“Rooted and grounded in Love”.

Personal Development



Intent – 'Rooted and grounded in Love'

Intent – Rooted

We want our students to be equipped to be citizens in modern British society, to understand their place in the world and the contribution they can make to our world. Our curriculum focuses on supporting our learners to live the best lives they can, in the broadest sense. It is a holistic and inclusive programme designed to equip students from Year 7 through Year 13 with the knowledge, skills, and values they need to thrive academically, socially, emotionally, and spiritually. Rooted in principles of dignity, respect, and social responsibility—and underpinned by Catholic Social Teaching—it empowers students to grow into resilient, compassionate, and well-informed individuals prepared for the complexities of modern life.

Through six interwoven themes—**Study and Safety**, **Relationships, Sex and Health Education (RSHE)**, **Careers, Staying Healthy, Living in the Wider World**, and **Diversity & World Religions**—the curriculum provides a structured, age-appropriate progression that supports pupils at each stage of their personal and academic development.

- **Study and Safety** helps students build effective study habits and personal organisation, while promoting digital literacy, online safety, and strategies for navigating modern risks, including peer pressure, knife crime, and exam stress.
- **RSHE** nurtures students' moral and emotional development through lessons on identity, puberty, healthy relationships, consent, family life, and the challenges of adulthood. It fosters empathy, respect, and an understanding of human dignity, while addressing sensitive topics such as addiction, mental health, abuse, and parenthood.
- **Careers** education spans self-awareness, skill-building, and post-16/18 planning. Students explore pathways including higher education, apprenticeships, and employment while developing key employability skills such as CV writing, interview techniques, and goal setting.
- **Living in the Wider World** develops students' understanding of their rights, responsibilities, and roles in a diverse and interconnected society. Emphasising social justice, global citizenship, and financial literacy, this theme empowers students to participate actively and ethically in their communities and the wider world.

- **Staying Healthy** provides the tools students need to manage their physical and mental health. Covering nutrition, substance misuse, first aid, sexual health, and cancer awareness, it ensures young people are confident in making informed choices about their wellbeing.
- **Diversity & World Religions** promotes inclusion, equity, and the appreciation of difference. From exploring protected characteristics and tackling stereotypes to engaging with world religions and global migration, students learn to challenge prejudice, celebrate diversity, and uphold the values of equality and justice.

By the end of their school journey, students will have developed a strong sense of self, respect for others, and the ability to make informed, ethical, and confident decisions. This curriculum ultimately prepares them not just for academic success, but for life—supporting their transition into adulthood as engaged citizens, thoughtful leaders, and morally grounded individuals.



Personal Development
Year 12

De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Catholic Social Teaching underpins the Year 12 curriculum by preparing students to become responsible, compassionate adults.

- *Advent 1 – Study & Safety* promotes **human dignity** and **stewardship** through resilience and responsible independence.
- *Advent 2 – RSHE* reflects the **dignity of the person** and the **preferential option for the vulnerable** through healthy relationships and supporting those in need.
- *Lent 1 – Diversity & Living in the Wider World* explores the **dignity of work**, **participation**, **solidarity**, and the **common good** through ethical decision-making and financial responsibility.
- *Lent 2 – Staying Healthy* encourages **care for the whole person** by promoting positive physical and mental wellbeing.
- *Pentecost 1 & 2 – Careers* affirm the **dignity of work** and vocation by helping students prepare for purposeful futures and contribute to society.

Advent 1	**Study & Safety**	**Advent 2**	**RSHE**
Description	In this unit, Year 12 students explore practical advice and strategies for transitioning confidently from school to higher education and beyond, drawing insights from recent Y13 experiences and university perspectives. They discuss how to balance work and personal life, stay organized, and prioritise wellbeing, including effective time management techniques like the Pomodoro method and energy accounting. Students reflect on their core values and how these can shape their personal definition of success, using tools such as Hettler's Wellness Wheel to understand the importance of life balance. They also learn practical skills like creating study planners, managing time effectively and making safe driving choices as they become increasingly independent. By developing these skills and insights, students are encouraged to take control of their future with confidence, resilience, and a clear sense of purpose.	Description	This Year 12 unit focuses on navigating the challenges of Sixth Form and the impact of digital media. It uses a film to initiate discussions on the personal and social changes students face, including shifting friendships, new priorities, and drug use. The unit also addresses the critical skill of supporting friends in crisis. Students will also consider the impact of pornography, using a short drama to spark discussions on its social acceptability, emotional impact, and physiological effects on the brain, including feelings of shame versus perceived social norms.

Lent 1	**Diversity & Living in the Wider World**	**Lent 2**	**Staying Healthy**
Description	This unit equips students with the knowledge and skills to navigate financial independence while deepening their understanding of social responsibility. They explore the UK economy, financial planning, banking, and key employment-related issues such as payslips, tax, and different forms of work. Practical topics like budgeting, student accounts, housing, and mortgages are combined with ethical considerations, including Catholic Social Teaching, Singer's views on giving, and principles of social justice and equality—preparing students to make informed financial and moral decisions as young adults.	Description	This unit gives pupils a mature, balanced understanding of health and mental health, enabling them to recognise the factors that influence wellbeing and to respond constructively to challenges. Pupils will explore the role of nutrition, sleep, and stress, alongside the spectrum of mental health, early warning signs of illness, and conditions such as depression, eating disorders, self-harm, and psychosis. The unit also addresses stigma, the importance of supportive conversations, and the dangers of self-medicating with drugs, while ensuring pupils know how and where to access appropriate help.
Pentecost 1	**Careers**	**Pentecost 2**	**Careers**
Description	This Year 12 unit is designed to prepare students for post-18 pathways, primarily focusing on higher education and apprenticeships. Students will be introduced to the UCAS Hub, where they'll take a careers quiz and learn about the key dates and components of the university application process, including personal statements. The curriculum provides guidance on how to write a strong personal statement by including super curriculars and evidence of work experience.	Description	The unit continues into the final half term of the year, where students have dedicated time to begin working on personal statements and applications. Talks from university and apprenticeship providers will offer firsthand insight into various options and pupils have the opportunity to engage in a week's work experience. The unit aims to empower students to make informed decisions about their future, equipping them with the practical skills needed for successful applications.

Personal Development
Year 13

De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Catholic Social Teaching is embedded throughout the Year 13 curriculum by preparing students for responsible adult life and service to others.

- *Advent 1 – Study & Safety and Careers* reflects **stewardship** and the **dignity of work** through preparation for higher education, employment, and independent living.
- *Advent 2 – RSHE* promotes **human dignity** and the **preferential option for the vulnerable** by exploring modern slavery, relationships, and respect for life.
- *Lent 1 – Diversity & Living in the Wider World* develops **participation, solidarity**, and the **common good** through financial independence, ethical giving, democracy, and community responsibility.
- *Lent 2 – Staying Healthy* supports **care for the whole person** by encouraging lifelong responsibility for physical and mental wellbeing.

Advent 1	**Study & Safety and Careers**	**Advent 2**	**RSHE**
Description	This unit equips Year 13 students with the necessary knowledge and skills for a successful transition to adulthood, building upon their Year 12 learning. It offers a refresher about UCAS applications, including time to finalise applications and personal statements, covers contextual admissions, and university open days; teaches them to improve study habits and time management using principles from Atomic Habits; and addresses crucial topics like financial safety and personal safety in adult environments.	Description	Students explore crucial social issues and personal relationships. It begins with an in-depth look at human trafficking and modern slavery, using a film and discussion to highlight its prevalence and inspire students to plan a fundraising initiative to combat it, centred around Saint Bakhita. The second part of the unit focuses on the complexities of unexpected pregnancy, using a dramatic video to prompt discussions on the characters' situations and choices. The unit concludes with students reflecting on their own future relationships in light of the themes explored.

Lent 1	**Diversity & Living in the Wider World**	**Lent 2**	**Staying Healthy**
Description	Students prepare for independent adult life by developing financial awareness, practical life skills, and social responsibility. They learn about savings, pensions, and ethical giving, alongside managing household costs and budgeting for independent living. The unit also addresses the challenges of building social circles, tackling loneliness, and living with people from diverse backgrounds, encouraging respect, understanding, and conflict management. Finally, pupils consider their role in democracy, using their voice and vote to contribute to society as engaged and responsible citizens.	Description	Students are prepared for independent living by equipping them with the knowledge and skills to manage their health and wellbeing beyond school. Pupils will revisit how to access healthcare services, including registering with a doctor at university, and explore the links between food and mood to reinforce the importance of good nutrition. The unit also highlights the risks of using alcohol as a form of self-medication, ensuring pupils are able to make informed, healthy choices as they transition into adulthood.
Pentecost 1	**Study Leave & Exams**	**Pentecost 2**	**Study Leave & Exams**
Description	/	Description	/