PDS Five Year Plan

Our uniting 'sentence' is "the PDS curriculum left students prepared to understand, interact and succeed in the modern world, both online and offline".

By the end of their all-through education, a student of Personal Development Studies at Dixons Broadgreen Academy will:

- Know how to be safe and healthy
- Know how to manage their academic, personal and social lives in a positive way
- Understand the increasingly complex world and the positive and exciting opportunities it offers, but also the challenges and risks

In order to achieve a true understanding of Personal Development Studies topics have been intelligently sequenced based on the following rationale:

- the curriculum being delivered is appropriate for the age of pupils, and the context of the year group.
- the curriculum is responsive to pupils needs, keeping the curriculum 'live' ensuring that it can adapt and be changed in line with our ever changing social and academic environment.
- the content is designed to be remembered in detail and delivered in a spiral fashion. Revisiting topics through the year groups to ensure content is always up to date, and relevant to the age range.
- guest speakers have been selected to build cultural capital, develop character and value diversity.

The Personal Development Studies curriculum will address social disadvantage by addressing gaps in students' knowledge and skills:

- oracy can be a key determining factor in a child's future social and, ultimately, professional success. Unfortunately, students from disadvantaged backgrounds - and particularly with the cohort of students we serve - do not always have same level of social and cultural competence as their more privileged peers. As a result, the PDS curriculum prioritises oracy skills. DBA pupils spend additional PDS time in 'seminars', which are pupil led discussions, that enable them to explore content that was delivered in previous lessons. It is a great opportunity to encourage healthy conversations about topics that can sometimes be challenging or difficult to understand.
- PDS is delivered in lecture style "Big Teaches" in Morning Meeting spaces in order to ensure consistency and quality of the provision.

We fully believe Personal Development Studies can contribute to the personal development of students at DBA:

- supporting the wider work of the academy in helping foster pupil wellbeing and developing resilience and building character.
- giving pupils motivation to stick to tasks that will help them achieve goals, even when the reward may be distant or uncertain; and to recover from knocks and challenging periods in their lives.
- help pupils develop personal attributes including hard work, integrity and fairness.

Opportunities are built in to make links to the world of work to enhance the careers, advice and guidance that students are exposed to:

- the PDS curriculum is sequenced so that are opportunities to link to careers and the world of work are maximised. We ensure that pupils are used to professional language by always modelling and encouraging formal terms in all the topics covered. Examples of which would include when discussing mental health, we will always explain the meaning of the correct medical terminology, so pupils feel confident using this rather than colloquial terms.

A true love of Personal Development Studies involves learning about various cultural domains. We teach beyond the statutory requirements.

- the PDS curriculum requires pupils cover each topic at least once in their academic career, however we revisit topics on multiple occasions thought all phases to ensure pupils always have the most up to date and age-appropriate information.
- through PDS seminars, pupils are encouraged to express their opinions in a safe and respectful environment in advisories. These sessions instill a much deeper level of understanding of not only the information but allow pupils to explore multiple opinions on a topic; and over time develop their own.
- whilst we take direction from the Relationships and Sex Education (RSE) and Health Education guidance, and the Leeds PSHCE and Me scheme in Primary, we go above and beyond these requirements and choose resources that best fit the needs of our context.
- our overview and content decisions are aligned with those of the Dixons Academies Trust principles

Year 7 Foundations

Curriculum Purpose in Y7

Build foundational understanding of safety, values, relationships, bodily changes, and wellbeing. Establish shared language, routines, and expectations for PDS lessons.

Key Developmental Goals

Introduce core concepts: British Values, consent basics, online safety, healthy balance, trusted adults.

Build emotional literacy and self-awareness.

Begin developing empathy, kindness, and respect for difference.

Year 7 Curriculum Themes

- British Values & Responsibility online
- Online Safety & trusting content
- Misinformation & cyberbullying
- Consent (intro level)
- Healthy Relationships
- Healthy Balance & Wellbeing
- The Changing Body
- Discrimination & abuse
- Substance awareness (intro)
- Mental Wellbeing
- Respectful relationships & misogyny
- Families
- Knife Crime (intro to personal safety)
- First Aid (basic)
- Pride Month (kindness & anti-bullying)
- Knowing Your Own Mind (intro)
- Safe Summers (basic risk awareness).

YEAR 8 — GROWTH & CHOICES

Curriculum Purpose in Y8

Deepen understanding of relationships, identity, influence, and bodily and emotional development. Begin decision-making and risk-awareness skills.

Key Developmental Goals

- Build on Y7 knowledge of consent, friendships, and online life.
- Introduce puberty, body confidence, and peer influence in more depth.
- Increase awareness of substance misuse, misogyny, racism, and pressure.

Year 8 Curriculum Themes

- British Values → more application to real-world scenarios
- Online Safety → influence, algorithms, hidden risks
- Misinformation → evaluating sources
- Consent → boundaries, communication
- Healthy Relationships → trust, safety online/offline
- Resilience & wellbeing
- Changing Body → puberty, identity
- Substance Misuse → risk, peer pressure
- Mental Wellbeing → managing feelings, early help-seeking
- Misogyny and respect

- Anti-racism and diversity
- Families → safety and conflict resolution
- Knife Crime → decision-making and bystander awareness
- First Aid → consolidation
- Pride → allyship & inclusion
- Healthcare System → accessing support
- Knowing Your Own Mind → influence, online culture
- Safe Summers → safe travel, outdoor risks

YEAR 9 — RESPONSIBILITY & IDENTITY

Curriculum Purpose in Y9

Support pupils as they develop stronger identity, independence, and relationships. Increase focus on complex risks, social pressures, and critical thinking.

Key Developmental Goals

- Develop understanding of power, control, and respect in relationships.
- Address prejudice, misogyny, racism, and social harm more explicitly.
- Introduce serious safeguarding themes: coercive control, exploitation.

Year 9 Curriculum Themes

- British Values → applying them to discrimination and rights
- Online Safety → grooming, persuasion, digital footprints
- Misinformation → disinformation, extremism awareness
- Consent → legal vs ethical, recognising pressure
- Healthy Relationships → red flags, emotional safety
- Healthy Balance → stress management
- Changing Body → sexual health introduction (non-RSE explicit)
- Substance misuse → addiction, law
- Mental wellbeing → coping with anxiety, online comparison
- Misogyny & Bystanders
- Anti-racism & Diversity
- Knife Crime → recognising exploitation/vulnerability
- First Aid → emergencies and response
- Pride → discrimination: law and rights
- Healthcare System → screening, self-care
- Coercive control, online influence
- Safe Summers → independence, events, travel safety

YEAR 10 — INDEPENDENCE & RISK MANAGEMENT

Curriculum Purpose in Y10

Prepare pupils for greater independence (social, online, in relationships). Teach advanced safeguarding, practical skills, and wellbeing strategies.

Key Developmental Goals

- Equip students for risk assessment in real-life contexts.
- Deepen knowledge of consent, sexual pressure, online harms, substance risk.
- Strengthen emotional resilience and help-seeking confidence.

Year 10 Curriculum Themes

- British Values → rights/responsibilities in society
- Online Safety → sexting, scams, digital identity
- Misinformation → targeted influence, AI manipulation

- Consent → sexual consent, communication
- Healthy Relationships → healthy vs unhealthy dynamics
- Changing Body → mature discussions (RSE linked if applicable)
- Substance Misuse → long-term consequences
- Mental Wellbeing → stress, burnout, exam anxiety
- Misogyny, Upstanders
- Anti-racism → systemic racism
- Families → conflict, independence, safeguarding
- Knife Crime → responsibility, legal consequences
- First Aid → complex scenarios
- Pride → intersectionality, activism, rights
- Healthcare → accessing GP, confidentiality
- Knowing Your Own Mind → identity, autonomy, resisting coercion
- Safe Summers → festivals, travel, alcohol safety

YEAR 11 — PREPARATION FOR ADULTHOOD

Curriculum Purpose in Y11

Prepare pupils for life beyond school: relationships, independence, safety, critical decision-making, and wellbeing during transitions.

Key Developmental Goals

- Consolidate understanding of unsafe behaviours and exploitation.
- Prepare for post-16 settings (work, college, social independence).
- Strengthen self-management, healthcare navigation, and resilience.

Year 11 Curriculum Themes

- British Values → civic responsibility & adulthood
- Online Safety → scams, digital reputation, adult risks
- Misinformation → political literacy, evaluating claims
- Consent → adulthood, law, ethics
- Healthy Relationships → adult relationships, autonomy
- Healthy Balance → adult wellbeing and work/life balance
- Substance Use → legal adulthood, safe decision-making
- Mental Wellbeing → preparing for pressure, transition support
- Misogyny & discrimination
- Anti-racism → leadership & allyship
- Families → adulthood roles, support networks
- Knife Crime → societal impact, community safety
- First Aid → CPR, emergencies
- Pride → workplace inclusion, rights
- Healthcare → adult medical consent, self-advocacy
- Knowing Your Own Mind → independence, protecting mental health
- Safe Summers → living independently, safety as young adults.

HOW THE CURRICULUM BUILDS OVER 5 YEARS

1. Knowledge → Understanding → Responsibility → Independence

Each year increases complexity.
For example:

- Consent: Y7 basics → Y9 pressure/ethics → Y11 adult contexts.
- Online Safety: Y7 basics → Y8 influence → Y10 sexting/scams → Y11 digital legacy.
- Mental Wellbeing: Y7 emotions → Y8 coping → Y10 resilience → Y11 transitions.

2. Revisiting, extending, deepening

Pupils revisit online safety, relationships, discrimination, wellbeing, consent, personal safety every year with more depth.

3. Safeguarding-responsive

Curriculum adapts to issues arising locally or nationally