The Salesian Academy of St John Bosco Personal Development Plan 2026 - 2027

Intent

Our Personal Development curriculum is designed to equip all pupils with the essential knowledge, skills, self-awareness and character development required to thrive in an ever-evolving global society and within their local community of Sefton. We aim to nurture confident, resilient, independent and empathetic young people who are prepared to navigate the opportunities and challenges of life beyond the classroom.

Following a comprehensive review of our Personal Development provision, the curriculum has been updated to reflect the Department for Education's revised Relationships, Sex and Health Education (RSHE) guidance, which became statutory from September 2026. The curriculum now includes enhanced coverage of online safety and safeguarding, including artificial intelligence (AI) and deepfakes, sextortion, online misogyny, harmful online influences, incel culture, pornography, sexual harassment, child criminal exploitation, child sexual exploitation, consent, healthy boundaries, power imbalances in relationships, vaping, knife crime awareness, mental health, and suicide prevention. These developments ensure that pupils are equipped to understand and respond to the risks and realities of modern life while promoting respect, dignity and responsible decision-making.

Through a dynamic, ambitious and inclusive approach, pupils are encouraged to explore their identities, values and aspirations, developing the confidence to set high standards for themselves and others. The curriculum is carefully sequenced to ensure knowledge and skills are revisited and developed over time through a spiral approach. For example, pupils are introduced to online safety and digital citizenship in Year 7 and revisit these themes throughout Key Stage 3 and Key Stage 4, developing a deeper understanding of online relationships, misinformation, digital consent, harmful online content and safeguarding. Financial education is similarly embedded across the curriculum, enabling pupils to understand budgeting, taxation, debt, saving, financial risk and economic wellbeing as they prepare for adulthood.

The curriculum incorporates statutory RSHE, Citizenship and PSHE education and has been adapted to ensure that all pupils, including those with additional needs, can access and engage with the content. Sensitive topics are delivered in an age-appropriate manner, informed by Catholic teaching, safeguarding requirements and the distinctive ethos of the school. Our curriculum reflects both the expectations of statutory guidance and our commitment to educating the whole person through the values and traditions of Catholic and Salesian education.

Our ambitious Personal Development offer extends beyond the classroom through a wide range of enrichment opportunities, leadership programmes, community engagement activities, charitable initiatives and extra-curricular experiences. Personal Development themes are further reinforced through

Collective Worship, form-time activities, assemblies, awareness campaigns and whole-school initiatives, ensuring that key messages are consistently promoted throughout school life.

Our Personal Development curriculum has been carefully designed to enable pupils to become proactive, informed and compassionate citizens who contribute positively to society. Through the integration of PSHE, RSHE, Citizenship, safeguarding education and careers learning, pupils develop the knowledge, skills and character required to flourish in modern Britain and beyond. Throughout the curriculum, our Salesian values of Respect, Understanding, Affection and Humour (RUAH) are explicitly promoted, supporting our mission to develop young people who are committed to serving others and becoming good Christians and honest citizens.

Curriculum Plan (Personal Development lessons)

	Autumn 1 Health & wellbeing	**Autumn 2** Living in the wider world	**Spring 1** Relationships	**Spring 2** Health & wellbeing	**Summer 1** Relationships	**Summer 2** Living in the wider world
7	**Transition to secondary school** Transition to secondary school, wellbeing, resilience and healthy routines	**Developing skills and aspirations** Careers, aspirations, online safety and digital identity	**Diversity** Diversity, equality, protected characteristics, and anti-bullying. British Values	**Health and puberty** Puberty, body changes, healthy lifestyles and self-care	**Building relationships** Friendships, boundaries, respectful communication, digital consent, and sharing nude images. Catfishing online grooming digital manipulation parasocial relationships	**Financial decision making** Functions of money, needs and wants, Budgeting, saving, taxation and public services avoiding bade debt.

8	**Drugs and Alcohol** Drugs, alcohol, tobacco, vaping and peer pressure	**Community and Careers** Careers, local communities and local government	**Discrimination** Discrimination, racism, hate crime and the justice system	**Emotional and physical wellbeing** Mental health, emotional wellbeing and first aid	**Identity and relationships** Identity, sexuality, consent and healthy relationships	**Digital literacy** Online law, fraud, scams and misinformation, media, democracy and the role of a free press. Algorithms, echo chambers and disinformation
9	**Peer influence, substance use and gangs** Peer influence, exploitation, county lines and knife crime	**Citizenship** Democracy, Parliament (UK constitution and Power of Government), elections and British Values	**Respectful relationships** Respectful relationships, pornography, online misogyny, harmful influencers, incel culture, masculinity narratives, child sexual exploitation, manipulation and sextortion.	**Healthy lifestyle** Healthy lifestyles, CPR and personal safety	**Intimate relationships** Sexual health, contraception and consent	**Careers** Careers, taxation, public spending and economic wellbeing
10	**Mental health** Mental health, social media, self-harm awareness and accessing support	**Financial decision making** Financial literacy, debt, gambling and fraud. Credit scores, consumer rights and contracts	**Healthy relationships** Healthy relationships, sexual harassment, misogyny and coercive control	**Exploring influence** Drugs, gangs, media influence and risk-taking behaviour	**Addressing extremism and radicalisation** Extremism, radicalisation, democracy and human rights, Democratic and non-democratic	**Careers** Careers, employability, workplace rights and labour market information. Insurance (critical illness).

					governments and a comparison	
11	**Building and preparing for the future** Future pathways (workplace experience), resilience, stress management and exam wellbeing	**Financial decision making** Income, taxation, budgeting, savings and pensions	**Communication in relationships** Sexual health, communication, consent and respectful relationships	**Independence** Health choices, addiction, independence and accessing support services	**Families** Families, parenting and healthy family relationships	**Citizenship** Voting, civil participation, human rights and preparing for adulthood.

Personal Development (PD) lessons are delivered weekly in Year 7, to support the transition process and fortnightly in Years 8-11. PD is delivered by Form Tutors and SLT links for each year group. This will ensure that the curriculum can be adapted to support local, national, and international issues (if applicable). Please note that on occasion, elements of the Personal Development curriculum may be adapted or rescheduled to allow pupils to benefit from visiting speakers, external providers, or enrichment opportunities that enhance their learning experience. When this occurs, staff ensure that curriculum coverage remains coherent and complete by revisiting key content through form time, collective worship, or subsequent lessons. This flexible approach allows us to take advantage of valuable real-world learning opportunities while maintaining the integrity and intent of our planned programme and ensures full coverage of statutory RSHE requirements, Citizenship education and safeguarding priorities.

Colour coding depicts the following:

- Health & wellbeing (confidence, resilience, independence and strength of character. Drug education, physical activity and diet for a healthy lifestyle)
- Living in the wider world (spiritual, moral, social and cultural development. Citizenship, financial education and Careers)
- Relationships and Sex Education (healthy relationships and protected characteristics, equality and diversity)

Whole School Personal Development Programme (To compliment Personal Development lessons)

Month	Event	Year Group Focus	Additional Coverage	Statutory requirements
September	Welcome and Belonging Month	**Y7:** Transition and belonging. **Y8:** Positive friendships. **Y9:** Resilience and attendance. **Y10:** Leadership opportunities. **Y11:** Managing exam stress.	Resilience, wellbeing, attendance and school values.	
October	Black History Month	**Y7:** Inspirational role models. **Y8:** Diversity and identity. Religious identities **Y9:** Equality and civil rights. **Y10:** Social justice. **Y11:** Human rights.	Diversity, equality, protected characteristics and community cohesion.	
October	Online Respect	**TBC**	Online conduct, digital citizenship, respectful communication and safeguarding.	
November (16th - 20th)	Anti-bullying Week	**Y7:** Friendship conflicts. **Y8:** Respectful relationships. **Y9:** Online bullying. **Y10:** Harassment and discrimination. **Y11:**Being an upstander.	Respectful relationships and anti-bullying campaigns	
November (23rd – 29th)	UK Parliament Week	**Y7:** Introduction to democracy. **Y8:** Local government. To include national government and devolved governments (Scotland, Wales, Northern Ireland) during UK Parliament Week. **Y9:** Parliament and elections. Electoral systems beyond the UK (compared)	Mock elections and democracy activities	

		Y10: Accountability and democracy. Public Institutions and Accountability. NHS, Police, Local Authorities and Courts. **Y11:** Voting and participation. Different electoral systems **Whole school:** Mock Election and coverage of Political Parties with debate opportunities and separation of powers revisited		
December	Active Citizenship - Advent and Social Action	Whole school charity and volunteering programme. Global Citizenship	Catholic Social Teaching, service and community participation.	
January	Financial Capability Month	**Y7:** Budgeting. **Y8:** Spending choices. **Y9:** Taxation. **Y10:** Debt and gambling. **Y11:** Savings, pensions and financial planning.	Financial literacy and economic wellbeing.	
January (31st)	Feast of St John Bosco Day	**Y7:** Cinema/Careers Fair **Y8:** Cinema/Careers Fair **Y9:** Cinema/Careers Fair **Y10:** Careers Fair/Living in solidarity – Ten Ten Theme 7 **Y11:** Careers Fair		
February (1st – 7th)	Children's Mental Health Week	**Y7:** Emotional wellbeing. **Y8:** Coping strategies. **Y9:** Managing pressure. **Y10:** Accessing support. **Y11:** Exam wellbeing.	Mental health and resilience.	

February (9th)	Safer Internet Day	**Y7:** Digital footprints. **Y8:** Online law and scams. Sharing images - Ten Ten Resource – Theme 6 **Y9:** Sextortion, harmful influencers, online misogyny and manipulation online. **Y10:** Deepfakes, AI and misinformation. Online Awareness. **Y11:** Digital reputation.	Deepfakes, AI-generated content, sextortion, online safety and safeguarding.	
March (1st-5th)	National Apprenticeship Week and Enterprise and Employability Week	**Y7:** Enterprise challenge. **Y8:** Careers exploration. **Y9:** Employability skills. **Y10:** Mock interviews. **Y11:** Post-16 preparation.	Careers, enterprise and workplace skills.	
March (8th)	International Women's Day	**Y7:** Positive role models. **Y8:** Equality and respect. **Y9:** Challenging stereotypes. **Y10:** Online misogyny and harmful online, narratives, gender-based violence and Violence Against Women and Girls (VAWG) **Y11:** Women in leadership.	Online misogyny, gender equality and respect.	
April (19th-23rd)	Healthy Relationships Week (including reproduction being the work of God)	**Y7:** Personal boundaries and Human Reproduction **Y8:** Consent. **Y9:** Respectful relationships. **Y10:** Coercive control. Including coercion, power imbalance and exploitation **Y11:** Adult relationships.	Healthy relationships, respect, dignity and safeguarding.	

May (17th-23rd)	Knife-crime Awareness Week	**Y7:** Stop the Bleed **Y8–Y11:** Age-appropriate workshops and assemblies.	Knife crime, exploitation, county lines and personal safety.	
June (14th – 20th)	Refugee Week	**Y7:** What makes a community. Welcoming others. **Y8:** Migration and identity. **Y9:** Human rights. International Law **Y10:** Global citizenship and Sustainability **Whole School:** International Governance, UN, Commonwealth, and Europe	Human rights and social justice.	
June (21st-25th)	Community and Safety Week	**Y7:** Personal safety, trusted adults. **Y8:** Community Safety, Police Liaison Officer, Child Criminal Exploitation. Sources of UK Law and how law evolves **Y9:** County lines and exploitation awareness. Law, Justice and the Courts Police powers, criminal and civil law, courts and tribunals. **Y10:** Staying safe as young adults	Exploitation, radicalisation, county lines and safeguarding.	
July (5th-9th)	Diversity and Inclusion Week	Whole-school programme (Diversity Day activities)	Equality, anti-racism, inclusion and protected characteristics.	
July (Last week)	Enterprise and Employability Week	**Y7:** Enterprise challenge **Y8:** Team enterprise activities **Y9:** Employability Skills **Y10:** Summer Fair		

Additional workshops to be delivered in the academic year

Year 7

- Talent Foundry and Dell 'Big Idea' workshop
- Smashed Live Performance
- Theatre Visit
- Retreats

Year 8

- Talent Foundry and M&G Workshop
- University visit

Year 9

- Talent Foundry and KPMG Workshop

Year 10

- Talent Foundry and RISE Workshop
- Work Experience
- Employability interviews
- Careers Guidance interviews
- University Visit
- CV workshops
- Oddballs Testicular Cancer Talk
- Countering the extreme Right Wing Training

Year 11

- Careers Guidance interviews
- Post-16 destination talks

All

House of Lords Visit and Guest speaker

The Salesian Academy of St. John Bosco

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