



Year 8 Personal Development – Unit 1



Key Question: how do I become the best version of myself in year 8?

Unit Overview:

Lesson	Threshold Statements
What is Personal Development?	- Describe what personal development is - Explore what you will be learning in PD this year - Identify how to create a safe classroom for discussion
An Introduction to Active Listening	- Reflect upon your own listening skills. - Understand why listening is important. - Understand the signs someone uses to show that they are listening.
Managing Distractions	- Describe factors that affect our ability to listen. - Reflect upon ways that support us to listen. - Practice verbal cues to show you are listening.
Listening and Respectful Conversations	- Understand the importance of managing emotions during difficult conversations. - Understand how speaking respectfully can achieve better outcomes. - Understand the difference between intention and impact and how to apologise if you have hurt someone.
Celebrating Diversity	- Describe what diversity is - Explain what British Values and Protected Characteristics are - Identify how we can use BVs and PCs to make sure we celebrate diversity
Listening in action: let's debate!	- Describe what a debate is - Evaluate a debate topic, practicing active listening skills

Tier 3 Key Vocabulary:

Key Word	Icon	Definition
Personal Development		Developing every student in their unique character, so they understand and value themselves as individuals who are gifted for a purpose.
Active Listening		The act of fully hearing, engaging with and understanding the meaning of what someone else is saying.
Respect		Behaving in a way which shows you care for the feelings, wishes, or rights of others. E.g. 'I will show respect to my teacher by not talking over them in lessons'.
Intention		Something we meant to do, like an aim or a plan.
Impact		An effect of something e.g. 'the impact of me not going to class today is that I missed out on information I needed to know for my exam'.
Debate		A discussion between people in which they express different opinions about something.



Year 8 Personal Development – Unit 2



Key Question: What do I need to know to best prepare for my future career?

Unit Overview

Lesson	Threshold Statements
Why do I need to think about my future?	- Describe what we mean by the 'future' - Explain the difference between short-, medium- and long-term future - Decide what your dream future would look like
Preparing for the world of work	- Describe what transferable skills are - Identify the key transferable personal skills. - Explain how you demonstrate these skills in your everyday lives.
Careers assembly (17 th November)	A careers talk from Jet 2
Managing money: salary and taxes	- Describe what financial literacy is - Explain what salaries and taxes are - Understand how salaries and taxes work
Budgeting for teenagers	- Describe what budgeting is - Consider reasons teenagers may need money - Learn how to prioritise spending
A session with Steve (guest speaker)	- Social Media: understanding how our online presence can impact your future career - This will be run throughout the term, on a different Monday for each tutor group

Tier 3 Key Vocabulary:

Key Word	Icon	Definition
Career		A job or occupation undertaken for a significant period of a person's life and with opportunities for progress
Transferable skills		Skills you can transfer from one job to another. These may be soft skills, like collaboration and problem-solving, or hard skills, such as data analytics or coding.
Financial Literacy		The knowledge and skills needed to make important financial decisions
Salary		A fixed amount of money paid to an employee by an employer for their work, typically on a regular basis, such as monthly
Tax		A compulsory percentage of your salary given to the government, usually as a contribution to pay for public services



Year 8 Personal Development – Unit 3



Key Question: how can I keep myself safe as a teenager? Understanding my rights and responsibilities.

Unit Overview:

Lesson	Threshold Statements
Staying safe: understanding online grooming	• Understand what online grooming is and why some people might be vulnerable to it • Know how to recognise online grooming in different forms • Know how to respond and seek support in cases of online grooming
Staying safe: understanding sextortion	• Learn what is meant by sextortion • Learn how criminals target victims • Consider the importance of seeking help and why this can feel difficult
Staying safe: understanding deep fakes	• Learn about different types of deep fakes and how to detect them • Learn how deep fakes can be seen as positive and negative • Consider the impact that deep fakes can have on someone's life
Staying safe: drug misuse	• Identify what drugs are and how they are used/misused • Understand the laws in the UK around drugs • Understand how you can respond to peer pressure and respect others' choices
Staying safe: understanding county lines	• Define what county lines is • Know how to recognise grooming for county lines • Know how to respond and seek support in cases of grooming and county lines

Tier 3 Key Vocabulary:

Key Word	Definition
Grooming	Befriending and establishing an emotional connection with a minor to pressure and gain control over them
Sextortion	A type of online blackmail when criminals threaten to share sexual pictures, videos or information about you unless you pay money or do something else you don't want to
Misinformation	False or inaccurate information that is shared without intending to mislead
Disinformation	False information that is deliberately created and shared to mislead or deceive people
Self-esteem	Confidence in one's own worth or abilities