



Personal Development: A Guide for Parents/Carers

What is Personal Development?

Personal Development sits at the heart of the curriculum at Fernwood School, with importance placed upon dedicated weekly lessons delivered by a team of Personal Development teachers. Other schools may call this PSHE. We focus on nurturing our young people to show empathy to others, be a reflective learner, and to become a critical thinker.

What will my child learn in these lessons?

Their lessons act as a strong guiding vessel for delivering the schools' curriculum aims; to develop successful learners, responsible citizens, and confident individuals. In Personal Development lessons, pupils are likely to take part in discussions, hear from guest speakers, explore lots of scenarios, role play, challenge misconceptions and encounter lots of new information.

How can I support my child at home?

The teenage years can be difficult to navigate for both young people and the adults dealing with them! We aim to provide you with an overview of what your child is covering in each half term along with some suggested discussion points/questions you could talk about at home.

Click on the links below to access further support:

[Young Minds](#): general support with children's mental health

[Keeping your child safe online](#)

[How to support your child with their friendships](#)

Year 7: Autumn Term 1

Unit 1: Transitioning to Secondary School

In this mini unit, we aim to support students with the transition between primary and secondary school. Some of our young people are incredibly excited about starting secondary school and are ready for the new challenges. Others may need more support through this transition period. This unit aims to equip students with tools to help them manage these changes.

Discussion points/questions for home:

- What has been the biggest challenge since starting secondary school?
- What do you do to manage feelings of stress or worry?
- What routines does your child have to support their organisation? Some students find it difficult to organise themselves now they have to bring their own books and have multiple lessons a day!

It can take a few weeks for students to settle into a new school. If you are concerned about your child settling in after these initial weeks, it is best to speak to their tutor in the first instance.

Unit 2: Building Relationships

In this unit, students consider what it means to be a good friend. This also coincides with anti-bullying week in November. We cover personal boundaries, what makes a healthy relationship and what to do if they experience or witness unkind behaviour from others either in person or online. We do not cover intimate relationships in this unit.

Discussion points/questions for home:

- Ask your young person to think of their best friend. What qualities do they like about them? How have they demonstrated that they are a good friend?
- If your child has a phone/social media, do they know what to do if they see/receive unpleasant comments?
- Consider what strategies your child has for dealing with unhealthy friendships. What could they do? Who could they talk to?