

Summer 2



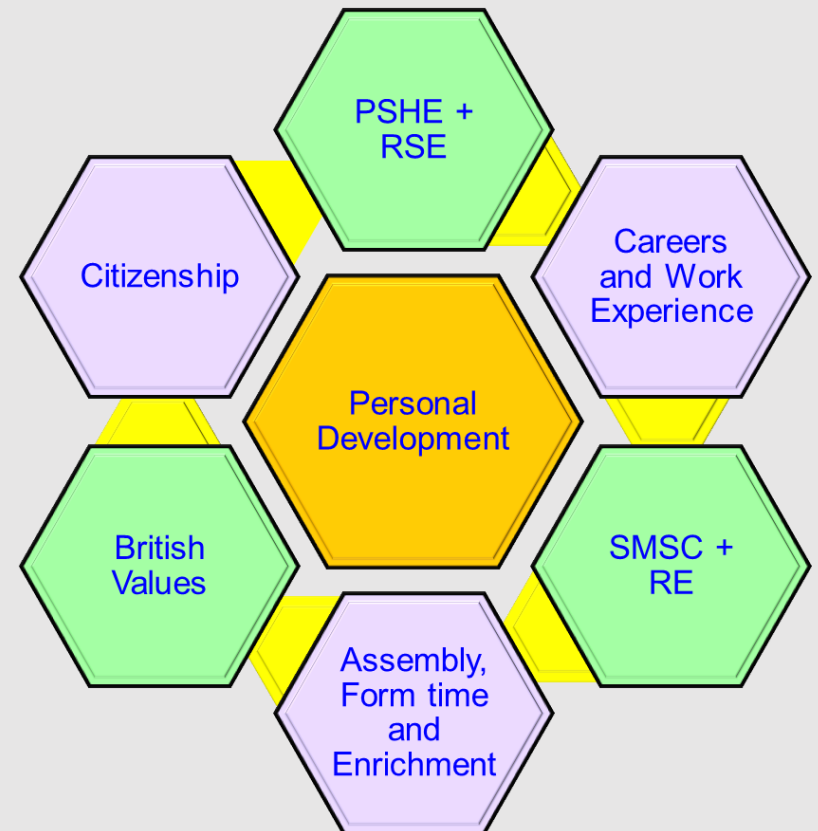
Welcome to: Living in the Wider World

***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

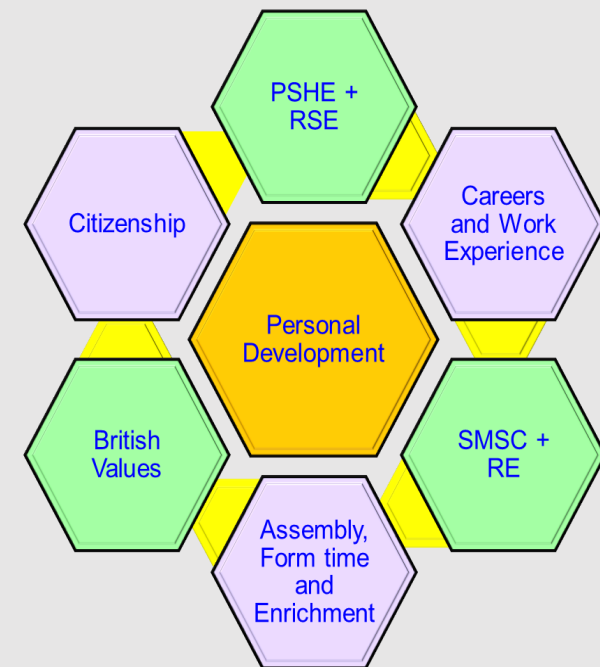
- You'll learn about **stereotyping, racism and discrimination**—why they happen, why they are harmful, and how to challenge them in a respectful and informed way.
- We will look closely at the **Protected Characteristics** in the Equality Act and understand why everyone deserves to be treated fairly,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



Year 8 Summer 2 – Living in the Wider World Knowledge Check

1. On a scale of 1 to 5, how confident do you feel that you can explain what ableism is and how it can affect people in society?
2. On a scale of 1 to 5, how confident do you feel that you can identify sexist behaviour or language and challenge it appropriately?
3. On a scale of 1 to 5, how confident do you feel that you can recognise the risks associated with gang involvement and illegal weapons?
4. On a scale of 1 to 5, how confident do you feel that you can describe positive communication skills and explain their impact in different life situations?
5. On a scale of 1 to 5, how confident do you feel that you can identify how poor mental health can be caused or worsened by the wider world and work?
6. On a scale of 1 to 5, how confident do you feel that you can explain the signs of poor mental health in the workplace and where to go for support?
7. On a scale of 1 to 5, how confident do you feel that you can give examples of protected characteristics and link them to equality in society?
8. On a scale of 1 to 5, how confident do you feel that you can explain how discrimination (such as ableism or sexism) can be challenged and prevented in different settings?
9. On a scale of 1 to 5, how confident do you feel that you can describe your own strengths and areas for development, especially in relation to communication and self-image?

**Please
complete
this on
Satchel
this week**

Do Now

Sexism in society – what issues do we still face today?



Brandon has worked at Banging Fireworks Co. for 20 years. A high level management position is available – and Brandon is very qualified. As he hands in his application, the secretary whispers to him; ‘I wouldn’t bother mate. They’re after a woman for this one. The company’s trying to improve gender diversity at the top. Looks better to the public.’

Discuss: Can the company discriminate against Brandon in this way?



What exactly do we mean by the following terms: sexism and gender discrimination?

Sexism in society – what issues do we still face today?



Learning outcomes:

Describe about the unacceptability and illegality of gender discrimination in the workplace and public as well as and how to challenge it.

Evaluate social and moral dilemmas about influence of advertising.

Sexism – Sexism refers to prejudice based on gender or sex, favouring males or females above the other in some way, or treating one sex less favourably than the other in any context based often on stereotypes.

Gender discrimination –when someone is treated unequally or disadvantageously based on their gender.

You work for the advertising watchdog. As there's a cost of living crisis going on, some companies want to use old adverts this year for their products, instead of making new ones. You've been sent the adverts to give them the once over.



Will you approve them for the public? If so, explain why. If not, explain why **AND** what the companies will have to do to make them suitable.

Advert	Can it be re-used? How could it be changed (it may be beyond saving, so explain why if so).
https://www.youtube.com/watch?v=HGvjGJ9II9Q Yorkie 2002	
https://www.youtube.com/watch?v=R0n0hLr2gow Goodyear Tyres 1960	
https://www.youtube.com/watch?v=EIG8hmOZ1Gs Mercedes 2011	
https://www.youtube.com/watch?v=VrN4IAonpN8 KFC 2012	
https://www.youtube.com/watch?v=vRYfouuHPvs Folger's Coffee 1960s	

It's pretty shocking isn't it?

Many of the changes needed will have stood out to you like a sore thumb, however, let's recap just in case we missed anything:

Advert	Can it be re-used? How could it be changed (it may be beyond saving, so explain why if so).
https://www.youtube.com/watch?v=HGvjGJ9II9Q Yorkie 2002	This is probably beyond saving. It is a joke – but the stereotypes used to describe women are unacceptable.
https://www.youtube.com/watch?v=R0n0hLr2gow Goodyear Tyres 1960	This can drop the 'no man around' theme and still be a successful advert by just replacing the word 'man' for 'mechanic' or 'breakdown service.'
https://www.youtube.com/watch?v=EIG8hmOZ1Gs Mercedes 2011	This perpetuates a stereotype of a dumb blonde – however, would we think it was sexist if it was a man playing this part? This would still pass regulations today if it was a male lead. It is meant as a joke, however, either way.
https://www.youtube.com/watch?v=VrN4IAonpN8 KFC 2012	This advert is showing how a woman faces inconveniences not just from men, but from everyone. It's fine (although it could be better if it was aimed at everyone – not just ladies).
https://www.youtube.com/watch?v=vRYfouuHPvs Folger's Coffee 1960s	The biggest question here is – why doesn't he make his own coffee? The woman is shown as responsible for attending to the man's whims, it's full of stereotypes. He also comes across as a little threatening with that finger pointing. This needs a complete re-do.

Sexism in society – what issues do we still face today?



Useful helplines and charities

Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

Samaritans. Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123

SANE. National out-of-hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

<https://mensadviceline.org.uk/contact-us/> Men's advice and support site

<https://www.youngwomenstrust.org/get-support/additional-support/> Women's advice and support site

<https://www.equalityadvisoryservice.com/app/ask> Advice on discrimination and equality issues



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>

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.

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

Eating Concerns

Beat Eating Disorders –

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

NHS Live Well – Eating Disorders –

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

Healthy Lifestyle

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

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