



Personal Development – Y9 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: In Year 8, you learned about the effects and risks of legal drugs and how to make safe choices. You explored the dangers of e-rides and how to use them responsibly. You developed basic first aid skills for emergency situations. You also studied financial decision-making and how to manage choices responsibly, as well as how personal data is collected online and how to stay safe. In addition, you learned about deepfakes and their impact, and how to respond to or report harmful online content.

This leads to: In Year 10, you will learn about toxic cultures and how they can influence attitudes and behaviour in society. You will explore the signs and impact of emotional abuse and develop understanding of issues such as incel culture and its potential risks. You will also study image-based sexual abuse and its consequences, as well as the difference between arranged and forced marriage. In addition, you will examine how pornography and substance misuse can affect relationships, and learn about sexual offences, including how to recognise them and seek help or report concerns safely.

We will learn:

- How we deal with friends using drugs or alcohol
- What the law says about the possession of drugs
- The dangers of Gangs and exit strategies
- County Lines
- Child criminal exploitation
- Asphyxiation and dares
- Gaming vs. grooming

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:

County Lines, resilience, grooming, tactics, asphyxiation, exploitation

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 – Y8 Relationships

Learning about this topic is important because: Learning about relationships is important because it helps you understand how to build healthy, respectful relationships based on trust, kindness and respect. It teaches you how to recognise unhealthy or unsafe behaviours, including bullying, pressure or abuse, and know what to do if you are worried. It also helps you understand consent, personal boundaries and staying safe, so you can make informed choices. This learning prepares you for adult life and different types of relationships, including friendships and romantic relationships. It also supports your emotional wellbeing, empathy, and respect for others and different types of families and backgrounds. Learning about relationships and sex supports you to stay safe, enjoy positive relationships of all kinds, and make informed decisions.

This builds on: In Year 7, you learned about different types of conflict and why friendships can break down. You explored the difference between banter and bullying, and how behaviour can impact others. You were introduced to anti-LGBT+ behaviour and why it is not acceptable, along with the idea of protected characteristics and the importance of respect, equality, and inclusion.

This leads to: In Year 9 Relationships, you will develop your understanding of how to manage online relationships safely and responsibly. You will explore how the media portrays sex and relationships and learn to think critically about these messages. You will also study important issues such as consent, child sexual exploitation, sexism, and intimidation, helping you to recognise risks, understand boundaries, and make safe, informed choices in relationships.

We will learn:

- What a healthy relationship looks like
- What red flags are in relationships
- What the protected characteristics are
- What constitutes cyber bullying

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:

Mutual respect, identity, prejudice, discrimination and equality, cyberbullying, intentional

You could learn more about this topic by: using safe, trusted and appropriate sources, such as:

- NSPCC, Childline, BBC Bitesize
- Reading guided materials or knowledge organisers provided in lessons
- Watching educational videos recommended by school staff rather than searching independently
- Discussing questions with a trusted adult (teacher, form tutor, pastoral staff)
- Using school systems to ask questions



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 – Y9 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: In Year 8, you explored your interests and how these can link to future opportunities. You created superhero CVs to identify your skills and strengths. You learned about the challenges and rewards of work, and reflected on how to create the life you want. You also considered what success means and how it can be different for everyone.

This leads to: In Year 10, you will learn how to reflect on your career journey so far and the experiences that are shaping your future choices. You will explore different types of careers and pathways, and consider how these may develop over time. You will also learn about wellbeing in the workplace, including how to look after your mental and physical health while working.

We will learn:

- What your skills are
- What comes after school
- Deciding what to choose at KS4
- Working and earning and managing your money

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:

Reflection. Evaluation, Learning pathways, career goals, skills, qualifications, career progression

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 – Y9 Learning Skills

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: You learned how to create and use revision timetables to organise your study time. In addition, you explored exam stress and different coping strategies to support your wellbeing during assessments.

This leads to: In Year 10, you will further develop your organisation skills, using reminders and support strategies to manage your learning more effectively. You will embed and refine your current study practices to improve independence and efficiency. You will also learn strategies to understand and manage exam stress, supporting your wellbeing during assessments.

We will learn:

- Revision timetable next steps
- Top tips
- Active Reading and how it can support revision

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:

Skimming and scanning, Annotation, Highlighting, Summarising

You could learn more about this topic by:

Researching and practising different revision techniques using sites such as BBC Bitesize, Seneca, Physics and Maths tutor, Cognito

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.



Personal Development – Y9 Health & Wellbeing



West Kirby
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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 Year 8, you learned about mental health conditions and how they can affect people in different ways. You explored ways of promoting emotional wellbeing and maintaining positive mental health. You also considered how social media can influence thoughts, feelings, and self-esteem, and its impact on wellbeing.

This leads to: In Year 10, you will learn about the risks and consequences of taking substances, and why it is not always possible to be sure what substances contain. You will explore how to be street smart and make safe choices in different situations. You will also study the dangers and legal consequences of carrying a knife, and how to keep yourself and others safe.

We will learn:

- Mental health stigma
- Managing setbacks and coping strategies
- What self-harm is and how to get help
- Change, loss and grief

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:

Stigma, Resilience, Mental Health, Grief, Strategies, misconceptions, 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

– Y9 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: In Year 8, you learned how to present yourself safely and responsibly online and how to stay safe when using social media. You explored the impact of social media on wellbeing, including how it can influence thoughts and feelings. You also examined appearance ideals and media messages, and how these can shape expectations and affect self-image.

This leads to: In Year 10, you will learn about freedom and the law, including how rights and responsibilities work in society. You will explore different influences on relationships and how they can shape behaviour. You will also develop your understanding of emotional abuse, including how to recognise it and respond safely.

We will learn:

- Explore body image and how it is influenced by media, peers, and society.
- About the ideas behind The Social Dilemma, focusing on how social media and technology can affect your thoughts, behaviour, and wellbeing.
- You will also take part in structured discussions and debates, helping you to think critically, share your views respectfully, and consider different perspectives.

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
- Debating and decision making

Some of the vocabulary that we will use includes:

Algorithm, Engagement, Data mining, Surveillance capitalism, Personalisation

You could learn more about this topic by:

Analysing our social media use for 1 week and being a critical viewer of the influence on our feed. Do we need to make any changes to support our wellbeing? Do we need to think more about our online persona?

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

