

## DAGENHAM PARK SUBJECT CURRICULUM

<b>Subject</b>	<b>Personal Development Education</b>
<b>Year Group</b>	<b>Year 10</b>
<b>Overview</b>	<b>Pupils in Year 10 continue with their five-year PDE spiral curriculum. Units are sequenced under the following titles Living in the Wider World, Health and Well Being and Relationships. The quality of education in PDE is based on the fundamental vision that we are equipping our pupils with the knowledge, skills and understanding to keep safe and healthy, and preparing then for life and work in modern Britain.</b>
<b>Term by Term</b>	
<b>Autumn Half term 1</b>	<p><b>Health and Well Being</b>  <b>To explore the risks and consequences of gang culture and learn how to prevent the risk and stay safe.</b>                      How do I keep safe where there is gang culture?                      How do gangs start?                      How do I get out of a gang?                      What are the consequences of gangs and knife crime?                      How can we live knife free?                      What are the benefits to living knife free?                      How do I achieve my goals and make a positive contribution to my community?                      What support is available?</p>
<b>Autumn Half term 2</b>	<p><b>Living in the Wider World</b>  <b>To prepare the paperwork and necessary skills required for work experience.</b>                      How do I prepare for work experience?                      How do I use the Grofar online platform to support my work experience?                      What is my pathway?                      What are A levels?                      What are BTECS?                      What is an apprenticeship?                      What do I need to know about university?                      What support is available?</p>
<b>Spring Half term 1</b>	<p><b>Relationships</b>  <b>To learn how to keep safe and healthy in a sexual relationship.</b>  <b>How do I keep safe in a sexual relationship?</b>                      What do I want from a relationship?                      What does relationship abuse look like?                      How can pornography affect relationships?                      How do I avoid coercion in a sexual relationship?                      What is sexual health?                      Where are my local sexual health services?                      What support is available?</p>
<b>Spring Half term 2</b>	<p><b>Relationships</b>  <b>To understand how to take care of my mental health as the external pressures mount.</b>                      What are my worries and concerns in year 10 going into year 11?                      How do I cope with exam stress?                      How do I cope with pressures from family, school and friends?                      What are depressions and anxiety? (recap)                      What is suicide?                      How do I cope with bereavement?</p>

	<p>What is a healthy body image and how do I boost my self-esteem?          What support is available?</p>
<p><b>Summer          Half term 1</b></p>	<p><b>Health and Well Being</b>  <b>To learn how to stay safe and healthy around drugs and alcohol as I get older, and to understand the law on drugs and alcohol.</b>          What do we need to know about drugs and alcohol, as we grow older?          What did we learn in KS3 about drugs?          What are the risks, effects and law on nitrous oxide (balloons)?          What are county lines?          What are the signs of grooming around county lines?          What are some of the key terms in county lines?          What are the consequences of county lines?          Where can I find further support?</p>
<p><b>Summer          Half term 2</b></p>	<p><b>Living in the Wider World</b>  <b>To understand how to manage my finances when I am working.</b>          What is in a wage slip?          Why do we pay tax?          Why do we pay National Insurance?          What is gambling?  <b>Using Kudos careers package and personalising your career profile online.</b>          What do I need to know about careers?          How do I update my CV and personal statement?          What support is available?</p>
<p><b>Useful Resources</b></p>	<p><a href="http://www.childline.org.uk">www.childline.org.uk</a>  <a href="http://www.ceop.police.uk">www.ceop.police.uk</a>  <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>  <a href="http://www.bullying.co.uk?cyberbullying">www.bullying.co.uk?cyberbullying</a>  <a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a>  <a href="http://www.fpa.org.uk">www.fpa.org.uk</a>  <a href="http://www.talktofrank.com">www.talktofrank.com</a>  <a href="http://www.nhs.uk/apps-library/chathealth/">www.nhs.uk/apps-library/chathealth/</a>  <a href="http://www.kudos.cascaid.co.uk/#/">www.kudos.cascaid.co.uk/#/</a>  <a href="http://www.brook.org.uk">www.brook.org.uk</a></p>