



Year 9 Personal Development – Unit 1



Key Question: how can I grow in character? How do the choices I make impact myself and others?

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
Paths to Success	- Reflect on what success means to you - Consider how you can use your own strengths to be successful - Identify how you can access positive pathways to achieve your goals
Why is it important to ask for help?	- Understand how you can build confidence to try challenging things - Identify key strategies for managing your emotions and building resilience in challenging situations - Reflect on where you can access support
Understanding Consequences	- Consider the implications of my actions, including legal, emotional and physical - Reflect on the importance of making safe choices - Discuss the impact choices can have on myself and others
Expressing Yourself	- Understand how to share opinions respectfully - Identify examples of positive role models - Explore your ability to take positive actions and consider your influence on others
Define Yourself	- Understand how to critically evaluate information - Consider how to appreciate different viewpoints respectfully - Reflect on your personal information consumption and how you respond to it

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.
Success		Accomplishing an aim or purpose.
Neurodiversity		The differences in the way people behave and learn.
Trauma		A deeply distressing or disturbing experience that can have lasting emotional, psychological or physical effects.
Role Model		Someone who inspires and guides others.
Empowerment		Providing individuals with the tools, confidence and authority to take control of their lives and make decisions.



Year 9 Personal Development – Unit 1



Key Question: how does the law protect my rights?

Unit Overview:

Lesson	Threshold Statements
What does it mean to be 'British'?	• Identify stereotypes of what it means to be 'British' • Understand different ways to be 'British' • Explore the British Values and understand why we have them
What are my rights?	• Describe what a right is • Explain why we have human rights • Understand what the rights of a child are
Why do we have laws?	• Describe what a law is • Explain how the law works in the UK • Decide why we need laws
Freedom of speech: should there be a limit?	• Describe what freedom of speech is • Understand that it is natural to have different opinions to people • Explore ways to find common ground with people who hold different opinions
Right to safety: understanding knife crime	• Describe the right to safety • Explain the UK laws around knives • Understand how to stay safe from knife crime
Freedom from exploitation: understanding FGM	• Describe the freedom from exploitation, violence and abuse • Explain what FGM is • Understand the importance of education about FGM

Tier 3 Key Vocabulary:

Key Word	Icon	Definition
Human Rights		The basic rights all humans are entitled to, under international law
British Values		The basic values all people in Great Britain should live by. There are: rule of law, democracy, individual liberty, mutual respect and tolerance of religion and belief
Rule of Law		All people are expected to follow the laws set in our country
Common ground		Finding something in common with someone who you may usually hold different opinions to
Exploitation		Treating someone unfairly in order to benefit from their work



Year 9 Personal Development – Unit 3



Key Question: Understanding intimate relationships - what do I need to know about sex and relationships?

Unit Overview:

Lesson	Threshold Statements
Why do we need to talk about sex?	- Describe why we need to talk about sex - Explain some pressures existing around sex for young people - Identify why self-worth is important when talking about sex
Understanding sexuality and sex	- Define what sexuality and sexual desire is - Understand how and why we develop feelings of sexual desire - Understand how to communicate your own personal boundaries
What is Contraception?	- Describe the common types of contraception - Understand the importance of talking to a partner about contraception - Identify the best ways to communicate
What is Consent? (two lessons)	- Describe what consent is - Understand the law around consent and the consequences of no consent - Understand how to practice consent
Online influences: let's talk about porn	- Describe what pornography is - Explain why it is important to understand to risks of watching porn - Identify the impact porn can have on healthy sexual relationships

Tier 3 Key Vocabulary:

Key Word	Icon	Definition
Sexual desire		The urge or interest in sexual activity, encompassing thoughts, feelings, and a drive for sexual pleasure or intimacy
Coercive Control		A pattern of actions which try to control another person, usually through intimidation, humiliation or threats.
Power Dynamic		The balance of power between people in a relationship, usually where one person has more power than the other.
Consent		Permission for something to happen or mutual agreement to do something.
Sexual Harassment		The making of unwelcome or unwanted inappropriate sexual comments or physical advances.
Contraception		The use of methods to prevent pregnancy. Some forms, e.g. condoms, will also protect from sexually transmitted diseases.