

## DAGENHAM PARK SUBJECT CURRICULUM

<b>Subject</b>	<b>Personal Development Education</b>
<b>Year Group</b>	<b>Year 9</b>
<b>Overview</b>	<b>Pupils in Year 9 continue with their five-year PDE spiral curriculum. Units are sequenced under the following titles Living in the Wider World, Health and Well Being and Relationships. The quality of education in PDE is based on the fundamental vision that we are equipping our pupils with the knowledge, skills and understanding to keep safe and healthy, and preparing then for life and work in modern Britain.</b>
<b>Term by Term</b>	
<b>Autumn Half term 1</b>	<p><b>Relationships</b>  <b>To gain an understanding of the importance in staying mentally healthy and how to boost our mental health and find support when we need it.</b>            How can I take care of mental health as the pressures increase?            What are some of the myths surrounding mental health?            What emotions are difficult to manage and why?            How can we look after our mental health and manage those emotions?            What are some healthy and unhealthy ways to cope?            What is self-harm?            What are eating disorders?            What support is available?</p>
<b>Autumn Half term 2</b>	<p><b>Relationships</b>  <b>To understand the differences between extremism, radicalisation and terrorism and to learn to become critical thinkers and avoid influences that can encourage hate and not cohesion.</b>            What is extremism and how can it lead to radicalisation?            What is extremism?            What is radicalisation?            What signs should I look out for?            What does grooming for radicalisation look like?            How can others influence us?            How can the media divide us?            What does it mean to be a critical thinker?            How can we support our friends, families and communities?            What support is available?</p>
<b>Spring Half term 1</b>	<p><b>Health and Well Being</b>  <b>To learn how to keep safe and healthy in a sexual relationship. To practice tolerance, understanding and celebrate diversity when it comes to sexual orientation.</b>            What is the difference between love and control?            What is safe sex?            What is coercion?            What do I know about consent?            How do I protect myself around STI's?            How do I use a condom correctly?            What is FGM and the law in the UK on FGM?            What is gender as part of identity?            What are the different sexual orientations?</p>

	<p>What is homophobic, biphobic and transphobic bullying and why is it wrong?          What does self-esteem and positive body image mean?  <u>What support is available?</u></p>
<p><b>Spring Half term 2</b></p>	<p><b>Health and Well Being</b>  <b>To explore and learn how to manage risky situations involving drugs and alcohol.</b>          How do drugs, alcohol, tobacco affect people, families, and communities?          What are some different views and perspectives about drugs?          What is cannabis?          What are physical, emotional and social risks surrounding cannabis?          What are legal highs?          How does crime-surrounding drugs affect families, communities?          What support is available?</p>
<p><b>Summer Half term 1</b></p>	<p><b>Living in the Wider World</b>  <b>To understand how the UK voting system works and how laws are made.</b>          How does democracy work?          What are the different types of government?          What are the key features of a democracy?          How are laws made?          How does the UK voting system work?          Why should I vote?          What is a manifesto?</p>
<p><b>Summer Half term 2</b></p>	<p><b>Living in the Wider World</b>  <b>To understand what I need to know when managing my finances in the future. To learn what steps I can take to prepare for my future career.</b>          What do banks do?          What is debt and how do I manage it?          What are my career goals?          What are entry routes and qualifications?          What are my employability strengths?          What careers could these strengths lead to?          Where do I look for a job?          What is a CV and how do I create one?          What is my mind-set?          Am I resilient?</p>
<p><b>Useful Resources</b></p>	<p><a href="http://www.childline.org.uk">www.childline.org.uk</a>  <a href="http://www.ceop.police.uk">www.ceop.police.uk</a>  <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>  <a href="http://www.bullying.co.uk?cyberbullying">www.bullying.co.uk?cyberbullying</a>  <a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a>  <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>  <a href="http://www.talktofrank.com">www.talktofrank.com</a>  <a href="http://www.nhs.uk/apps-library/chathealth/">www.nhs.uk/apps-library/chathealth/</a>  <a href="http://www.kudos.cascaid.co.uk/#/">www.kudos.cascaid.co.uk/#/</a></p>