



Personal Development – Y7 Managing Risk

Learning about this topic is important because: Learning about managing risk is important because it helps you recognise unsafe situations and make informed decisions that protect your wellbeing. It develops your ability to assess consequences, manage pressure, and respond to challenges safely, both online and offline. This supports you in becoming more independent and responsible; while also helping you know when and how to seek help.

This builds on: At primary school, you learned that everyone should be treated with respect and fairness, and that racism and discrimination are wrong. You were introduced to different families, backgrounds, and identities, and began to understand the importance of inclusion. You also learned to recognise unsafe or harmful behaviour, including bullying or abuse, and how to report concerns to a trusted adult. This supported your early understanding of personal safety and wellbeing.

This leads to: In Year 8, you will learn about legal drugs and how they can affect your health and decision-making. You will explore the safe and responsible use of e-rides and understand the rules around them. You will also develop basic first aid skills to respond in emergencies. In addition, you will begin to understand financial decision-making and how to protect your personal data online to stay safe.

We will learn:

- What anti-racism means
- Reflect on the age of criminal responsibility
- Learn about child-on-child abuse and how to seek help
- Discover Protected Characteristics and why they exist
- Be able to identify hate crimes
- Discuss honour-based abuse and how to seek help or support others

We will develop/practise skills including:

- Communication and discussion skills
- Critical thinking and decision-making
- Empathy and understanding of others' perspectives
- Respect, tolerance, and cultural awareness
- Collaboration and teamwork
- Personal responsibility and independence
- Problem-solving and evaluating real-world issues
- Active citizenship
- Viewpoints and political positions

Some of the vocabulary that we will use includes:

Racism, up stander, responsibility, microaggressions, LGBT phobia, respect, empathy, equality, prejudice, discrimination,

You could learn more about this topic by: Use BBC Bitesize and NSPCC for clear guidance on risk, personal safety, online behaviour, and decision-making. Explore Childline and The Mix for real-life scenarios and advice on handling pressure, staying safe, and knowing what to do in risky situations. Use Thinkuknow for interactive resources and videos about online risks, privacy, and digital safety.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: a knowledge check and application task. This will include multiple-choice questions and a short-extended answer based on a scenario, where you will apply what you have learned to a real-life situation



Personal Development – Y7 Careers and Aspirations



West Kirby
Grammar School

Learning about this topic is important because: Careers education is important because schools must provide independent guidance to help you make informed choices about your future. It supports you to understand different career pathways, skills, and opportunities, and helps you make confident decisions about further education, training, and employment.

This builds on: At primary school, you began to build awareness of different jobs and careers and how people work in the world around you. You explored your interests, strengths, and aspirations, and learned that different subjects and skills can lead to different future opportunities. You also started to think about what you might like to do in the future and the importance of trying new experiences.

This leads to: In Year 8, you will explore your interests and strengths and how they link to future opportunities. You will begin to develop CV writing skills and understand what makes a strong application. You will also learn about the challenges and rewards of work, and reflect on how to create the kind of life and future you want through your choices and goals.

We will learn:

- What Unifrog is and how we can use it as a platform
- Who you are and some likes and dislikes
- Exploring what our dream jobs might be
- What a career means
- What an entrepreneur is

We will develop/practise skills including:

Using the Unifrog platform to explore careers and skills
Self-reflection and evaluation
Identification of key skills
Evaluating career profiles
Prioritising and sorting information
Summarising and simplifying information
Analyse scenarios

Some of the vocabulary that we will use includes:

Career, Skills, Entrepreneur, Initiative, Career sector, Aspirations, goals

You could learn more about this topic by:

Accessing the careers and know how library on Unifrog and favouriting areas of interest. You can also record skill demonstration and take some quizzes to explore what you like in more depth.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: You will complete a careers journal to record and reflect on your experiences, skills, and aspirations. This will help you track your career-related learning across school, understand your strengths, and begin to map out possible future pathways and goals



Personal Development – Y7 Learning Skills



West Kirby
Grammar School

Learning about this topic is important because: Learning and organisation skills are important because they help you become a more independent and effective learner. They enable you to manage your time, prioritise tasks, and meet deadlines, reducing stress and improving wellbeing. Strong organisation supports better focus and retention of knowledge, helping you achieve your goals. These skills also prepare you for **further education, employment, and adult life**, where planning, responsibility, and self-management are essential

This builds on: At primary school, you developed the foundations of independence, responsibility, and resilience, including completing tasks, following routines, and reflecting on your learning. You began to build skills in focus, effort, and simple decision-making, which support effective learning and organisation.

This leads to: In Year 8, you will develop your **organisation skills** through reminders and support strategies. You will learn how to create effective **revision timetables and use different revision techniques**, as well as explore ways to **manage exam stress and maintain your wellbeing**.

We will learn:

- Organisation skills and support with folder organisation
- Study skills such as flash cards, mind maps, mnemonics

We will develop/practise skills including:

- Organisation and time management skills
- Independent learning and self-management
- Study and revision strategies
- Digital and physical organisation
- Metacognition
- Resilience and perseverance

Some of the vocabulary that we will use includes:

Revision, Consolidating, Retrieval, Anxiety, Technique

You could learn more about this topic by:

Researching and practising different revision techniques using sites such as BBC Bitesize, EduCake

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: The assessment in Learning Skills will focus on your engagement in lessons and your progress in the end-of-year exams, showing how well you apply the skills you have developed throughout the year.



Skills for Life – Y13 Managing Risk

Learning about this topic is important because: Learning about managing risk is important because it helps you recognise unsafe situations and make informed decisions that protect your wellbeing. It develops your ability to assess consequences, manage pressure, and respond to challenges safely, both online and offline. This supports you in becoming more independent and responsible; while also helping you know when and how to seek help.

This builds on: From Year 7 to Year 11, you developed your understanding of managing risk in a range of situations. You learned how to recognise unsafe or harmful situations, make informed and responsible decisions, and understand the impact of risk-taking on yourself and others. You also built awareness of online safety, peer pressure, relationships, health, and wellbeing, and developed confidence in knowing when and how to seek help or support.

This leads to: Safe and considered decision making during transitions and in later life

We will learn:

- Embracing independence safely
- Safety in new situations - travelling
- What stalking is and where to turn
- Relationships online – how to navigate them safely

We will develop/practise skills including:

- Communication and discussion skills
- Critical thinking and decision-making
- Empathy and understanding of others' perspectives
- Respect, tolerance, and cultural awareness
- Collaboration and teamwork
- Personal responsibility and independence
- Problem-solving and evaluating real-world issues
- Active citizenship
- Viewpoints and political positions

Some of the vocabulary that we will use includes: Stalking, consent, independence, harassment, boundaries, disclosure, situational awareness

You could learn more about this topic by: Use BBC Bitesize and NSPCC for clear guidance on risk, personal safety, online behaviour, and decision-making. Explore Childline and The Mix for real-life scenarios and advice on handling pressure, staying safe, and knowing what to do in risky situations. Use Thinkuknow for interactive resources and videos about online risks, privacy, and digital safety.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: a knowledge check and application task. This will include multiple-choice questions and a short-extended answer based on a scenario, where you will apply what you have learned to a real-life situation



Personal Development – Y7 Health & Wellbeing

Learning about this topic is important because: Learning about health and wellbeing is important because it helps you look after your physical, mental, and emotional health. It supports you to make safe and informed choices, manage stress, and build healthy routines. It also helps you develop the confidence to recognise risks, seek support when needed, and maintain positive relationships, preparing you for a healthy and balanced life now and in the future.

This builds on: In primary school, you learned how to look after your physical health, including healthy eating, exercise, and hygiene. You developed awareness of your mental wellbeing, including recognising feelings and asking for help. You also learned about staying safe, including online safety and identifying risks or unsafe situations. In addition, you understood the importance of healthy routines, sleep, and personal care, and how to seek help from trusted adults or support services when needed

This leads to: In Year 8, you will learn about mental health conditions and how they can affect people in different ways. You will explore ways of promoting emotional wellbeing, including strategies to support positive mental health. You will also consider the impact of social media on wellbeing and how to manage its effects in a healthy and balanced way.

We will learn:

- What influences our health choices?
- What range of emotions are there?
- Vaping – what it is and the dangers involved

We will develop/practise skills including:

- Communication and discussion skills
- Critical thinking and decision-making
- Empathy and understanding of others' perspectives
- Respect, tolerance, and cultural awareness
- Collaboration and teamwork
- Personal responsibility and independence
- Problem-solving and evaluating real-world issues

Some of the vocabulary that we will use includes:

Health, Fitness, Wellbeing. Assess, strategy, informed, emotions, empathy, self worth,

You could learn more about this topic by:

Using trusted websites like BBC Bitesize for clear explanations of mental health conditions, emotional wellbeing, and social media impact.

Accessing guidance and resources from Mind and YoungMinds to deepen understanding of mental health and coping strategies.

Exploring support and information from Childline for real-life advice on feelings, stress, and online pressures.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: a knowledge check and application task. This will include multiple-choice questions and a short-extended answer based on a scenario, where you will apply what you have learned to a real-life situation



Personal Development

– Y7 Exploring Who I Am

Learning about this topic is important because: Exploring who you are is important because it helps you develop self-awareness and confidence, so you understand your thoughts, feelings, and values. This supports you in building self-esteem, independence, and a positive relationship with yourself, which are essential for forming healthy relationships with others. You will also develop key skills such as managing your emotions, understanding others, making responsible decisions, and dealing with peer pressure. This learning helps you grow as an individual, explore your own interests and identity, and understand what it means to be treated with respect and to show respect to others.

This builds on: At primary school, you developed an understanding of your feelings, self-worth, and what makes you unique. You learned that everyone should be treated with kindness and respect, and that it is important to talk about your likes, dislikes, interests, and feelings. You also began to build confidence, independence, and simple decision-making skills.

This leads to: In Year 8, you will learn how to be responsible when using social media and understand how it can influence your thoughts and behaviour. You will explore appearance ideals and media messages, and how these can shape the way people see themselves. You will also learn how to manage comparisons with others and understand how algorithms work, including how they affect what you see online.

We will learn:

- Exploring who you are as individuals
- What self-concept and resilience are
- How to evaluate your strengths and areas for development.

We will develop/practise skills including:

- Communication and discussion skills
- Critical thinking and decision-making
- Empathy and understanding of others' perspectives
- Respect, tolerance, and cultural awareness
- Collaboration and teamwork

Some of the vocabulary that we will use includes:

Strengths, Developments, Skills, self-concept, Resilience

You could learn more about this topic by using:

- BBC Bitesize – clear explanations and videos on social media use, self-image, online influence, and digital literacy.
- Childline – advice and real examples about peer pressure, online behaviour, self-esteem, and comparison.
- NSPCC – guidance and videos on online safety, harmful content, and healthy online relationships.
- The Mix – articles and videos on social media pressure, mental wellbeing, and identity.
- Common Sense Media – expert reviews and videos explaining algorithms, media influence, and digital habits

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: a knowledge check and application task. This will include multiple-choice questions and a short-extended answer based on a scenario, where you will apply what you have learned to a real-life situation.