

Topics covered in the next half-term

The following topics will be covered in the Personal Development lessons being delivered next half-term;

Year 7

- 17th November - Being safe and healthy: Understanding mental health
- 23rd November - Being safe and healthy: Sleep, exercise and healthy routines
- 8th December - Being safe and healthy: Puberty and body changes
- 17th December - Being safe and healthy: Body image and self-esteem

Year 8

- 17th November - Citizenship: The work of charities
- 23rd November - Being safe and healthy: Self-esteem and confidence
- 8th December - Being safe and healthy: Emotional regulation and coping strategies
- 17th December - Being safe and healthy: Building resilience through setbacks

Year 9*

- 17th November - Legal and ethical consent/What are learning styles and pathways?
- 23rd November - Legal and ethical consent/What are learning styles and pathways?
- 8th December - Being safe and healthy: Relationship red flags
- 17th December - Being safe and healthy: Coercion, manipulation and control

Year 10*

- 17th November - Being safe and healthy: Consent in real-life situations
- 23rd November - Being safe and healthy: Sexual harassment and respect
- 8th December - Misogyny, harmful influences and equality/Study skills and habits
- 17th December - Misogyny, harmful influences and equality/Study skills and habits

Year 11*

- 17th November - Being safe and healthy: Long-term relationships and commitment
- 23rd November - Being safe and healthy: Healthy and unhealthy relationships
- 8th December - Being safe and healthy: Coercive control and seeking support
- 17th December - Being safe and healthy: Relationships and the law

*Please note that next half-term Years 9-11 will be completing lessons focusing on relationships and sex education. More information about the lessons will be sent to parents and carers nearer the time, including information about opting out of the topic if necessary.

Looking ahead

Throughout the year, our Personal Development curriculum is supported by a range of national awareness campaigns and events. Here are some key dates and themes to look out for this half-term;

- Anti-Bullying Week: Monday 16th November – Friday 20th November
- UK Parliament Week: Monday 23rd November – Sunday 29th November



Personal Development

Half-Termly Update: Issue 1 (September 2026)

Welcome to the first half-termly update. The purpose of this leaflet is to keep parents and carers informed of the content of the Personal Development lessons taking place over the course of this half-term, whilst also drawing your attention to current news stories, trends and areas of interest related to the subject. We hope that you will find the information useful. If you do have any questions or queries about the subject, please do not hesitate to contact the school.

Year 7 Personal Development lessons

The overall theme for Year 7 lessons this year is 'Belonging, Safety and Healthy Habits'. The Year 7 lessons taking place this half-term can be seen below;

- Lesson 1 (11/09/26) - Starting secondary school successfully
- Lesson 2 (21/09/26) - Being safe and healthy: Emotions and well-being
- Lesson 3 (02/10/26) - Being safe and healthy: Positive friendships and respect
- Lesson 4 (12/10/26) - Being safe and healthy: Tackling bullying, banter and bystanders

Year 8 Personal Development lessons

The overall theme for Year 8 lessons this year is 'Identity, Responsibility and Boundaries'. The Year 8 lessons taking place this half-term can be seen below;

- Lesson 1 (11/09/26) - Careers: What are apprenticeships?
- Lesson 2 (21/09/26) - Citizenship: Identity and what makes me unique
- Lesson 3 (02/10/26) - Citizenship: Equality, diversity and protected characteristics
- Lesson 4 (12/10/26) - Citizenship: Tackling stereotypes and discrimination

Year 9 Personal Development lessons

The overall theme for Year 9 lessons this year is 'Navigating Relationships and Risk'. The Year 9 lessons taking place this half-term can be seen below;

- Lesson 1 (11/09/26) - Being safe and healthy: Raising awareness of drugs
- Lesson 2 (21/09/26) - Being safe and healthy: Alcohol awareness
- Lesson 3 (02/10/26) - Being safe and healthy: Help-seeking and mental health support
- Lesson 4 (12/10/26) - Being safe and healthy: Healthy romantic relationships

Year 10 Personal Development lessons

The overall theme for Year 10 lessons this year is 'Independence, Responsibility and Futures'. The Year 10 lessons taking place this half-term can be seen below;

- Lesson 1 (11/09/26) - Anxiety, stress and coping strategies/What is a CV?
- Lesson 2 (21/09/26) - Anxiety, stress and coping strategies/What is a CV?
- Lesson 3 (02/10/26) - Being safe and healthy: Mental health and emotional well-being
- Lesson 4 (12/10/26) - Being safe and healthy: Healthy and unhealthy coping mechanisms

Year 11 Personal Development lessons

The overall theme for Year 11 lessons this year is 'Preparing for Adult Life'. The Year 11 lessons taking place this half-term can be seen below;

- Lesson 1 (11/09/26) - Memory boosting and revision
- Lesson 2 (21/09/26) - Managing independence and responsibility
- Lesson 3 (02/10/26) - Building resilience for life after school/Workplace skills and attributes
- Lesson 4 (12/10/26) - Building resilience for life after school/Workplace skills and attributes

Useful websites

Each half-term we'll share website that may be useful in supporting your young people in matters covered in Personal Development lessons.

- YoungMinds www.youngminds.org.uk
- Internet Matters www.internetmatters.org
- Childnet www.childnet.com
- The Mix www.themix.org.uk

Dictionary Corner

When it comes to a lot of the topics covered in Personal Development lessons, terminology can change very fast. As a result of this, we thought it might be help to share some terms that are often used by young people that relate to subjects we often talk about in lessons;

Algorithm: A system used by social media platforms that decides which content users are shown.

Ghosting: Ending contact with someone suddenly without explanation.

Influencer: A person who has a large online audience and can influence opinions or behaviour.

Digital Footprint: The record of information someone leaves behind through their online activity.

Useful information

From September 2026, schools across England are following updated government guidance for Relationships, Sex and Health Education (RSHE). The aim of these updates is to ensure that young people are equipped with the knowledge, skills and confidence they need to stay safe, healthy and thrive in an increasingly complex world. At Thamesmead, these topics form part of our Personal Development curriculum and are taught in an age-appropriate way that reflects the needs of students at different stages of their education. Throughout the year, students will explore topics such as;

Building healthy, respectful friendships and relationships; Understanding consent, boundaries and personal safety; Mental health and emotional wellbeing; Online safety, social media and digital wellbeing; Recognising and responding to harmful behaviours; Equality, diversity and inclusion; Physical health and healthy lifestyles; Careers, employability and preparation for adult life.

If you have any questions about our Personal Development curriculum, please do not hesitate to contact the school.

Personal Development in the news

The Impact of Smartphones on Young People's Well-being

Recent discussions across education, health and government continue to focus on how smartphones and social media influence young people's concentration, sleep, relationships and mental well-being. Current strategies being suggested for families include; Encouraging device-free family time; Considering overnight charging outside bedrooms; Talking regularly about online experiences; Checking privacy and safety settings together; Modelling healthy technology habits as adults. At school, online safety and digital well-being continue to be explored through PD and Computing lessons.

**BREAKING
NEWS**