ▪ Goal-Setting Workshop: Facilitate a workshop where students set short-term and long-term career goals.
Term 3	<p>1. Explore the concept of self-worth and its impact on decision-making</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss how self-worth influences decisions and relationships. ○ Activities: <ul style="list-style-type: none"> ▪ Self-Worth Reflection: Write a reflection on what self-worth means and how it affects their choices. ▪ Decision-Making Scenarios: Discuss scenarios where self-worth plays a role in decision-making and explore alternative choices. <p>2. Understand the importance of setting and achieving personal goals</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the benefits of goal-setting and the steps involved in achieving goals. ○ Activities: <ul style="list-style-type: none"> ▪ Goal-Setting Workshop: Facilitate a workshop where students set short-term and long-term goals and create action plans. ▪ Progress Tracking: Create a system to track progress on their goals and reflect on any challenges faced.

3. **Discuss the impact of substance abuse on health and life choices**

- **Teaching Points:** Discuss the physical, mental, and social effects of substance abuse.
- **Activities:**
 - **Substance Abuse Case Study:** Analyse a case study of someone affected by substance abuse, discussing the impact on their life.
 - **Awareness Campaign:** Develop a campaign to raise awareness about the dangers of substance abuse.

4. **Explore the significance of cultural diversity and global citizenship**

- **Teaching Points:** Discuss the importance of cultural diversity and what it means to be a global citizen.
- **Activities:**
 - **Cultural Exchange:** Research and present on a culture different from their own, highlighting its significance and traditions.
 - **Global Citizenship Debate:** Debate a topic related to global citizenship, encouraging students to think about their role in the world.

5. **Understand the principles of financial literacy and budgeting**

- **Teaching Points:** Discuss basic financial concepts, such as budgeting, saving, and understanding credit.
- **Activities:**
 - **Budgeting Exercise:** Provide a budgeting scenario and have students create a budget based on a given income.
 - **Financial Literacy Workshop:** Host a workshop on managing finances, including tips for saving and understanding loans.

6. **Explore the impact of social media on mental health**

- **Teaching Points:** Discuss how social media can influence mental health, both positively and negatively.
- **Activities:**

	<ul style="list-style-type: none"> ▪ Social Media Detox: Encourage students to try a social media detox and reflect on how it affects their mood and well-being. ▪ Mental Health Awareness Campaign: Create a campaign to promote positive mental health practices in relation to social media use. <p>7. Discuss the importance of respect and consent in relationships</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss what respect and consent mean in the context of different relationships. ○ Activities: <ul style="list-style-type: none"> ▪ Consent Workshop: Facilitate a workshop on consent, including role plays and discussions on respectful communication. ▪ Relationship Scenarios: Analyse different relationship scenarios and discuss the importance of respect and consent.
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Secondary (Year 11) – Transition to Adulthood

Term 1	<p>1. Understand sexual health and relationships education in depth</p> <ul style="list-style-type: none"> ○ Teaching Points: Provide comprehensive information on relationships, sexual health, and consent. ○ Activities: <ul style="list-style-type: none"> ▪ Relationship Scenarios: Discuss different relationship scenarios and appropriate responses. ▪ Sexual Health Quiz: Organise a quiz to reinforce knowledge on sexual health topics. <p>2. Develop strategies for mental health challenges</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss advanced strategies for managing mental health, including seeking help. ○ Activities: <ul style="list-style-type: none"> ▪ Stress Management Plan: Create a personal stress management plan, including coping strategies.
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- **Peer Support Group:** Form a peer support group where students can share experiences and strategies.

3. Explore financial planning for independence

- **Teaching Points:** Discuss budgeting, saving, and understanding credit for independent living.
- **Activities:**
 - **Budgeting Workshop:** Plan a budget for living independently, including rent, food, and other expenses.
 - **Savings Challenge:** Start a savings plan for a specific goal, tracking progress over time.

4. Understand employment rights and workplace expectations

- **Teaching Points:** Discuss basic employment rights and what is expected in a workplace.
- **Activities:**
 - **Mock Interviews:** Practice interview skills with mock interviews and feedback sessions.
 - **Workplace Scenario Role Play:** Role-play different workplace scenarios to understand expectations and rights.

5. Reflect on moral and ethical dilemmas in adulthood

- **Teaching Points:** Discuss common moral and ethical dilemmas adults face.
- **Activities:**
 - **Ethical Dilemma Discussion:** Present real-life ethical dilemmas and discuss possible solutions.
 - **Personal Ethics Statement:** Write a personal ethics statement that reflects their values and beliefs.

6. Explore personal values and their influence on future decisions

- **Teaching Points:** Discuss how values influence life choices and career paths.
- **Activities:**
 - **Values Mapping:** Create a map of their values and how these might influence future decisions.

	<ul style="list-style-type: none"> ▪ Life Goals Workshop: Discuss long-term goals and how personal values align with these goals. <p>7. Engage in community involvement and active citizenship</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the importance of being an active and responsible member of the community. ○ Activities: <ul style="list-style-type: none"> ▪ Volunteer Project: Plan and execute a volunteer project in the local community. ▪ Active Citizenship Debate: Debate the role of young people in creating change in their communities.
Term 2	<p>1. Understand the importance of sexual health and relationships education</p> <ul style="list-style-type: none"> ○ Teaching Points: Provide comprehensive education on sexual health, including contraception, consent, and healthy relationships. ○ Activities: <ul style="list-style-type: none"> ▪ Sexual Health Workshop: Facilitate a workshop that covers the basics of sexual health, including safe practices and consent. ▪ Relationship Scenarios: Discuss different relationship scenarios and appropriate responses, focusing on respect and consent. <p>2. Explore strategies for managing stress during exams</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the causes of exam stress and effective strategies for managing it. ○ Activities: <ul style="list-style-type: none"> ▪ Stress Management Techniques: Teach techniques such as time management, relaxation exercises, and positive visualization. ▪ Peer Support Sessions: Organise peer-led sessions where students share strategies for managing exam stress. <p>3. Understand the significance of personal values in decision-making</p>

	<ul style="list-style-type: none"> ○ Teaching Points: Discuss how personal values influence decision-making and life choices. ○ Activities: <ul style="list-style-type: none"> ▪ Values Reflection: Have students reflect on their personal values and how these guide their decisions. ▪ Decision-Making Case Studies: Analyse case studies where personal values played a key role in decision-making. <p>4. Discuss the importance of diversity and inclusion in the workplace</p> <ul style="list-style-type: none"> ○ Teaching Points: Explore how diversity and inclusion impact the workplace and why they are important. ○ Activities: <ul style="list-style-type: none"> ▪ Inclusion Role Play: Practice scenarios where inclusion is either supported or challenged in a workplace setting. ▪ Workplace Diversity Project: Research and present on the benefits of diversity in the workplace. <p>5. Explore ethical dilemmas in adult life</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss common ethical dilemmas adults face in various contexts, such as work, relationships, and society. ○ Activities: <ul style="list-style-type: none"> ▪ Ethical Dilemma Workshop: Facilitate a workshop where students discuss and debate real-world ethical dilemmas. ▪ Personal Ethics Statement: Have students write a personal ethics statement, reflecting on how they would handle ethical challenges. <p>6. Prepare for transition to post-secondary education or work</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the transition from school to college, university, or work, including practical and emotional aspects. ○ Activities: <ul style="list-style-type: none"> ▪ Transition Planning: Create a detailed plan for the transition to post-secondary education or work, including setting goals and identifying supports.
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	<ul style="list-style-type: none"> ▪ Guest Speaker Sessions: Invite guest speakers who have recently transitioned to college, university, or work to share their experiences. <p>7. Develop financial literacy for independent living</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the basics of financial literacy, including budgeting, managing bills, and understanding credit. ○ Activities: <ul style="list-style-type: none"> ▪ Budgeting Simulation: Run a simulation where students must manage a budget based on a hypothetical salary. ▪ Financial Literacy Workshop: Provide a workshop on key financial concepts like credit scores, interest rates, and saving for the future.
Term 3	<p>1. Understand the importance of resilience in achieving long-term goals</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss how resilience can help in overcoming obstacles and achieving long-term goals. ○ Activities: <ul style="list-style-type: none"> ▪ Resilience Plan: Create a personal resilience plan that includes strategies for overcoming potential obstacles in the future. ▪ Resilience Reflection: Write a reflection on a time they had to be resilient and how it helped them grow. <p>2. Prepare for the transition to adult life and responsibilities</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the upcoming transition to adulthood, including responsibilities like managing finances and living independently. ○ Activities: <ul style="list-style-type: none"> ▪ Adulting Workshop: Host a workshop on essential adult skills, such as budgeting, cooking, and time management. ▪ Future Planning Exercise: Develop a plan for the first year after school, including goals and practical steps.

3. Explore the concept of ethical leadership

- **Teaching Points:** Discuss what it means to be an ethical leader and the importance of leading with integrity.
- **Activities:**
 - **Leadership Role Play:** Role-play leadership scenarios where ethical decisions must be made, discussing the outcomes.
 - **Ethical Leadership Project:** Research a leader known for their ethical stance and present on what can be learned from them.

4. Understand the impact of societal expectations on personal choices

- **Teaching Points:** Discuss how societal expectations can influence personal choices and the importance of staying true to oneself.
- **Activities:**
 - **Expectation Reflection:** Reflect on societal expectations they've encountered and how they've influenced their choices.
 - **Personal Choice Discussion:** Discuss how to make decisions that align with personal values rather than societal pressures.

5. Learn about the principles of healthy relationships

- **Teaching Points:** Discuss the characteristics of healthy relationships, including communication, trust, and mutual respect.
- **Activities:**
 - **Healthy Relationships Workshop:** Facilitate a workshop on building and maintaining healthy relationships.
 - **Relationship Reflection:** Reflect on their relationships and identify ways to strengthen them based on the principles discussed.

	<p>6. Discuss the importance of work-life balance</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the concept of work-life balance and strategies for maintaining it in adult life. ○ Activities: <ul style="list-style-type: none"> ▪ Work-Life Balance Plan: Create a plan for maintaining work-life balance in the future, considering career goals and personal well-being. ▪ Time Management Exercise: Engage in a time management exercise that helps students prioritize tasks and manage stress. <p>7. Prepare for the financial realities of independent living</p> <ul style="list-style-type: none"> ○ Teaching Points: Discuss the financial aspects of living independently, including rent, utilities, and budgeting. ○ Activities: <ul style="list-style-type: none"> ▪ Budgeting Simulation: Participate in a simulation where they must manage a budget while living independently. ▪ Financial Planning Workshop: Host a workshop on financial planning, focusing on saving, investing, and managing debt.
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This detailed breakdown of teaching points and activities ensures that each learning intention is supported with practical, engaging, and age-appropriate experiences, allowing students to explore and develop their personal, social, and moral understanding in a meaningful way. This list of activities are suggestions and amenable to the needs of the children - teachers should use their own creativity, initiative and discretion when teaching any concept of PD.