

Personal Development at Key Stage 3

Personal Development is consistent with the central aims and objectives of the Northern Ireland Curriculum.

Self-awareness which provides opportunities to consider the importance of self-confidence and self-esteem to physical and emotional/mental health; Pupils have an opportunity to explore their sense of self and their personal morals, values and beliefs.

They investigate influences on self and others and develop skills to improve their own learning.

Personal health which provides opportunities to understand the importance of recognising and managing factors that may influence physical and emotional/mental health; Pupils have the opportunity to explore the concept of holistic health and the range of influences that can have both a positive and negative impact on all aspects of their health, including legal and illegal substances, accidents and all aspects of personal safety.

Relationships which provides opportunities to understand the importance of forming and maintaining relationships to physical and emotional/mental health; Pupils have the opportunity to explore the qualities of relationships including friendships, and loving, respectful relationships. They examine ways to cope with challenging relationships and conflict situations and explore the implications of sexual maturation and early sexual activity.

Personal Development is delivered through the **Insync** Key Stage 3 Personal Development Programme.

The 10 themes are:

1. Health and Whole Person
2. Feelings and Emotions
3. Managing Influences and Making Decisions
4. Self-Concept
5. Managing Change
6. Morals, Values and Beliefs
7. Learning about Learning
8. Safety and Managing Risk
9. Relationships
10. Drug Awareness