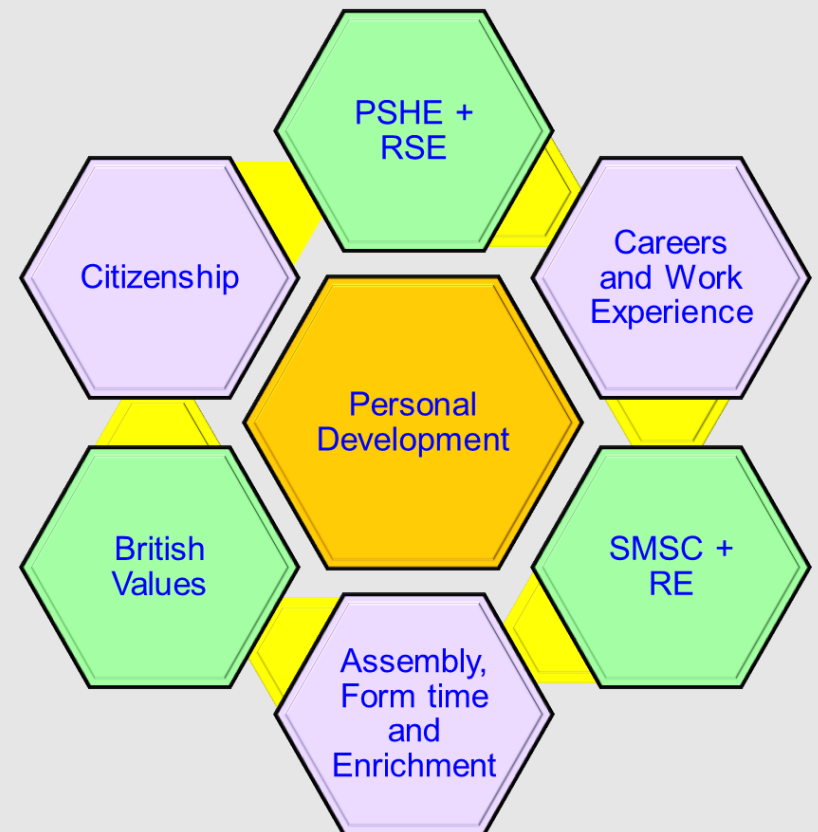


Focusing on Personal Development



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



Welcome to: Living in the Wider World

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

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

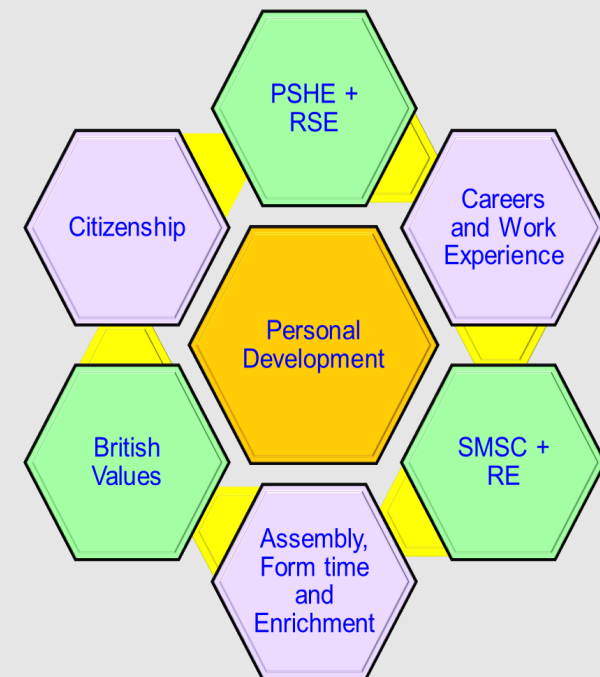
- You'll learn about **stereotyping, racism and discrimination**—why they happen, why they are harmful, and how to challenge them in a respectful and informed way.
- We will look closely at the **Protected Characteristics** in the Equality Act and understand why everyone deserves to be treated fairly, 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 10 Knowledge Check – Living in the Wider World

On a scale of 1 to 5, how confident do you feel that you can...

1. On a scale of 1 to 5, how confident do you feel that you can explain how social media validation can affect mental health and self-esteem?
2. On a scale of 1 to 5, how confident do you feel that you can identify strategies to manage the pressures of online validation and digital comparison?
3. On a scale of 1 to 5, how confident do you feel that you can describe what hate crimes are and explain their social and personal impact?
4. On a scale of 1 to 5, how confident do you feel that you can recognise the difference between prejudice, discrimination, and a hate crime?
5. On a scale of 1 to 5, how confident do you feel that you can explain the concepts of equality and equity with real-life examples?
6. On a scale of 1 to 5, how confident do you feel that you can evaluate when equity may be fairer than equality in different contexts?
7. On a scale of 1 to 5, how confident do you feel that you can outline key rights and responsibilities of employees in the workplace?
8. On a scale of 1 to 5, how confident do you feel that you can apply employment law knowledge to real-world workplace scenarios?
9. On a scale of 1 to 5, how confident do you feel that you can describe the purpose of the Equality Act 2010 and how it protects people at work?
10. On a scale of 1 to 5, how confident do you feel that you can reflect on how personal identity and background might impact experiences in the workplace?



Spring 1 - Yr10 Living in the Wider
World Knowledge Check





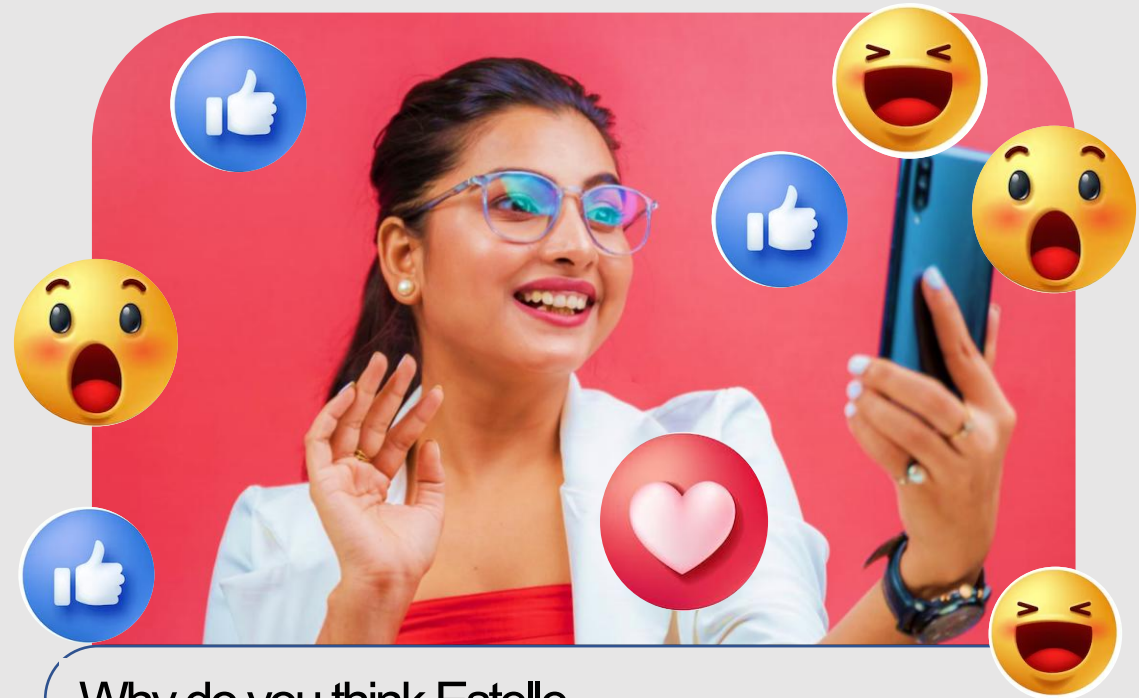
Social media and personal validation



Estelle simply cannot go shopping without posting to her Insta whatever she is trying on in the changing rooms.

Her mum is confused; 'Why do you always do this?', she says. 'Well, how else would I know whether to buy the clothes or not?' Estelle replies.

Discuss: Is Estelle's behaviour healthy, do you think?



Why do you think Estelle behaves in this way?

I think Estelle behaves like this because...

Social media and personal validation

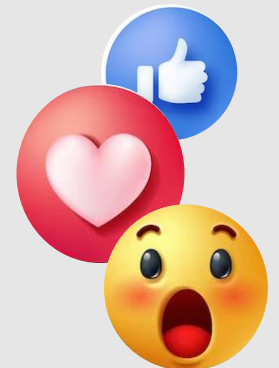


Learning outcomes:

Describe how social media may provide inaccurate feedback about ourselves and our self-worth.

Explain the problems associated with relying on social media for validation, as well as why we do this.

Personal Validation - recognition or affirmation that a person or their feelings or opinions are valid or worthwhile.

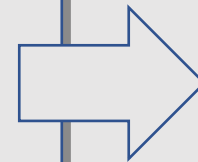


Social media and personal validation



Why does any of this even matter? Well, there are a number of reasons, the main one being that social media can leave us with inaccurate perceptions. Let's find out more.

THORNDEN THREE READING!



Social Media and Self-Validation – Why does it affect our self-esteem?



Social media is a big part of modern life. People use it to communicate, share photos, and show others what they are doing. It also gives people a way to feel noticed, accepted, and valued by others. This is called self-validation.

One way social media gives validation is through likes, comments, and shares. When someone posts a picture or message and lots of people react to it, they may feel popular, important, or approved of. This can make someone feel good about themselves.

Social media often shows perfect-looking lives, such as holidays, expensive clothes, or exciting activities. Seeing this can create FOMO (Fear of Missing Out), where people worry that their own life is not as fun or successful as others'. This may lead people to copy what they see online so they can also get attention and approval.

People naturally compare themselves to others, even when they know it is not healthy. Social media makes this easier because we constantly see what other people are doing. This comparison can make some people feel confident, but it can also make others feel unhappy or not good enough.

Social Media and Self-Validation – Why does it affect our self-esteem?



Many people create a carefully planned online identity, called personal branding. They post certain photos or messages to make others see them in a specific way. When people compliment or respond positively, it can make them feel like their online image is successful or attractive, even if it is not their real life.

Social media is also used to share achievements and special moments, such as exam results, birthdays, or sports victories. When others celebrate these moments online, it can make someone feel proud and recognised.

Sometimes, people share personal struggles online, and others respond with kind messages. This can help someone feel supported and understood. However, this cannot fully replace real-life support, friendships, or face-to-face conversations.

Some people look for validation from influencers or celebrities. A like or comment from a famous person can make someone feel very special or important.

Many people believe that having lots of followers or online friends means they are liked or successful. Reaching certain follower numbers can make people feel valued, even though followers can be fake or bought.

Although wanting validation is normal, depending too much on social media for confidence can cause problems. It can lead to stress, anxiety, jealousy, low self-esteem, and constantly worrying about what others think. It is important to remember that real self-worth should come from offline life too.

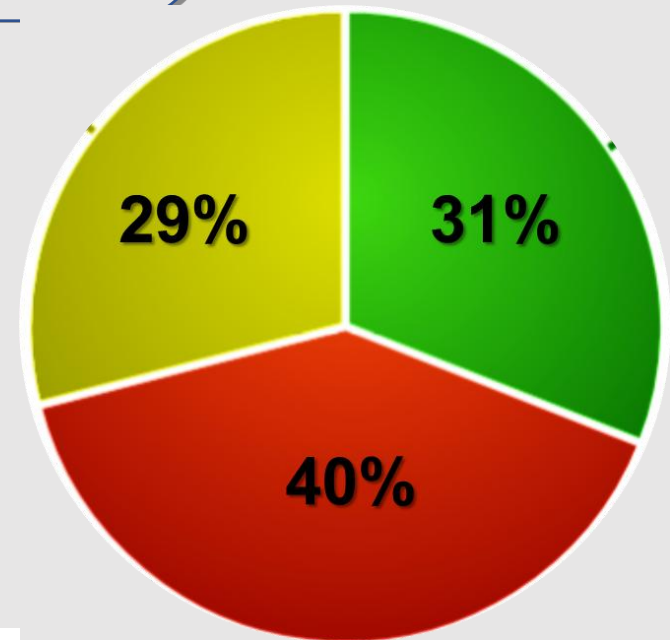
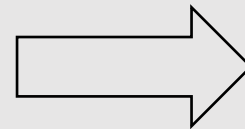





Let's let that sink in a minute.

Millions of teenagers today are letting something which didn't even exist twenty years ago, affect their decision-making and how much they value themselves as a person.



This is such a relatively recent phenomenon that we don't even know how much this is going to affect young people's lives in the long-term. All we can rely on for now is how teens are telling us this is affecting us, like in these most recent UK statistics from 2022.



-  Teenagers who feel ashamed of their online image
-  Teens who say social media actively makes them worry about their appearance
-  Teens who say they have actively changed their appearance due to social media



- 1. What is the primary role of social media in people's lives?**
- 2. How do likes, comments, and shares on social media serve as a form of self-validation?**
- 3. What is the concept of the "Fear of Missing Out" (FOMO), and how does it relate to seeking validation on social media?**
- 4. How does social media encourage individuals to compare themselves to others?**
- 5. How does personal branding on social media contribute to self-validation, and what kind of validation does it provide?**
- 6. How do achievements and milestones play a role in seeking self-validation on social media?**
- 7. Describe the emotional support aspect of self-validation on social media during challenging times.**
- 8. In what ways do individuals seek validation from influencers, celebrities, or high-profile figures on social media?**
- 9. What is the significance of accumulating followers, friends, or connections on social media in terms of self-validation?**
- 10. What potential negative consequences are associated with seeking validation on social media? Explain in detail using at least three examples.**

Why is it so hard to navigate social media in a mentally positive way? <https://www.youtube.com/watch?v=Hi7qIWjHpDo>

You have been given a bingo card. Whilst listening carefully to the clip, you need to cross out all the reasons given why social media can waste our time and negatively impact our self-esteem. There are incorrect answers mixed in, so watch out. The first person to collect all the answers shouts 'BINGO' and if they are correct, does first to break.



<p>We are putting on a front that isn't a real reflection of ourselves – if our online presence is more popular than IRL that can make us feel awful.</p>	<p>The dopamine released by social media all adds up and can make you feel great in the long-term.</p>	<p>Contingent self-worth means we cannot stop once we are used to gaining reactions on our everyday life.</p>
<p>Looking at the wonderful, wealthy lifestyles of others can make us work harder to achieve what they have.</p>	<p>It makes you over-analyse posts and stress out over silly things like how we look in the minute and filters.</p>	<p>It can make you feel like the great time you've just had simply wasn't good enough.</p>
<p>Social media can feel like one big comparison game.</p>	<p>Social media fosters a feeling of being happy for others' successes. It doesn't often make us jealous.</p>	<p>The apps are intentionally designed to be addictive.</p>

Navigating social media bingo game:

I hope you read the instructions carefully
Remember, we were only crossing out the real answers that we heard – as seen below.



<p>We are putting on a front that isn't a reflection of ourselves – if our online life is more popular than the real one, it makes us feel awful.</p>	<p>The dopamine released by social media all adds up and can make you feel great in the long-term.</p>	<p>Contingent self-worth means we cannot use our talents to gain real satisfaction in our everyday life.</p>
<p>Looking at the wonderful, wealthy lifestyles of others can make us work harder to achieve what they have.</p>	<p>It makes you over-analyze posts and stress about things like how well you do and the filters.</p>	<p>It can make you feel like a great time you had when you were happy wasn't good enough.</p>
<p>Social media fosters a sense of big comparison.</p>	<p>Social media fosters a feeling of being happy for others' successes. It doesn't often make us jealous.</p>	<p>The app was intentionally designed to be addictive.</p>

Social media and personal validation



Useful helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teens struggling with an

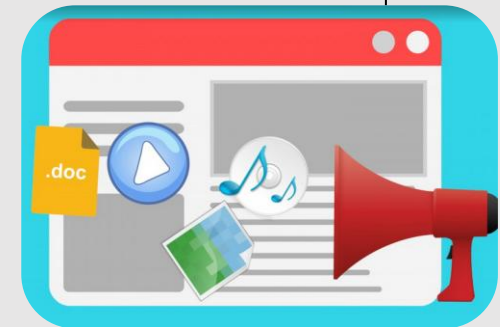
subject.
Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

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

[Mental Health Foundation](#). Information and support for anyone with mental health problems or learning disabilities.

[Rights online \(coe.int\)](#) Your rights online as a young person using social media sites



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/>