Personal Development Learning Journey

The East Manchester Academy

YEAR 11

- STIs and UTIS and how you identify symptoms of these.
- What are the signs and symptoms of breast cancer, testicular cancer and bowel cancer?
- Where can people go to for help and support if they are worried about cancer?
- What are the features of healthy pregnancy and birth?
- What are the signs & symptoms of early pregnancy?
- What are miscarriage and stillbirth and how can people deal with the physical and emotional effects?
- How to look for and apply for apprenticeships. How to write a CV.
- What to expect on results day and how to enrol at college.
- How to research universities and your future career.
- What is sleep hygiene & why is it so important?
- The physiological function and provenance of anxiety.
- What does stress look like and how can you manage it?
- How can you manage your revision?

Post 16 study

Assessment point

YEAR 10

- How to apply for post-16 courses and manage administration.
- Understanding apprentice options available to you.
- How to identify online scams and frauds to financially protect ourselves.
- What are the different post-16 pathways available to you including vocational and technical qualifications?
- What are deep fakes and how they are harmful to our community?
- How can AI be used positively ?
- How the national economy works and how this can affect your personal finances.
- What are the different types of taxation and how these are collected?
- How the UK government mitigates financial risk and the role of citizens in promoting a health national economy.
- What are the warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available?
- What does the word 'stigma' mean and how can we combat it?
- How to notice signs of coercion in relationships.
- What are the indicators of healthy sexual behaviour in intimate relationships?
- Understanding sexual harassment, sexual violence, revenge porn and stalking.
- What is honour-based violence and how is it a form of domestic violence and coercive control?
- What is forced marriage?
- What is the legal definition of sexual consent and why is this important?

YEAR 9

- How do your extra curricular activities build up employability skills?
- Everyday employability skills such as attendance and punctuality.
- High interest and payday loans and why you should avoid this type of borrowing
- What are your universal human rights and responsibilities ?
- How can you protect yourself from far right extremism and what is it?
- How to apply for job positions and what are the application processes you may come across?
- The United Nations and the role the UK plays.
- Saving, investing and pensions and how to plan for your financial future.
- Developing your financial literacy.
- What are the characteristics of a healthy intimate relationship ?
- What are the different types of relationships?
- What are grooming and exploitation and how can you protect yourself?
- Recognising dangers online and in our community and beyond.
- What are the dangers of county lines and drugs trafficking?
- What are the symptoms of and factors which can indicate or contribute to your poor mental health?
- How can you seek guidance and support for your mental health ?
- What are the links between your physical and mental wellbeing?
- How to stay emotionally and physically safe in your relationships.
- Government and parliament and how they work to ensure the UK is governed .
- The concept of democracy and ensuring a democratic society for your futures

Assessment point

YEAR 8

- What are the different types of family?
- What is consent?
- The law relating to the supply, use and misuse of legal and illegal substances.
- Your consumer rights and responsibilities, how do you keep your finances secure?
- What is a growth mindset?
- What do commited stable relationships look like?
- The definition of drugs, stimulants and depressants .
- The dangers of alcohol, tobacco and vaping .
- The differences between credit and debit cards
- The rule of law in relation to consumer rights.
- Understanding liberty and democracy in a global context.
- Local Government including the role of your local MP and counsellor.
- Emergency situations, assessing risk, and responding to potential crises, we will also look at how you will remain calm.
- Learn life-saving skills.
- How do you access your primary healthcare specialists?
- What is a digital footprint and how can it be traced online?
- Wat is an entrepreneurial mindset and how can you apply this to your everyday life?
- Understanding SMART targets and creating your dream goals for the future.
- Setting short term financial goals and applying them to long term goals.
- What is Digital Citizenship?
- What are your online media and the rights and responsibilities?
- Identifying problems in your everyday life and finding solutions.
- How can you use digital payments safely and without the risk of being scammed?
- What are impulse purchases and the consequences of these on your long-term future?

Assessment point

YEAR 7

- How can you recognise risk and respond safely?
- Developing your personal values in friendships, love and sexual relationships.
- How can you be an active listener and a clear communicator?
- How can I look after my teeth?
- What is puberty and how will my body change?
- How can you be an upstander in our community?
- Understanding the British value of respect and the rule of law.
- How can you recognise harmful relationships both in school and beyond?
- What does personal hygiene look like?

Key

- Personal Safety
- Positive Relationships
- Financial Literacy
- Careers and Employability
- Community and responsibility
- Health and Wellbeing