

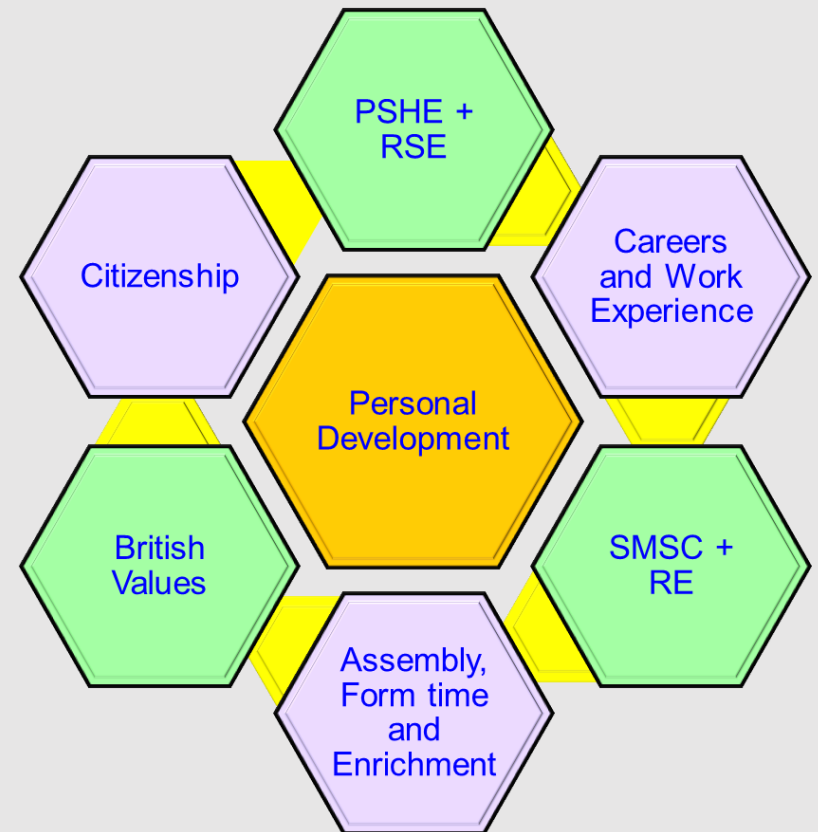
Welcome to: Living in the Wider World

***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

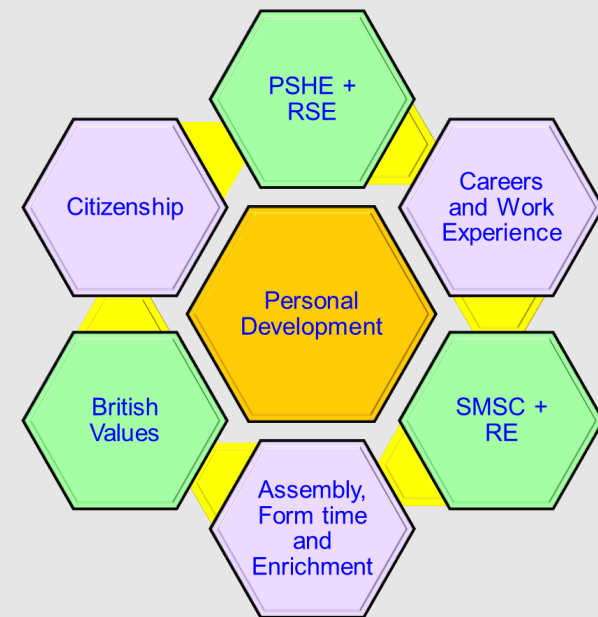
- You'll learn about **stereotyping, racism and discrimination**—why they happen, why they are harmful, and how to challenge them in a respectful and informed way.
- We will look closely at the **Protected Characteristics** in the Equality Act and understand why everyone deserves to be treated fairly, 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 11 Summer 1 – Living in the Wider World Knowledge Check

1. On a scale of 1 to 5, how confident do you feel that you can understand the differences between full-time, part-time, temporary, freelance, and zero-hour contracts?
2. On a scale of 1 to 5, how confident do you feel that you can explain how different forms of employment might suit different people and lifestyles?
3. On a scale of 1 to 5, how confident do you feel that you can identify the key components of an effective CV and explain why they are important?
4. On a scale of 1 to 5, how confident do you feel that you can write a strong personal statement for a CV tailored to a specific job or industry?
5. On a scale of 1 to 5, how confident do you feel that you can recognise common interview questions and prepare clear, confident responses?
6. On a scale of 1 to 5, how confident do you feel that you can describe strategies to manage interview anxiety and perform confidently in a job interview?
7. On a scale of 1 to 5, how confident do you feel that you can understand the importance of revision planning and how to apply effective study techniques?
8. On a scale of 1 to 5, how confident do you feel that you can explain how sleep, breaks, and regular testing support exam revision and memory retention?
9. On a scale of 1 to 5, how confident do you feel that you can identify and avoid common revision pitfalls like cramming and passive re-reading?
10. On a scale of 1 to 5, how confident do you feel that you can apply revision strategies that match your learning style and subject needs?

Summer 1 - Yr11 Living in the
Wider World Knowledge Check



Do Now

Types of employment; local, national and abroad



Daria started work as a part-time office assistant. Then, for additional money, she picked up a zero-hours contract position delivering takeaways. She then applied for a temporary work visa and moved to America to be a full-time nanny for six months. Today, Daria is a self-employed contractor for a tutoring agency.

Discuss: How many different types of employment are mentioned above?

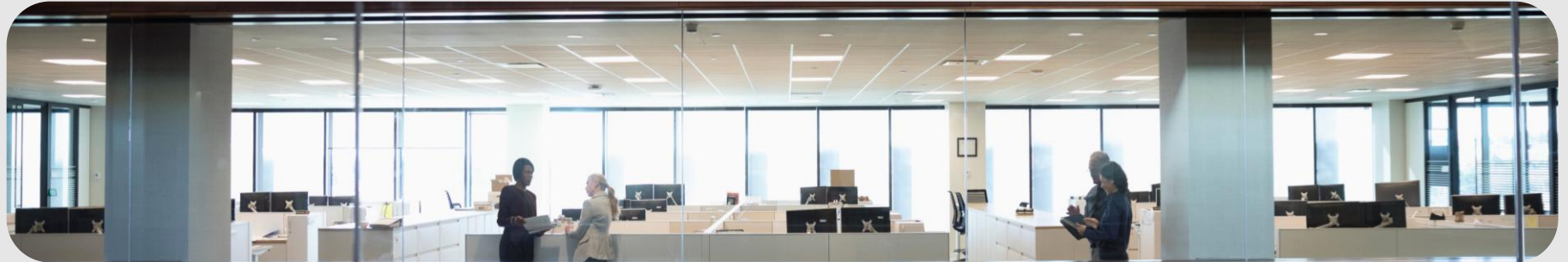


Young people today will likely experience numerous forms of employment.

Why do you think this is?

I think young people today will experience numerous forms of employment because...

Types of employment; local, national and abroad



Learning outcomes:

Understand local, national and international labour markets and employment opportunities.

Describe employment sectors and types and changing patterns of employment.

There are a lot of new key terms today, so our first task will be to assess exactly how many of these new key terms we know so far.

Then we can familiarise ourselves with some new ones.

So, Daria has had a very busy work life so far! We have six different types of employment here, some running concurrently (for example, you can have a temporary, full-time job).

*Daria started work as a **part-time** office assistant. Then, for additional money, she picked up a **zero-hours contract** position delivering takeaways. She then applied for a **temporary work** visa and moved to America to be a **full-time** Nanny for six months. Today, Daria is a **self-employed contractor** for a tutoring agency.*



Did you know?

The average person changes jobs 12 times between the ages of 18 and 54. According to statistics, men change jobs slightly more than women (averaging at 12.1 jobs, whilst men average at 12.5)

1. Using the information in your booklets research the different areas of the labour market that has or still is changing significantly.
 1. Re-Skilling and Lifelong Learning
 2. Remote Learning
 3. Relocation
 4. Flexible Hours
 5. Tech and AI



2. Add the notes into the tables





Re-Skilling and Lifelong Learning

In today's fast-changing world, re-skilling and lifelong learning have become essential for many people. Re-skilling means learning new skills to keep up with changes in the job market, while lifelong learning is the idea of constantly improving one's knowledge and abilities over a lifetime. With new technologies like AI and automation transforming jobs, many workers find that their existing skills may become outdated. For example, people working in fields like manufacturing or data entry are now seeing tasks done by machines that once required human hands. This shift is pushing people to learn new skills that are in demand, like digital literacy, programming, or creative problem-solving, to stay competitive in their careers. Re-skilling and lifelong learning are becoming a natural part of many people's professional lives, helping them to stay adaptable and find new opportunities as the job market evolves.

One reason for the rise of re-skilling and lifelong learning is that technology and industries are advancing at a faster rate than ever before. In the past, people often learned one set of skills at school or college and used those skills for their entire careers. Now, however, career paths are less predictable, and jobs that didn't exist ten years ago—like social media manager, app developer, or drone operator—are now common. As new roles and technologies emerge, people need to continually upgrade their skills to stay relevant and explore new opportunities. Many companies recognize this need as well, offering training programs or partnering with online learning platforms like Coursera or LinkedIn Learning to help their employees grow. By investing in re-skilling, people can keep pace with innovation and stay valuable in an ever-evolving job market.

Re-skilling and lifelong learning also allow individuals to switch careers or pursue new interests. Many people are now looking to reinvent themselves professionally, either because they want a fresh start or because they see better prospects in another field. For instance, someone who has worked in retail might re-skill in coding or project management to find a role in tech. The availability of online courses, webinars, and even bootcamps makes it easier than ever to gain new skills without needing to go back to school full-time. This shift has empowered people to take charge of their careers and explore new paths they might not have considered otherwise. Lifelong learning encourages people to see themselves as capable of growth and change, which can be very motivating and fulfilling, especially in a world where job security is no longer guaranteed.

However, there are challenges to lifelong learning and re-skilling. It requires time, commitment, and often money, which can be hard to manage while balancing work and personal responsibilities. Additionally, not everyone has the same access to learning resources or training opportunities. Some people may live in areas with fewer options, or they may not have the financial means to pay for extra training. Governments and companies are beginning to recognise these barriers and are working to make learning more accessible through grants, scholarships, and free online resources. Despite these challenges, the benefits of re-skilling and lifelong learning are clear, helping people not only survive but thrive in a rapidly changing world. As more people adopt a mindset of lifelong learning, they are better prepared to navigate their careers, adapt to new roles, and stay resilient in the face of change.

Remote Working



Remote working has reshaped the way people think about jobs and workplaces. For a long time, work mostly meant going to an office, sitting at a desk, and working side by side with others. However, this started to change even before the pandemic, with the rise of digital technology that made it possible to communicate from anywhere. When COVID-19 forced many offices to shut down temporarily, working from home suddenly became a necessity rather than a luxury. Companies quickly adapted, using tools like Zoom and Microsoft Teams to keep employees connected. As a result, many people found they could do their jobs just as well, if not better, from the comfort of their homes. Today, remote work is no longer seen as unusual, but as a viable option for millions of people around the world.

One major change that remote work has brought is flexibility. In a traditional office setting, most people work from 9 a.m. to 5 p.m. or something similar. Remote work, however, allows for more personalised schedules, so long as the work gets done. Some people work best early in the morning, while others are more productive in the evening. For parents or those with other responsibilities, remote work also offers the chance to balance personal life with job duties. This flexibility has improved job satisfaction for many, as it allows people to shape their workday around their own needs and routines. Companies have noticed that this balance often leads to happier, more productive employees, which is a big benefit for everyone.

Remote work has also expanded job opportunities for people who live far from big cities or in other countries. Traditionally, people needed to live near their office to be hired, which limited options for people in rural areas or in locations with few job opportunities. But with remote work, a person living in a small town can apply for jobs anywhere in the world, so long as they have a stable internet connection. This has given businesses access to a much wider talent pool, allowing them to hire people with unique skills from different backgrounds. It has also benefited individuals by giving them the freedom to choose jobs based on their skills and interests rather than where they live. In this way, remote work has created a more global, inclusive job market.

However, remote work is not without its challenges. Some people miss the social aspect of working in an office, such as chatting with coworkers or having team lunches. Video calls and messaging apps help, but they don't fully replace face-to-face interactions. Another issue is that working from home can blur the line between personal life and work life, making it hard for people to "switch off" from work. This can lead to stress and burnout, especially if people feel they need to be available all the time. Employers are trying to address these problems by encouraging work-life balance and organising occasional in-person meetings or team events. Despite these challenges, remote work is likely here to stay, and as companies find better ways to support remote employees, the workplace will continue evolving in exciting ways.

Relocation



In recent years, more people, especially young graduates, are moving to new cities or even different countries for job opportunities. Traditionally, people often stayed in or near the place they grew up, working in local businesses or industries. However, this has changed as young professionals are now more open to relocating for work, thanks to increased access to education, more globalized industries, and better travel options. Graduates today are encouraged to seek out the best opportunities wherever they can find them, which often means leaving their hometowns for cities or countries with more job openings in their field. This willingness to relocate has made the job market more dynamic, as young people are no longer limited by geographic boundaries in the same way as previous generations.

This trend of moving for work has several benefits. For one, it allows people to find jobs that align closely with their skills and career goals. Instead of settling for a job nearby that may not fully use their talents, they can choose a role that matches their qualifications, often in a city where their industry is thriving. For example, technology and finance companies tend to be clustered in big cities, which are major hubs for these industries. So, a computer science graduate might move to San Francisco or London, where tech jobs are abundant, rather than staying in a smaller city with fewer tech-related opportunities. Moving for work also lets people experience different cultures and lifestyles, helping them to grow personally and professionally.

However, moving for work isn't always easy. People who relocate face the challenge of leaving behind family, friends, and familiar surroundings. They also have to adjust to new places, sometimes with different languages, customs, or climates, which can be stressful. Additionally, high living costs in major cities can make it hard for recent graduates to afford housing and other expenses, even with a good job. While some companies offer relocation support or flexible working options to ease the transition, moving still requires a lot of resilience and adaptability. Despite these challenges, the trend of young people moving for work is likely to continue, as both individuals and employers recognize the value of a more flexible, global workforce.

Working abroad has become more challenging for UK graduates since Brexit, as the UK's departure from the European Union (EU) has introduced new barriers to working in EU countries. Before Brexit, UK citizens could live and work anywhere in the EU without needing a visa or work permit, which made it relatively easy for graduates to take jobs or internships in countries like France, Germany, or Spain. This freedom created plenty of opportunities for young people to gain international work experience and build networks across Europe. However, Brexit ended this freedom of movement, meaning that UK citizens now face visa requirements and additional paperwork if they want to work in the EU. For many graduates, this makes the process of moving abroad for work more complicated, time-consuming, and expensive.

One of the main challenges is that obtaining a visa is now necessary for most UK citizens working in Europe, and different countries have different requirements and processes. For example, in some countries, you may need to prove you have a job offer before applying for a visa, while others might require proof of specific skills or qualifications. This can make job hunting more difficult, as companies might be less willing to hire from the UK if there's a lot of extra paperwork or if they need to sponsor visas. Additionally, some young professionals find that certain jobs are no longer as accessible because of quotas on non-EU workers. As a result, fewer UK graduates may be able to seize the opportunities in Europe that were once open to them, potentially limiting their career choices.

Flexible Working



The typical 9-to-5 work schedule, where employees work set hours every weekday, is changing in many industries, thanks to new attitudes towards work-life balance and advances in technology. This shift has become especially noticeable since the COVID-19 pandemic, which forced many people to work from home and challenged the idea that work has to happen during strict office hours. Now, more companies are offering flexible work hours, allowing employees to complete tasks at times that suit their own productivity and personal lives. For example, some people are more focused early in the morning, while others are at their best in the evening. This flexibility helps people work in ways that match their natural rhythms, leading to greater productivity and job satisfaction. The traditional 9-to-5 model is no longer seen as essential and, in many cases, is being replaced with more adaptable work schedules.

The end of the strict 9-to-5 workday also reflects a growing understanding that different jobs require different kinds of schedules. Creative roles, for instance, might benefit from a more flexible approach, allowing employees to take breaks when needed and work when inspiration strikes. In other fields, like tech or customer service, companies may need 24/7 coverage, so offering employees the choice to work night shifts or alternate hours can help them meet those demands more effectively. Flexible hours also make it easier for people to balance their work with personal responsibilities, such as childcare, exercise, or other commitments. Many companies report that allowing flexible hours not only boosts morale but also reduces burnout, as employees don't feel pressured to work when they're exhausted or stressed. In this way, moving away from rigid schedules is leading to a healthier and more supportive workplace culture.

Despite these benefits, the shift away from the traditional 9-to-5 schedule also has its challenges. For one, when people are working at different times, it can be harder to coordinate with colleagues or schedule meetings. Many companies now rely on digital tools like Slack, Zoom, and project management apps to keep everyone connected and make sure work is progressing smoothly. But this can also lead to "always-on" culture, where employees feel they need to be available at all times. This can create stress, as some people struggle to switch off from work and relax outside their scheduled hours. Companies are trying to address this by setting "core hours," or specific times when everyone is expected to be online, so there's still time for collaboration without the pressure to be available 24/7. As more workplaces adapt to flexible hours, they're discovering new ways to support communication and manage the potential downsides.

Finally, the shift away from traditional work hours is part of a larger trend in which people are rethinking what work means and how it fits into their lives. Many people now prioritize finding work that gives them freedom, autonomy, and a healthy work-life balance. Remote work, gig work, and freelance roles, which all allow for flexible schedules, are becoming increasingly popular, especially among young people. Some companies are even experimenting with four-day work weeks, reducing hours without sacrificing productivity. This shift in mindset shows that people are looking for work that doesn't just pay the bills but also supports their well-being and personal growth. As the 9-to-5 model becomes less common, the workplace is becoming a place where individual needs and preferences are valued, paving the way for a more balanced and fulfilling approach to work.

Tech and AI



In recent years, technology and artificial intelligence (AI) have transformed the workplace in ways that were unimaginable a few decades ago. AI, in particular, has evolved rapidly, moving beyond science fiction to become a powerful tool in everyday work. Many industries now use AI for tasks that require analysing large amounts of data, automating repetitive processes, or even making predictions. For example, in finance, AI helps analyse investment trends, while in healthcare, it can assist in diagnosing diseases by identifying patterns in medical data. These advancements mean that work has become faster, more efficient, and, in many cases, more accurate. The rise of technology has allowed businesses to operate more smoothly and has created new jobs that didn't exist before, like AI specialists, data scientists, and app developers.

AI has also significantly changed the skills that are now in demand. Traditional skills like manual labour and basic office tasks are less sought after, while digital and tech skills are now crucial. Many companies expect their employees to be comfortable using digital tools, software, and AI-powered platforms. This shift means that young people, especially graduates, are focusing on developing skills in areas like coding, data analysis, and digital marketing to remain competitive in the job market. Schools and universities are also adapting, offering courses in AI, robotics, and computer science to prepare students for a tech-driven world. While it might seem intimidating to some, learning these new skills opens up exciting opportunities in rapidly growing fields and gives people a chance to work on innovative projects that shape the future.

While AI brings many benefits, it also raises concerns and challenges in the workplace. One significant worry is that automation could replace certain jobs, particularly those involving repetitive or routine tasks. For instance, AI-powered machines can now perform tasks like data entry, customer support, and even manufacturing with high accuracy and speed, which might reduce the need for human workers in those areas. This has led to fears about job security, especially in fields where automation is becoming common. However, experts suggest that while some jobs may disappear, new types of jobs will emerge, especially in areas that require creativity, emotional intelligence, and complex problem-solving—skills that AI currently struggles to replicate. For many people, the key challenge will be to adapt, learning new skills that complement AI rather than compete with it.

The rise of AI also raises ethical questions, such as how data is used and who is responsible for decisions made by AI systems. In fields like healthcare and law, for example, AI might assist with decision-making, but its suggestions still need to be carefully reviewed by humans to ensure fairness and accuracy. There is also the issue of privacy, as many AI systems rely on collecting vast amounts of data to function effectively. Companies and governments are working to create regulations that ensure AI is used responsibly, balancing its benefits with the need to protect individual rights. As technology and AI continue to evolve, society will need to carefully consider these challenges and adapt. For young people entering the workforce, understanding both the potential and the limitations of AI will be essential in navigating the opportunities of a tech-driven world.

What is the change in the labour market?	Why has this changed?	Why is this important?	Positives:	Negatives
The rise of AI and new technologies				
The rise of the gig economy				
The need to re-skill and be a life-long learner				

What is the change in the labour market?	Why has this changed?	Why is this important?	Positives:	Negatives
Relocation				
Flexible hours and the end of the 9 - 5				
Remote working				

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/>