Personal Development at Benton Park 2026-2027

'Together we belong, develop character and achieve excellence'

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Personal Development (PD) is a vital part of our curriculum and plays a key role in supporting students to become confident, responsible and respectful individuals. Our PD programme is designed to help young people understand themselves, build positive relationships and develop the knowledge and skills needed to navigate an ever-changing world.

This booklet outlines the PD curriculum taught across the school and explains how lessons are delivered in a safe, inclusive and supportive environment. Lessons encourage open discussion, critical thinking and reflection, allowing students to explore a wide range of topics linked to our 4 pillars of PSHE: Health and wellbeing, Relationships and Sex Education (RSE), Living in the wider world and Personal Development.

You will also find examples of what lessons look like in practice, including the types of activities, discussions and resources used with students. Our curriculum is rooted in national guidance from the PSHE association and is regularly reviewed to ensure it remains relevant, age-appropriate and responsive to students' needs.

Through high-quality teaching and carefully chosen resources, Personal Development at Benton Park School aims to empower students with the knowledge, values and skills they need to flourish both in school and in adult life.

How is Personal Development Delivered at Benton Park School?

Personal Development is a key part of our curriculum and is delivered through a dedicated weekly lesson, ensuring students have regular, structured time to explore important topics such as health and wellbeing, relationships, and living in the wider world. The curriculum is updated regularly and reviewed annually to ensure it remains relevant, responsive to students' needs, and aligned with current guidance. Personal Development is woven throughout the wider curriculum, during form time, extra-curricular events and with other subject areas reinforcing these themes where appropriate.



Staff delivering lessons are expected to create a safe and respectful classroom environment, where clear ground rules support open and thoughtful discussion. Teachers are trained to handle sensitive topics with care, using appropriate and inclusive language, and ensuring all teaching is delivered in a non-judgemental and supportive way. They manage student questions thoughtfully, providing accurate information while recognising when to follow up or seek additional support where needed, so that all students feel heard, respected, and confident to engage.

Working in Partnership with Parents

We are committed to maintaining clear and transparent communication with parents and carers regarding our Personal Development and RSHE provision. Parents are consulted regularly during the review of the RSHE policy and curriculum, with opportunities to share feedback through surveys, meetings, or information events.

We also ensure that parents have access to clear information about what is being taught and when, including the opportunity to view a representative sample of teaching materials upon request. In addition, all Personal Development materials are made accessible via the school website, allowing parents to view content at their convenience. This open approach supports a strong partnership between home and school, helping to ensure that our curriculum reflects the needs and values of our community.

Awards and Recognition

Benton Park School Special Recognition, awarded in 2025/26.











Resources, Providers, Memberships.

The Benton Park PD curriculum uses carefully selected resources Provided by:

PSHE ASSOCIATION

Pol-Ed®

MindMate

ACT ASSOCIATION FOR CITIZENSHIP TEACHING

PD Curriculum Strands

PD is organised into key strands to ensure clear, age-appropriate progression and balanced coverage. Our entire curriculum is separated into these four strands and delivered at different points throughout each year group.

Relationships (RSE)

This helps students' to recognise and understand the signs of healthy relationships, as well as introducing knowledge about their bodies, intimate relationships and sex including contraception.

Personal Development

PD is for students' to develop their life skills, through a strong understanding of citizenship and British Values they will learn key skills and knowledge to help them navigate young adulthood. Lessons may be themed around key debates, their rights, faith and belief or skills needed to navigate 21st Century life.

Health and Wellbeing

This develops students' understanding of health, with an increased focus on risk areas such as vaping, drugs and alcohol. They will be able to learn about health and wellbeing to ensure you acquire skills to live healthy, happy lives. Students' will develop your understanding of Mental health, as well as emotional, social and physical wellbeing.

Living in the wider world

This theme covers a number of areas relating to developing skills such as finance or understanding careers, being a responsible and contributing citizen of your community, your country and the wider world. It can include safety and risk management in the community, philosophy, finance and economics, the environment and much more.

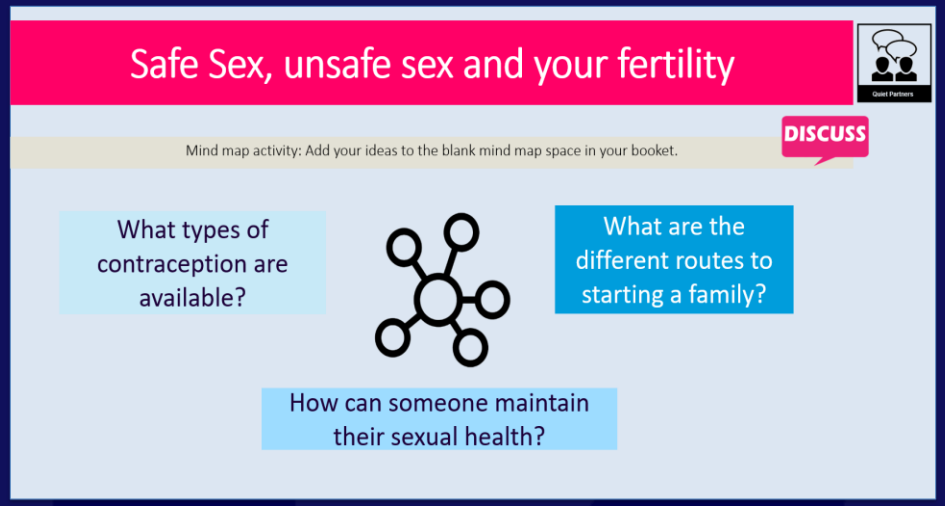
Benton Park School PSHE Curriculum content and main topics.

	Personal Development (PD)	Relationships (RSE)	Health and Wellbeing	Living in the wider world
Year 7	Democracy Citizenship rights and responsibilities Being good citizens Change in our communities	Celebrating Diversity Bullying and Cyber Bullying Protected characteristics Discrimination Consent	Mental Health and Well being Dealing with Grief and loss Coping with change Puberty FGM	Screen Addiction Online Safety Enterprise Charity Finance and skills
Year 8	Democracy Respect Exploring British values Citizenship and hate crimes	Identity Relationships Sexting and the law Discrimination Racism Equality	Healthy lifestyle Addiction School Food Champion Project Cancer identification Drugs	Charity Careers Aspirations Online Safety- misinformation, AI, critical thinking Finance and life skills
Year 9	Democracy Human Rights and war The environment	Sexual consent and the law Safe Sex Same sex relationships Domestic violence Challenging misogyny Sextortion	Gangs and county lines Peer pressure Energy drinks Healthy living Mental health	Charity Online Stress Enterprise Fraud education Finances

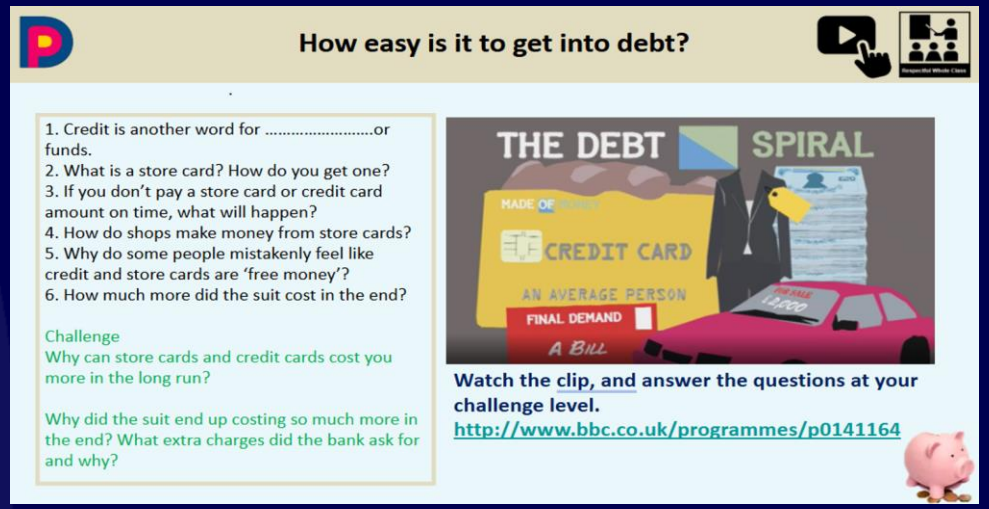
	Personal Development (PD)	Relationships (RSE)	Health and Wellbeing	Living in the wider world
Year 10	Democracy Charity Islamophobia Women's rights Trade Unionism Euthanasia Capitol Punishment Blood Donation	What is Incel? What is toxic culture? What are sexual offences? Harassment Positive sexual relationships and consent Teenage pregnancies The danger of Pornography and revenge Porn	Fake news Positive role models What is radicalisation? Happiness and positivity Social media and self esteem Mental health	Navigating financial institutions Avoiding debt Gambling Online Gambling
Year 11	Democracy Charity Dealing with Stress and Anxiety Self regulation and me Exam Stress Assertiveness	Emotional Abuse Forced marriage Peer on peer abuse Sexual Offences Consent, rape and sexual abuse	Independent living Study skills Reslience Cancer awareness and prevention	University or college CV Building Job Interviews Self Management

The PD Curriculum at Benton Park – Lesson slide examples

Year 11 – Relationships: Safe Sex Re-Cap



Year 10 – Living In The Wider World: Finance



Year 7 – Personal Development: Citizenship



Year 8 - Health and Wellbeing Binge Drinking



Assessment

Assessment within Personal Development (PD) focuses on monitoring student understanding, engagement, and progress in a meaningful and supportive way. A range of strategies are used, including reflective activities, discussion, and low-stakes assessment tasks, to help teachers evaluate learning and identify areas for development. Students are formally assessed each semester on the topics they have studied to date, with these assessments taking place three times per year to support regular tracking of progress

School leaders regularly monitor the quality and coverage of the PD curriculum through lesson observations, work scrutiny, student voice, and staff feedback to ensure consistency and high standards across all year groups. The effectiveness of the PD programme is reviewed annually, with findings used to inform planning, update content, and ensure continued alignment with statutory requirements and the needs of students.

Safeguarding

Safeguarding is embedded in all aspects of school life, with clear systems in place to protect and support every student. All staff are trained to recognise and respond to concerns, and work closely with the Designated Safeguarding Lead (DSL) and wider safeguarding team to ensure appropriate action is taken. Staff are regularly reminded that they must never promise confidentiality to a student; instead, they follow the school's clear procedures to record any concern accurately, report it promptly, and escalate where necessary. This consistent "record, report, escalate" approach ensures that concerns are acted upon swiftly and effectively, and that students receive the support they need.

Sign-Posting and support

The appropriate support from charities and specialised external agencies is regularly signposted in PD lessons, with-in students' workbooks and across the school in various ways. These are the support links that we work closely with;

Time for young people

The Children's Society

FORWARD LEEDS INSPIRING CHANGE

WELL WAVE Youth Sexual Wellness

Leeds Sexual Health

UK FEMINISTA ACTION AWARD

ChildLine 0800 1111

MindMate

kooth

YOUNGMiNDS

STOP HATE UK STOP HATE. START HERE

WINSTON'S WISH Giving hope to grieving children

mind for better mental health

WHITE RIBBON .ORG.UK

SEND and Disadvantaged PD Curriculum Overview

Use Explicit, Structured Teaching of Key Concepts	Resources are broken down into key PD topics RSE, Living in the wider world, healthy living and Personal Development. These are signposted and visible in students workbooks, and on every PowerPoint. These are also clear on staff bulletins and the curriculum map for clarity and consistency for PD teaching staff. This supports SEND and disadvantaged learners with processing difficulties and can prepare them for future lessons that could relate to sensitive issues.
Build Vocabulary and Cultural Capital Into Every Lesson	Keys words and vocabulary in quick six, and on introduction pages of all lessons. Students are encouraged to model language aloud, use retrieval, and revisit terms over time and write them in to the back of their workbooks.
Personalised Scaffolding and Adapted Materials	Offer visuals, simplified text, writing frames, dual coding, now/next boards, and chunked instructions.
Strengthen Social & Emotional Learning	Embed self-regulation, emotional literacy, resilience, confidence-building, and coping strategies. SEND and disadvantaged students often benefit from explicit teaching of social understanding and emotional expression.
Representation and Inclusive Content	Ensure examples reflect a range of backgrounds, family structures, identities, neurotypes, and lived experiences. This helps students feel seen and reduces barriers linked to belonging and self-esteem.
Build Strong Oracy and Communication Opportunities	Lesson modes on every slide in every lesson to encourage paired talk, whole class discussions, structured debates, and alternative communication methods (e.g., visual cards, writing-first responses).This supports spoken language development for all learners.
Create Trauma-Informed, Safe, Predictable Lessons	Use of consistent routines, safe spaces for discussion, opt-out options, and predictable lesson structures. This helps students who have experienced instability, anxiety, or adverse childhood experiences feel secure enough to learn.
Design, Layout	The entire PD curriculum is designed to be connected by branding, colour and layout to provide consistent, predictable, and easy to access content. Light blue slides, SEND friendly fonts (Calibri), non cluttered and clear presentation.

Links to RSHE Policies and further reading

https://www.bentonpark.org.uk/our-school/policies-documents/

https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

https://pshe-association.org.uk/news/rshe-guidance-2025-what-you-need-to-know

Department for Education

BENTON PARK

Moorlands Learning Trust