

Spring 1:
Name:



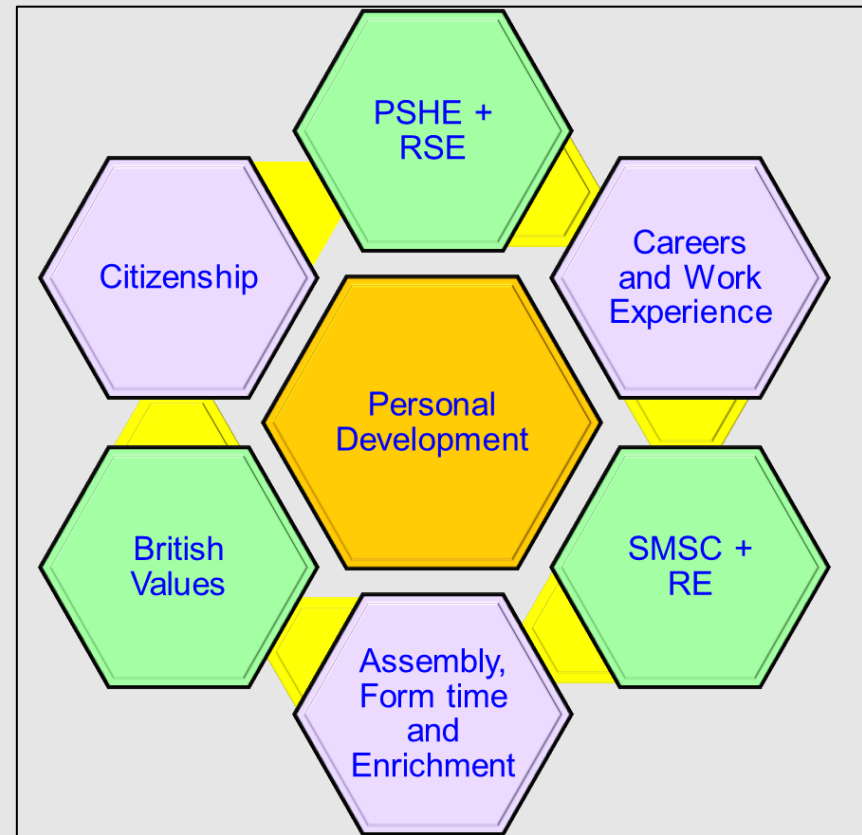
Welcome to: Living in the Wider World

***Personal Development
Thornden School
Safeguarding Curriculum***

Focusing on Personal Development

You may hear the term 'Personal Development' used in quite a few subjects. Personal Development is an umbrella term for how we develop our personal qualities and attributes throughout school.

Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



Aims of PD at Thornden



To help you understand:

- how to be responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults
- fundamental British values (democracy, individual liberty, law, respect and tolerance)
- how to develop confidence, resilience and knowledge so that they can keep themselves mentally healthy
- how to keep physically healthy, eat healthily and maintain an active lifestyle
- the importance of healthy relationships through appropriate relationships and sex education

Why are we studying Living in the Wider World?



This half term, we are learning about how to become confident, respectful and responsible young people, both in and out of school. These lessons will help you:

1. Understand Yourself and Grow with Confidence

- You'll explore your *personal strengths*, qualities and interests.
- We'll discuss **self-esteem**—why it matters, how it affects your wellbeing, and how to build it up.

2. Learn the Importance of Respect and Equality

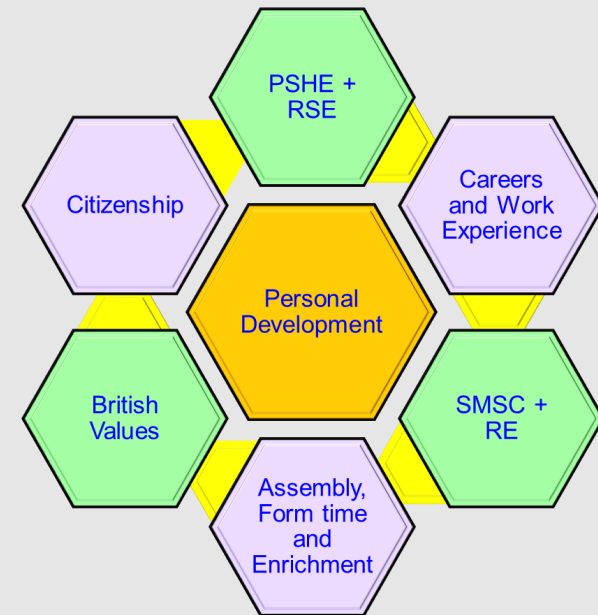
- You'll learn about **stereotyping, racism and discrimination**—why they happen, why they are harmful, and how to challenge them in a respectful and informed way.
- We will look closely at the **Protected Characteristics** in the Equality Act and understand why everyone deserves to be treated fairly, whatever their background.

3. Think Critically About the World Around You

- We'll explore the difference between *needs and wants*, and how to understand our priorities in life.
- You'll learn how **media and online content** can be misleading or biased, and how to spot fake news and harmful messages.
- We'll practise using **critical thinking** to make safer, more informed choices about what we see, hear and believe.

4. Prepare for the Future

- You'll learn how to **identify your skills and values** and see how these link to future jobs and opportunities.
- We'll introduce the basics of **budgeting and managing money**, helping you build good financial habits early on.





Why is it important to treat others with respect?



Stuart's football team were losing – but Stuart didn't care, he just enjoyed playing. Or he did, until he heard his dad booing at the team he was playing against. Then - Stuart couldn't believe it - his dad was on the pitch, arguing with the ref.

How embarrassing, thought Stuart. Can't he show a little

Start here: Finish Stuart's thought.



When we talk about being respectful, we mean...

An example of this would be....

What do we mean when we talk about being respectful?

Year 7 Spring 1 Knowledge Check – Living in the Wider World

Confidence Scale:

1 = Not confident at all | 5 = Very confident

1. On a scale of 1 to 5, how confident do you feel that you can explain the difference between wants and needs, and why it's important to prioritise them?
2. On a scale of 1 to 5, how confident do you feel that you can describe how our choices show respect for ourselves and others in school and society?
3. On a scale of 1 to 5, how confident do you feel that you can recognise the impact of positive and negative behaviour on myself and those around me?
4. On a scale of 1 to 5, how confident do you feel that you can identify different types of media and explain how media can influence the way I think or feel?
5. On a scale of 1 to 5, how confident do you feel that you can spot when media or online content may be misleading or biased?
6. On a scale of 1 to 5, how confident do you feel that you can explain what racism is, how it affects individuals and communities, and why it must be challenged?
7. On a scale of 1 to 5, how confident do you feel that you can recognise when a person might be experiencing or witnessing racism and know how to respond?
8. On a scale of 1 to 5, how confident do you feel that you can describe what self-esteem is and explain how it can be built or damaged?
9. On a scale of 1 to 5, how confident do you feel that you can explain how social media and comparison can affect someone's self-worth?
10. On a scale of 1 to 5, how confident do you feel that you can identify practical strategies to boost my own self-esteem and support the wellbeing of others?



**This is your
Home Learning.
It has been
shared with you
on Satchel.
Please make
sure it is
completed by
next week**

Why is it important to treat others with respect?



Learning outcomes:

Describe different ways of showing respect to others, both verbally and non-verbally.

Explain why showing respect to others is important and how this can improve our learning environment as well as our personal relationships.



Respect – Regard for the feelings, wishes, or rights of others.



We will now watch two very different clips and complete the questions in your booklet about the importance of respect.

<https://www.youtube.com/watch?v=mBWiYEoJrVM>

<https://www.youtube.com/watch?v=L5etgYU6aHo>

What does being respectful mean?

What is the golden rule?

How did the teachers at Jeremy's new school showing him respect make him feel?

What did he have to get over?

Does it matter if people don't understand everything about you, so long as they help and are kind?

What is the point Jeremy is trying to make?



What does being respectful mean?

Generally, being a good listener, following instructions and rules, considering feelings and using kind language.

What is the golden rule?

Treat others as you wish to be treated.

How did the teachers at Jeremy's new school showing him respect make him feel?

It was weird, it was positive and felt foreign to him.

What did he have to get over?

People being a different skin tone to him – the teachers not looking like him.

Does it matter if people don't understand everything about you, so long as they help and are kind?

No, it doesn't matter.

What is the point Jeremy is trying to make?

We assume a doctor or mechanic won't do their best on a job because they're different to us, so nor should we make assumptions about teachers.

Why is it important to treat others with respect?



We will now find out more about what showing respect looks like in practice and how we can show respect in different types of relationships in the wider world, as well as why this is important.

THORNDEN THREE READING!
Follow the text in your booklet closely

Showing Respect in Relationships and the Wider World

What does showing respect in relationships mean and why is it so important?

You will have many different relationships in your life. These may include: family relationships; friendships; romantic relationships; professional relationships, and many more. The idea of showing respect in a relationship may depend on what kind of a relationship we are referring to – for example, showing professional respect to a work colleague might look different to showing respect to a romantic partner. It might also vary within the same category – for example, showing professional respect to your colleagues as a manager might look different to showing professional respect to your colleagues as an employee.

No matter what kind of relationship we are talking about, if you want a productive, happy or functional relationship, it is necessary to show respect. Respect is important as it is about acknowledging the importance of another person, and paying attention to their rights, wishes and feelings.



However, it's not just about showing respect to others in relationships. You should also be shown respect by others within your relationships. This means that, within relationships, each person should be aware of what the other person needs, wants and feels, and should be doing their best to honour these needs, desires and feelings. If you feel that this is not happening in your relationship, then it may be necessary to discuss why not, and to see whether a solution can be found.

Another important thing to remember is that you have a relationship with yourself. Paying attention to your own needs, desires and feelings can be an important part of maintaining good mental health.

Self doesn't control your behaviour, so spend time with friends agree on each other and how they want to do other things, but they don't have you is enjoyment of their company.

Work together productively, listening to each other and how they want to do other things. The contribution of each is given credit for their ideas. Any agreement about the terms of their relationship, the level of commitment (e.g., etc.). Consent is obtained for a not controlled by a partner.

The same advice that you would give to people in the process.





Showing Respect in Relationships and the Wider World

What does respect mean and why is it important?

Respect means valuing other people and treating them fairly. It's about listening to their feelings, ideas, and choices. Every relationship—family, friends, school, work, or even with yourself—works better when respect is shown.

Respect should go both ways. You show respect to others, and they show respect to you. If this isn't happening, it's okay to talk about it and try to fix the problem. Remember, you also need to respect yourself by looking after your feelings and making healthy choices.

How do we show respect?

Respect isn't just about saying "please" and "thank you." It's about recognising people's rights and feelings. For example:

1. Don't use hurtful names or language.
2. Ask before sharing someone's work or ideas, and give them credit.
3. Listen when someone is speaking and don't interrupt.



Examples of Respect in Different Relationships

Family

1. Listen carefully when family members speak and don't interrupt.
2. Share ideas and allow everyone to have a say in decisions.
3. Compromise when people want different things (e.g., what to watch on TV).
4. Give personal space when someone needs time alone.
5. Help with chores without complaining to show you value the family.

Friends

1. Don't pressure friends to do things they don't want to do.
2. Respect their choices about who they spend time with.
3. Support friends when they are upset or need help.
4. Avoid gossiping or sharing secrets without permission.
5. Celebrate their achievements instead of feeling jealous.



Professional (School or Work)

1. Work as a team and listen to everyone's ideas.
2. Respect personal boundaries (e.g., don't touch someone's belongings without asking).
 1. Give credit for other people's work and don't copy.
 2. Speak politely to teachers and classmates.
 3. Be reliable—do your part so others can trust you.

Romantic

1. Agree on what the relationship means (e.g., being honest and kind).
2. Always get consent for physical contact.
3. Don't try to control what the other person wears, says, or does.
4. Support each other's goals and interests.
5. Communicate openly about feelings and problems.

Yourself

1. Treat yourself kindly—don't say negative things about yourself.
2. Notice your feelings and talk to someone if you need help.
3. Make choices that keep you safe and happy.
4. Take breaks when you feel stressed.
5. Set goals for yourself and celebrate your progress.



Why does respect matter?

Respect is the foundation of all healthy relationships. When people feel respected, they feel valued, safe, and understood. This helps everyone to trust each other and work together. Respect also prevents conflict and bullying because it shows that everyone's feelings and rights are important.

Without respect, relationships can become unhealthy or harmful. People might feel ignored, controlled, or treated unfairly. This can lead to arguments, stress, and even break friendships or family bonds. In school or work, a lack of respect can make it hard to learn or work as a team.

Showing respect makes life better for everyone. It helps us build strong friendships, positive family relationships, and a safe, supportive school environment. Respect also helps you feel good about yourself because you know you are treating others well.

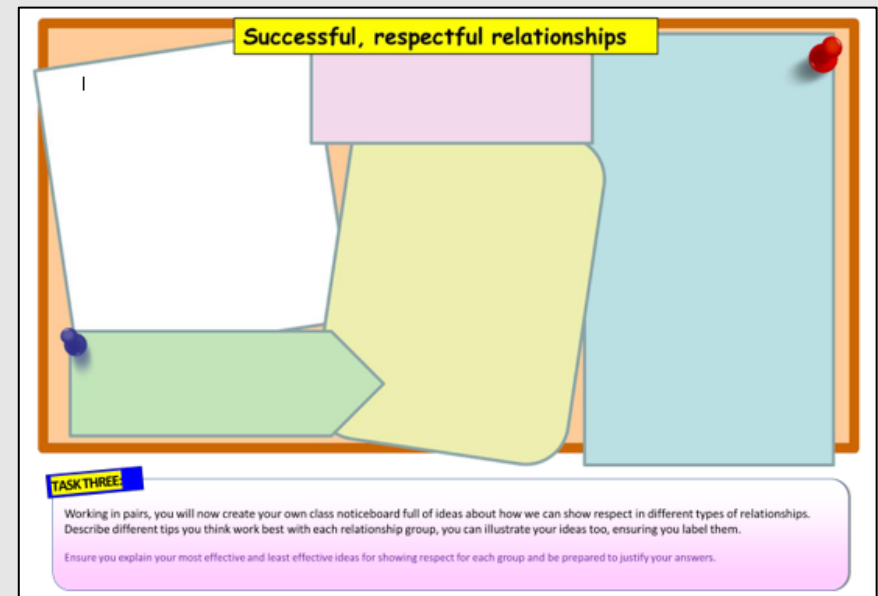
Why is it important to treat others with respect?



Working in pairs, you will now create your own class noticeboard full of ideas about how we can show respect in different types of relationships. Describe the tips you think work best with each relationship group. You can illustrate your ideas too, ensuring you label them.

Ensure you explain your most effective and least effective ideas for showing respect for each group. You can do this in your book.

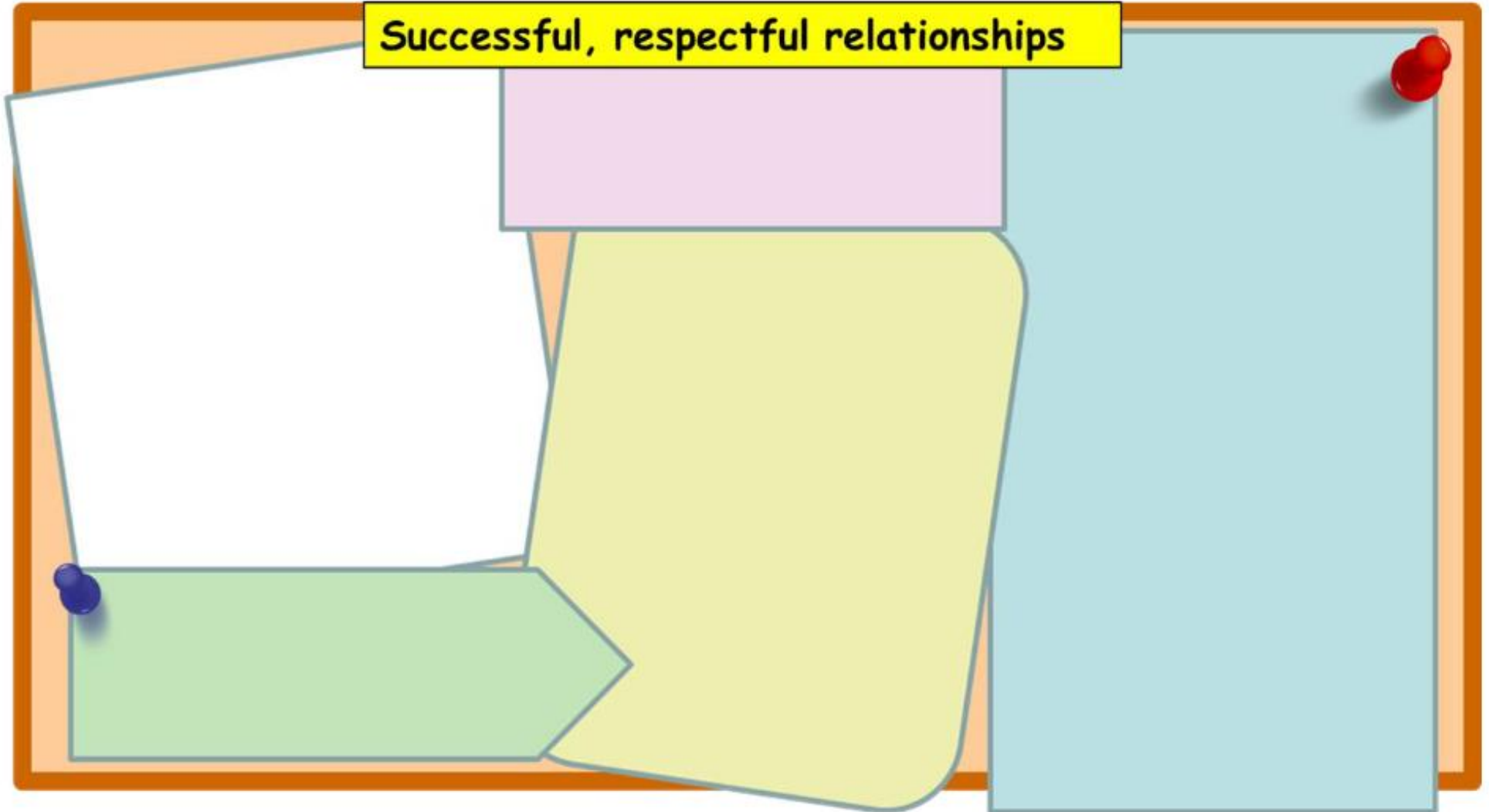
Be prepared to justify your answers.



Why is it important to treat others with respect?



Successful, respectful relationships



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>