

Personal Development Studies (PDS)

PDS education is a school subject through which students develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help students to stay healthy, safe and prepare them for life and work in modern Britain. PDS education helps students to achieve their academic potential, and leave school equipped with skills they will need throughout later life. At Dixons Trinity, we have worked to ensure that the PDS curriculum, including statutory Relationships and Sex Education (RSE), works well for our specific context and directly addresses the issues raised through Keeping Children Safe in Education, working from the most recent edition of the document, in an age appropriate and student friendly way.

PDS is structured to allow for students to access knowledge from a specialist source, for example a guest speaker, then to have the time and space to discuss relevant issues in a smaller group setting with their advisor. Students in Year 7-10 have fortnightly lectures, followed by a seminar the next day led by their advisor. Students complete tasks either independently, in small groups or as a class and keep their work in their PDS folder, which they keep with them for the duration of their time at the academy. Sessions are planned and quality assured by SLT and are delivered by staff who have been trained to deal with these issues sensitively and appropriately. Year 11 have a separate programme of PDS support with a focus on Post-16 options and employability skills.

Student learning through PDS can be made more relevant by revisiting the topics and themes through other subjects and curriculum areas. For example, issues around relationships and mental health can be explored through English literature and poetry; world issues through the humanities; climate issues in science; mindfulness and wellbeing through music, sports and art. For a more detailed overview of how the each subject has made links to the PDS curriculum, please see the relevant subject PDS curriculum link documents on our website.

Relationships and Sex Education (RSE)

Relationships and Sex Education (RSE) is delivered to students through a combination of PDS lectures and seminars, and drop-down sessions across the academic year. DTA has worked with Cosmopolitan and Men's Health Magazine to pilot a sex education programme that has been designed to meet the government statutory guidance for RSE. The aim of the programme is to ensure students have an appropriate understanding of relationships, sex, sexually transmitted infections and contraception. We also cover safe and appropriate use of social media and the law on consent. The RSE programme is run in conjunction with the wider PDS programme that ensures students develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help students to stay healthy, safe and prepare them for life and work in modern Britain. The programme has been planned and quality assured by SLT and sessions are delivered by staff who have been trained to deal with these issues sensitively and appropriately.

E-Safety

E-safety is primarily delivered by the Computing department in student induction and through ICT and computing lessons throughout the academic year. Additional e-safety education is provided through PDS lectures and seminars, in line with other topics covered in the PDS curriculum, for example, Bothering and Bullying or Sexual Harassment and Social Media. Where needed, specific messages may be delivered through Morning Meeting and Afternoon Meeting following national or local developments or incidents, and bespoke work can be delivered by Mountain Rescue for individual students or groups who require it. Advice and guidance for families is also available at our Parents' Evenings.

The table below outlines the PDS Programme of Study for each year group. The Academy maintains the right to adapt and review sessions delivered to meet the particular needs of students within each cohort, or as national or local developments require.

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Senior Leaders responsible for PDS:	Nicole Dempsey / Rosie Vessey
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	Cycle 1	Cycle 2	Cycle 3
Year 7	Identity Mountain Rescue - Mental Well-Being (1) School Nurse Hand-Writing Screener Friendship Bothering and Bullying	Peer Pressure Abuse (1) - FGM - Honour violence and Forced Marriage - Anah-Project Online Safety Substance Abuse (1) – Energy Drinks Team Trinity	Discrimination (1) - Race Nationality Fake News Dream Team
Year 8	Healthy Balance (1) Mental Well-Being (2) Gender Stereotypes Puberty Options Choices Loved Ones in Difficulty	Substances (2) – Smoking Abuse (2) – Domestic Violence - Anah Project Radicalisation Community Safety – PC Emily Discrimination (2) - Disability	Uneven Development Environmental Issue - Fair Trade Stewardship Dream Team
Year 9	Healthy Balance (2) Mental Well-Being (3) Self-Harm Attendance Revision Skills Peer on Peer Abuse	Substances (3) - Alcohol Abuse (3) – Domestic Violence - Anah Project Hazing / Gangs Healthy Relationships - Sexting Community Safety – PC Emily Discrimination (3) – LGBTQ	Citizenship Environmental Issue – Climate Change Politics Dream Team
Year 10	Healthy Balance (3) Mental Well-Being (4) Post-16 Options Economic Well-Being Revision Skills	Sexual Harassment Substances (4) – Drugs Abuse (4) – Domestic Violence – Anah Project County Lines Knife Crime – PC Emily Discrimination (4) - Migration	Middle East Immigration Nuclear Question Dream Team
Year 11	Employability skills CV Writing Digital Footprint Post-16 College Offers Application support and guidance for academic and vocational routes Revision Skills Independent Careers Advice	Mock examinations and results Independent Careers Advice Application support and guidance for academic and vocational routes	N/A

