

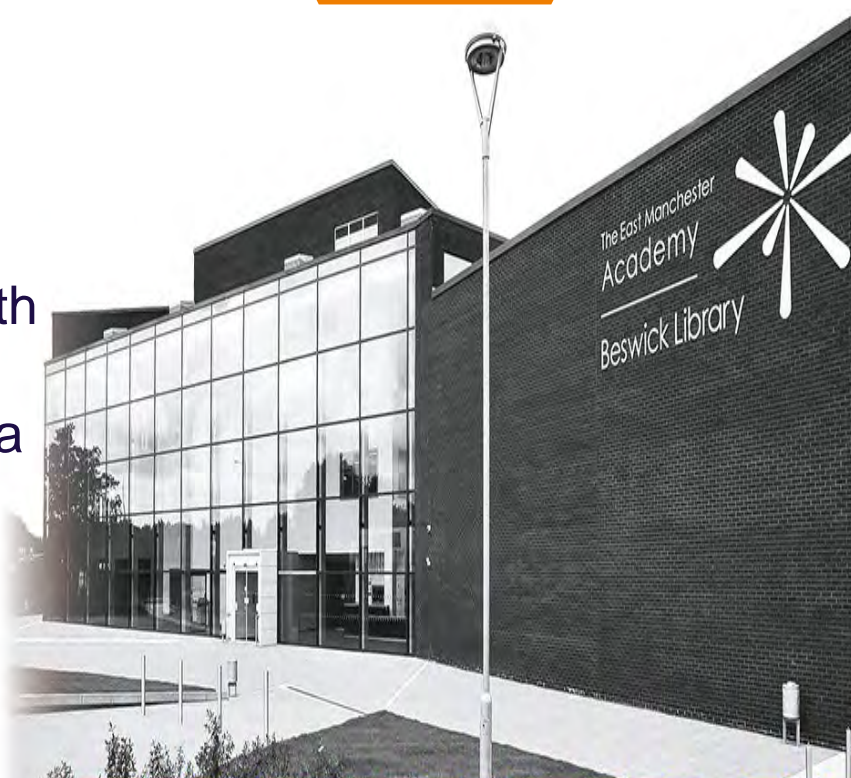


Personal Development

Curriculum Information

Year 8

We will equip all students with the skills, abilities, attributes and qualifications to pursue a fulfilling career, contribute positively to their communities and be active, global citizens.



Welcome to Personal Development at The East Manchester Academy!



At The East Manchester Academy (TEMA), we believe Personal Development (PD) is a crucial part of our student's education alongside their academic studies. PD equips them with the skills and knowledge to thrive not only in school but also throughout their lives.

This handbook will introduce you to PD at TEMA, with a specific focus on the Personal Safety program offered during Year 8's first half term.

What is Personal Development (PD)?

PD focuses on developing the "whole child," nurturing their social, emotional, and moral wellbeing alongside their academic skills. Through PD, student's will:

- Build **self-confidence** and a positive sense of self.
- Develop **strong communication skills**.
- Learn to make **responsible choices**.
- Foster **healthy relationships**.
- Understand and practice **British Values**.
- Become **active citizens** who contribute positively to society.

Looking Ahead:

Throughout the year, the PD program will cover a range of topics that build on the foundation of personal safety. These will include:

- Mental health and wellbeing
- Healthy lifestyles
- Careers and aspirations
- Citizenship and social responsibility

We will keep you updated on upcoming PD topics through regular newsletters and school communications.

Together, we can ensure a successful and enriching learning journey for students at The East Manchester Academy!

Rationale



Why Personal Development Matters

Personal development is significant in equipping young people with the knowledge, skills, and values they need to lead healthy, safe, and fulfilling lives. It helps them develop:

- **Resilience:** The ability to bounce back from challenges and setbacks.
- **Self-awareness:** A deep understanding of their own strengths, weaknesses, and emotions.
- **Social skills:** The capacity to build and maintain positive relationships.
- **Decision-making skills:** The ability to make informed choices about their health, relationships, and future.

A Comprehensive Approach

Our Personal Development curriculum is informed by safeguarding information from local, national, and global sources. This ensures that our students are protected from harm and equipped with the knowledge to stay safe.

The curriculum covers a wide range of topics, including:

- **Personal Safety:** Teaching students how to stay safe online and offline.
- **Sex and Relationship Education:** Providing age-appropriate information about relationships, sexuality, and consent.
- **Health and Wellbeing:** Promoting physical and mental health, including healthy eating, exercise, and stress management.
- **Financial Education:** Teaching students about money management, budgeting, and saving.
- **Careers:** Helping students explore career options and develop the skills they need to succeed in the workplace.
- **Community and Responsibility:** Encouraging students to become active and responsible citizens.
- By integrating PSHE into our curriculum, we aim to equip our students with the tools they need to thrive in the 21st century. We believe that a well-rounded education, which includes life skills alongside academic subjects, is essential for preparing our students for success in all aspects of their lives.

Why Personal Safety in Year 8 - Half Term 1?



- At The East Manchester Academy (TEMA), student safety and well-being are a priority. As part of the Year 8 curriculum, we dedicate a section to personal safety, focusing on three key areas: first aid, healthcare navigation, and immunisations. This programme equips students with essential skills for navigating life's situations with confidence and self-reliance.
- Here's why we believe these areas are crucial for student development:
- **1. First Aid:**
 - Accidents and minor injuries are a part of life. Equipping students with basic first-aid knowledge empowers them to respond calmly and effectively in the event of an emergency. They'll learn essential skills like assessing minor injuries, administering basic first aid, and knowing when to seek further medical help from the NHS or other healthcare providers.
- **2. Healthcare Navigation:**
 - Understanding how to access healthcare services is a valuable life skill. During this programme, students will learn about different healthcare settings like hospitals, GP surgeries, and pharmacies. They'll practice identifying appropriate resources for various health concerns, understand NHS services, and gain confidence in navigating the healthcare system when needed.
- **3. Importance of Immunisations:**
 - Immunisations are one of the most effective ways to prevent serious illnesses. By understanding the importance of immunisations and the role they play in protecting themselves and others, students will develop a strong foundation for making informed decisions regarding their health.
- **Benefits of Personal Safety Education:**
 - These topics within personal safety align with the broader goals of the personal development curriculum. By learning these skills, students will:
 - Develop independence and confidence in managing their own well-being.
 - Foster a sense of responsibility for their own health and safety.
 - Practice critical thinking skills when making decisions about their health.
 - Enhance their communication skills by effectively expressing health needs to healthcare professionals.
 - We believe this programme empowers students to become confident and responsible individuals who can navigate life's challenges effectively.

Basic first aid (bumps, scrapes and burns)



What We Teach

Learning the Difference: Minor vs. Major Accidents

A crucial part of our programme is helping your students differentiate between minor injuries and major incidents. We'll use clear examples and visuals to show them the key differences. For instance, a graze with minimal bleeding is considered minor, while a deep cut with excessive bleeding is a major incident requiring immediate adult intervention.

Recognising and Treating Common Injuries:

- We'll use pictures and demonstrations to familiarise your students with the appearance of common injuries like bumps, scrapes, and burns. They'll learn basic first-aid techniques for each, such as:
 - Cleaning and dressing minor scrapes
 - Applying a cold compress to reduce swelling from bumps
 - Knowing not to apply ointments or creams to burns (important to prevent infection)
- **Seeking Help from a Safe Adult:**
 - Most importantly, students will learn when to seek help from a trusted adult. We'll emphasise the importance of clear communication – encouraging them to explain the situation and the location of the injury. We'll also discuss strategies for identifying a safe adult, such as finding a teacher, parent on duty, or another responsible adult in the vicinity.

Signposting and further Information

St John Ambulance - <https://www.sja.org.uk/> : Offers a dedicated section for parents and carers with age-appropriate first-aid tips and resources for children



.NHS –

<https://www.nhs.uk/conditions/first-aid/>

: Provides clear guidance on dealing with common childhood injuries, including bumps, scrapes, and burns.



Diabetic and Asthma Emergencies



Knowing the signs and symptoms of emergencies can help students identify potential issues and take appropriate action.

What We Learn

Recognising an Asthma Attack:

- **Wheezing:** A whistling sound during breathing, particularly when exhaling.
- **Shortness of breath:** Difficulty breathing, often accompanied by rapid and shallow breathing.
- **Coughing:** A persistent cough that may worsen at night or with exertion.
- **Tightness in the chest:** A feeling of chest tightness or discomfort.

Responding to an Asthma Attack:

- **Ask if the person has an inhaler:** If available, assist them in using their inhaler as instructed.
- **Loosen any restrictive clothing:** This can help improve breathing.
- **Open windows or doors:** This helps ensure a good supply of fresh air.
- **Seek adult help immediately:** It's crucial to inform a teacher or another responsible adult who can call for further medical assistance if needed.

Recognising a Diabetic Emergency:

We'll also familiarise your students with the signs of two main diabetic emergencies:

Hypoglycaemia (Low Blood Sugar): Symptoms may include sweating, shakiness, confusion, pale skin, and drowsiness.

Responding to a Diabetic Emergency:

- **Ask the person if they have diabetes:** This helps determine the appropriate course of action.
- **For hypoglycaemia:** If the person is conscious, encourage them to consume sugary foods or drinks like fruit juice, sweets, or non-diet fizzy drinks.
- **Seek adult help immediately:** A trusted adult can assess the situation further and call for medical assistance if needed.

Signposting and further information

Diabetes UK: <https://www.diabetes.org.uk/>



• **Asthma + Lung UK** <https://www.asthmaandlung.org.uk/>



Airways and Recovery Position

By the end of this lesson students will have an understanding how to check for an open airway and the importance of the recovery position



What We Learn

What to Look for in an Unconscious Person:

- We'll teach students to assess an unconscious person using the DRSABCD acronym:
- **Danger:** Identify any potential hazards to themselves or the person.
- **Response:** Gently shake the person's shoulders and ask loudly if they are alright.
- **Send for Help:** If there's no response, call 999 immediately.
- **Airway:** Open the airway by tilting the head back and lifting the chin.
- **Breathing:** Look, listen, and feel for signs of breathing.
- **Circulation:** Check for a pulse in a major artery (wrist or neck).
- **Defibrillation:** If trained, use an automated external defibrillator (AED) if available.

The Recovery Position:

- Once your students have checked for an open airway and breathing, we'll teach them the recovery position steps:
1. **Place the person on their back:** Ensure they are lying flat.
 2. **Bend the far knee:** This creates a stable position.
 3. **Pull the far arm across the chest:** This keeps the airway open.
 4. **Rest the other hand on the cheek closest to you:** This helps maintain stability.
 5. **Monitor breathing:** Continue to check for signs of breathing until help arrives.

See the end of Half Term 1 for first aid signposting

CPR and Defibs

During this lesson we will be learning CPR (cardiopulmonary resuscitation) and defibrillator use. These skills can make a critical difference in the event of a sudden cardiac arrest.



What We Learn

What to Look for in a Cardiac Arrest:

You'll teach your students to identify the signs of cardiac arrest, which include:

- **Collapse:** The person falls unconscious and becomes unresponsive.
- **No breathing:** The person is not breathing normally or at all.
- **No pulse:** There is no detectable pulse in a major artery (wrist or neck).
- **Responding to Cardiac Arrest:**

If your students witnesses a suspected cardiac arrest, they'll learn the crucial steps to take:

1. Call 999 immediately.

2. Check for an open airway.

3. Start CPR: This involves chest compressions and, if trained, rescue breaths. We will teach them the proper hand placement and compression technique.

Using a Defibrillator:

- Many public spaces now have AEDs available. We'll introduce your child to AEDs and emphasize the importance of using one if available during a cardiac arrest. They'll learn the basic steps:

1. Turn on the AED: The AED will provide clear voice instructions.

2. Attach the pads: Follow the visual prompts to place the pads on the person's bare chest.

3. Step away: The AED will analyse the heart rhythm and advise if a shock is needed. Everyone should stay clear while the AED delivers a shock (if advised).

4. Continue CPR: The AED will instruct on continuing CPR after a shock or if no shock is advised

Signposting

British Red Cross -

<https://www.redcross.org.uk/first-aid>

This official website of the British Red Cross offers a dedicated section on first aid for emergencies, including clear instructions on checking for an open airway and placing someone in the recovery position.

- St John Ambulance –

<https://www.sja.org.uk/courses/>:

St John Ambulance provides comprehensive first-aid training resources, including information on airway management and the recovery position. While some resources may require registration for a course, their website often offers general information and video demonstrations relevant to these topics

- NHS Choices

<https://www.nhsinform.scot/tests-and-treatments/emergencies/first-aid/>:

The NHS Choices website offers a wealth of resources on various health topics, including a section on first aid. While their focus may not be as in-depth as the previous two resources, they provide clear and concise guidance on identifying an unconscious person and the importance of the recovery position.



**British
RedCross**



NHS Services

During this lesson we will equip students with the knowledge to navigate the National Health Service (NHS) effectively.

Understanding how to access services like pharmacies, NHS 111, and their role in the healthcare system empowers them to make

informed decisions about their own health and well-being.

What We Learn

Pharmacies: Your Local Health Resource

- Pharmacies are not just for collecting prescriptions! You'll teach your students that pharmacies offer a variety of services, including:
- **Over-the-counter medications:** Pharmacists can advise on medications for minor ailments like coughs, colds, and allergies.
- **Health advice:** Pharmacists can answer basic health questions and offer guidance on self-care measures.
- **Repeat prescriptions:** Many pharmacies offer convenient services for collecting repeat prescriptions.

NHS 111: Help When You Need It

- We'll explain that NHS 111 is a free, 24/7 service available by dialling 111. They can offer:
- **Health advice:** Trained advisors can provide guidance on minor illnesses and injuries.
- **Urgent care appointments:** If needed, they can direct students to the most appropriate healthcare setting, such as a walk-in centre or A&E (Accident & Emergency).
- **Mental health support:** NHS 111 can also provide information and resources for mental health concerns.

Important Note: We'll emphasise that NHS 111 should not be used for life-threatening emergencies. Always call 999 in those situation



NEW PHARMACY FIRST SERVICES

NHS

AVAILABLE WITHOUT
PRESCRIPTION

- sinusitis
- sore throat
- earache
- infected insect bite
- impetigo
- shingles
- uncomplicated urinary tract infections in women



Available at ASDA Eastlands and other participating pharmacies.

- **Pharmacy First:**

- NHS England - Pharmacy First Service: <https://www.england.nhs.uk/primary-care/pharmacy/pharmacy-services/pharmacy-first/>

- Community Pharmacy England - Pharmacy First Service: <https://cpe.org.uk/national-pharmacy-services/advanced-services/pharmacy-first-service/>

- These resources provide an overview of the Pharmacy First program, including the types of conditions they can treat and the benefits of using this service.

- **NHS 111:**

- NHS 111 website: <https://digital.nhs.uk/services/nhs-111-online>

- This website allows you to access health information and advice online or provides the option to call NHS 111 directly.

- **General Pharmacy Use:**

- NHS - Medicines A to Z: <https://www.england.nhs.uk/publication/nhs-england-drugs-list/>

- This NHS website provides information on various medications, including over-the-counter options.

Immunisations

Our program incorporates age-appropriate discussions about vaccines and immunisations to empower students to make informed decisions about their health.



What We Learn

How Do Vaccines Work?

- We will explain vaccines in a child-friendly way, describing how they:

Introduce weakened or inactive forms of a virus or bacteria.

Train the body's immune system to recognise and fight the disease.

Develop antibodies to protect against future infection.

Addressing Common Concerns:

- We understand that some parents have concerns about vaccines. We will address these concerns with factual information and open discussions. Here are some common points we'll cover:
- **Vaccine Safety:** Vaccines undergo rigorous testing before being recommended for routine use.
- **Side Effects:** Vaccines can sometimes cause mild side effects like soreness at the injection site or a low fever. These are temporary and usually resolve on their own.
- **The Importance of Following the Schedule:** Following the recommended vaccination schedule is crucial for optimal protection.

NHS - Vaccines: <https://www.nhs.uk/conditions/vaccinations/> This NHS website offers comprehensive information on various childhood and adult vaccinations in the UK. It covers topics like the benefits of vaccination, the schedule, and potential side effects. It's a reliable source from the National Health Service.

•Public Health England (PHE) - Vaccinations:

[<https://www.gov.uk/government/organisations/public-health-England> Public Health England (PHE) is a governmental agency responsible for improving public health. Their website provides resources on the UK vaccination program, including information leaflets and guidance for healthcare professionals.

•National Institute for Health and Care Excellence (NICE) - Immunisation:

<https://www.nice.org.uk/guidance/health-protection/communicable-diseases/immunisation> The National Institute for Health and Care Excellence (NICE) provides evidence-based guidance and recommendations for healthcare professionals in England and Wales. Their website offers resources on the rationale behind recommended immunisations and the effectiveness of vaccines

Half Term 2

Understanding Relationships and Safeguarding

At TEMA, we believe it's crucial to equip students with the knowledge and skills they need to form healthy and respectful relationships. SRE is a vital part of their education, helping them to:



- **Develop Self-Awareness:** Understand their own feelings, values, and boundaries.
- **Build Healthy Relationships:** Learn how to communicate effectively, resolve conflicts peacefully, and treat others with respect.
- **Make Informed Choices:** Develop the critical thinking skills to make responsible decisions about their health and wellbeing.
- **Stay Safe:** Recognise and respond to harmful or abusive behaviour.

Statutory Requirement

- The UK government has made SRE a statutory requirement for all schools. This means it's a legal obligation for us to provide high-quality SRE to all our students. The government recognises the importance of SRE in promoting the health, wellbeing, and safety of young people.

What Will Be Covered in Year 8 SRE?

In Year 8, students will explore a range of topics, including:

- **Marriage and Cohabiting:** Different types of relationships and the legal and social implications.
- **Parenting Roles:** The challenges and responsibilities of parenthood.
- **Safe Family Relationships:** The importance of trust, respect, and consent within families.
- **Trustworthy Information:** How to identify reliable sources of information about sex and relationships.
- **Recognising Unsafe Relationships:** Identifying signs of unhealthy or abusive relationships, both within and outside of families.
- **Criminal Behaviours in Relationships:** Understanding the legal consequences of harmful behaviour, such as domestic abuse and sexual violence.
- By covering these topics, we aim to empower students to make informed choices, build strong relationships, and stay safe.

Marriage and Cohabitation

In Year 8 SRE, we will explore the following aspects of marriage, civil partnership, and cohabitation:



What we teach

Types of Relationships:

- **Marriage:** A legally recognized union between two people.
- **Civil Partnership:** A legal partnership between two people of the same sex.
- **Cohabitation:** Living together in an intimate relationship without being married or in a civil partnership.

Legal Implications:

- **Marriage and Civil Partnership:**
 - Legal rights and responsibilities, including property rights, inheritance, and tax benefits.
 - Divorce and separation processes.
- **Cohabitation:**
 - Limited legal rights and protections compared to marriage and civil partnership.
 - Importance of cohabitation agreements to protect financial interests.

Religious and Cultural Significance:

- The role of religion and culture in different types of relationships.
- The impact of religious beliefs on marriage and family life.

Challenges and Rewards:

- The emotional, social, and financial challenges and rewards associated with each type of relationship.
- The importance of effective communication, compromise, and conflict resolution.

Signposting and Information Links

- For more information, parents and teachers can consult the following resources:
- **Citizens Advice:** <https://www.citizensadvice.org.uk/>
- **Gov.uk:** <https://www.gov.uk/>
- **Relate:** <https://www.relatemn.org/>
- **The Law Society:** <https://www.lawsociety.org.uk/en>



relate
the relationship people

Parenting Roles



Teaching parenting roles to Year 8 students at TEMA helps them develop a foundational understanding of family dynamics, responsibility, and the complexities of raising children, preparing them for future roles and responsibilities.

What We Teach

- **Responsibilities:** Providing for children's basic needs, ensuring their safety, offering love and support, and guiding their development.
- **Caregiving:** Providing physical and emotional care, responding to children's needs, and creating a nurturing environment.
- **Discipline:** Setting boundaries, using positive reinforcement and consequences, and teaching self-discipline.
- **Social Norms and Expectations:** Understanding societal expectations, balancing work and family life, and managing the pressures of modern parenting.
- **Teamwork:** Effective communication, shared responsibilities, and mutual support.
- **Personal Growth:** Balancing personal needs with family responsibilities and the impact of parenting on personal development.
- **Family Diversity:** Respecting different family structures and parenting styles, and promoting inclusivity.

Signposting and Information Links

For more information, parents and teachers can consult the following resources:

- **NHS:** <https://www.nhs.uk/>
- **NSPCC:** <https://www.nspcc.org.uk/>
- **Family Lives:** <https://www.familylives.org.uk/>
- **The Parent Zone:** <https://www.parentzone.org.uk/>



Safe Family Relationships



It's important to teach about safe family relationships because it helps young people understand what healthy relationships look like and how to recognise and avoid unhealthy or abusive ones. This knowledge empowers them to build strong, positive relationships with their family members and others

What We Teach

Healthy Relationships: Exploring the qualities of healthy relationships, such as trust, respect, kindness, and honesty.

Safety and Support: Understanding the importance of feeling safe and supported within a family.

Boundaries: Learning to set and respect personal boundaries, both physically and emotionally.

Safe Adults: Identifying trusted adults who can offer support and guidance.

Healthy Conflict: Developing strategies for resolving conflict peacefully and respectfully.

Signposting and Information Links

- For more information, parents and teachers can consult the following resources:
- **Childline:** <https://www.childline.org.uk/>
- **NSPCC:** <https://www.nspcc.org.uk/>
- **Family Lives:** <https://www.familylives.org.uk/>



Trustworthy Information

It's crucial to teach young people how to identify trustworthy information to protect themselves online and offline. This includes understanding the tactics used by those who may seek to exploit or harm them.



What We Teach

- **Recognising Trustworthy Sources:** Identifying reliable sources of information, such as reputable websites, books, and qualified professionals.
- **The Dangers of Online Grooming:** Understanding how online predators may try to groom young people, including techniques such as building trust, sharing personal information, and pressuring them to meet up.
- **Manipulation Tactics:** Recognising manipulative behaviours, such as gaslighting, guilt-tripping, and emotional blackmail.
- **The Importance of Sharing Secrets:** Discussing the importance of sharing secrets with trusted adults, especially if they involve abuse or exploitation.
- **Identifying Red Flags:** Knowing the signs of unhealthy relationships, such as controlling behaviour, jealousy, and threats.
- **The Impact of Isolation:** Understanding how isolation can make young people more vulnerable to abuse and exploitation.

Signposting and Information Links

For more information, parents and teachers can consult the following resources:

- **Childline:** <https://www.childline.org.uk/>
- **NSPCC:** <https://www.nspcc.org.uk/>
- **Thinkuknow:** <https://www.thinkuknow.co.uk/>
- **CEOP:** <https://www.ceop.police.uk/>



Recognising Unsafe Relationships



It's important for young people to be able to recognise the signs of unhealthy and abusive relationships. This knowledge empowers them to protect themselves and others.

What We Teach

Safe Touch vs. Unsafe Touch: Understanding the difference between appropriate and inappropriate touch, and knowing how to say "no" to unwanted physical contact.

Types of Abuse: Learning about different types of abuse, including:

- **Physical Abuse:** Intentional harm or injury.
- **Emotional Abuse:** Using words or actions to control, manipulate, or humiliate someone.
- **Sexual Abuse:** Any sexual activity with a child that they do not consent to.
- **Neglect:** The failure to provide for a child's basic needs, such as food, clothing, shelter, or medical care.

Recognising the Signs of Abuse: Identifying warning signs of abuse, such as physical injuries, changes in behaviour, or withdrawal from social activities.

The Impact of Abuse: Understanding the long-term effects of abuse on mental and emotional health.

Seeking Help: Knowing how to seek help if they or someone they know is experiencing abuse.

Signposting and Information Links

- For more information, parents and teachers can consult the following resources:
- **Childline:** <https://www.childline.org.uk/>
- **NSPCC:** <https://www.nspcc.org.uk/>
- **Women's Aid:** <https://www.womensaid.org.uk/>
- **Men's Advice Line:** <https://www.mensadviceline.org.uk/>



women's aid

Criminal Behaviour in Relationships

It's important to educate young people about the legal consequences of harmful and abusive behaviour in relationships. This knowledge can help them to recognise and avoid dangerous situations.



What We Teach

- **Domestic Violence:** Understanding the different types of domestic abuse, including physical, emotional, sexual, and financial abuse.
- **Threats and Coercion:** Recognising threats and coercive behaviour, such as controlling finances, isolating victims from friends and family, and making threats of harm.
- **Stalking and Harassment:** Understanding the definition of stalking and harassment, and the legal implications of these behaviours.
- **Consent:** Learning about the importance of consent in all relationships, and how to recognise and respect the boundaries of others.

Signposting and Information Links

- For more information, parents and teachers can consult the following resources:
- **Childline:** <https://www.childline.org.uk/>
- **NSPCC:** <https://www.nspcc.org.uk/>
- **Women's Aid:** <https://www.womensaid.org.uk/>
- **Men's Advice Line:** <https://www.mensadviceline.org.uk/>
- **Police.uk:** <https://www.police.uk/>



Half Term 3



At TEMA, we believe it's crucial to equip our students with the knowledge and skills they need to make informed decisions about their health and wellbeing. This includes understanding the potential risks and consequences of substance use and peer pressure. The UK government has made Relationships, Sex and Health Education (RSHE) a statutory requirement for all schools. This means it's a legal obligation for us to provide high-quality education that helps young people develop healthy relationships, stay safe, and make informed choices.

This half-term, in Year 8, we will be focusing on the following topics:

- **Peer Pressure:** Understanding how peer pressure can influence decisions and how to resist negative influences.
- **Alcohol:** The effects of alcohol on the body and mind, including the risks of binge drinking and alcohol addiction.
- **Prescription Drugs:** The misuse and abuse of prescription drugs, and the importance of taking medication as prescribed
- **Recreational Drugs:** The dangers of recreational drugs, including illegal substances and new psychoactive substances (NPS).
- **Smoking:** The harmful effects of smoking on health, including lung cancer and heart disease.
- **Vaping:** The risks associated with vaping, including nicotine addiction and lung damage.

Peer Pressure

Understanding peer pressure is essential for young people to navigate their social lives and make informed choices. By learning about the different types of peer pressure and how to resist negative influences, students can develop the skills to build strong, positive relationships and avoid risky behaviours.



What We Teach

Peer Pressure:

- **Influence from friends or classmates to conform to their behaviour.**
- **Positive peer pressure (encouraging healthy choices) vs. negative peer pressure (encouraging risky choices).**

• Social Influence:

- The desire to belong and be accepted by others.
- Group dynamics and the power of conformity.

• Decision-Making:

- Importance of critical thinking and independent judgment.
- Recognising manipulative tactics and unhealthy social pressure.

Signposting and Information Links

For more information, parents and teachers can consult the following resources:

- **Childline:** <https://www.childline.org.uk/>
- **NHS:** <https://www.nhs.uk/>
- **FRANK:** <https://www.talktofrank.com/>



The Dangers of Alcohol

Understanding the effects of alcohol is crucial for young people to make informed decisions about their health and wellbeing. By learning about the short-term and long-term risks associated with alcohol consumption, students can protect themselves and others.



What We Teach

Short-term effects: Impaired coordination, slurred speech, slowed reflexes, poorer decision-making, nausea, vomiting, hangovers.

Long-term effects: Damage to brain development, liver problems, increased risk of accidents, injuries, and violence, addiction.

Brain Development: The teenage brain is still developing, making it more vulnerable to the effects of alcohol.

Safe Choices: Making responsible decisions about alcohol consumption in social situations.

Risks of "Drinking Games": These games can lead to excessive alcohol consumption and pose health risks.

•Understanding Alcohol Content:

- Units: Alcohol content is measured in units (UK). Explain how to check the number of units in a drink.

Signposting and Information Links

For more information, parents and teachers can consult the following resources:

- NHS: <https://www.nhs.uk/>
- Drinkaware: <https://www.drinkaware.co.uk/>
- FRANK: <https://www.talktofrank.com/>



drinkaware

FRANK
0800 77 66 00 [talktofrank.com](https://www.talktofrank.com)
Friendly, confidential drugs advice

Prescription Drugs

Understanding the proper use of prescription drugs is essential for young people's health and safety. By learning about the potential risks of misuse and abuse, students can make informed decisions about their medication.



What We Teach

Prescription Drugs:

Prescription Drugs vs. Over-the-Counter Medications:

- Prescription drugs: Medications requiring a doctor's authorisation due to their specific purpose and potential for misuse.
- Over-the-counter medications: Medications available without a prescription for minor ailments.

Importance of Prescription Drugs:

- Treat medical conditions: Prescription drugs can effectively treat various illnesses and manage health problems.

Misuse of Prescription Drugs:

- The dangers of taking prescription drugs without a doctor's prescription or as prescribed.
- The risks of sharing prescription drugs with others.
- The potential for addiction and overdose.

Signposting and Information Links

- For more information, parents and teachers can consult the following resources:
- **NHS:** <https://www.nhs.uk/>
- **FRANK:** <https://www.talktofrank.com/>
- **DrugWise:** <https://www.drugwise.org.uk/>



Recreational Drugs

Understanding the dangers of recreational drugs is crucial for young people to make informed decisions and protect their health and wellbeing. By learning about the short-term and long-term effects of drug use, students can avoid the risks and consequences associated with these substances.



What We Teach

Recreational Drugs:

Effects and Risks:

- **Short-term effects:** The immediate physical and mental effects a drug can have after use. (Examples: impaired judgment, increased heart rate, anxiety)
- **Long-term effects:** The negative consequences that can develop with continued drug use. (Examples: addiction, lung damage, brain development problems)
- **Addiction:** The compulsive use of a substance despite negative consequences.
- **Law and Consequences:** The legal implications of drug possession and use.

Signposting and Information Links

For more information, parents and teachers can consult the following resources:

- **FRANK:** <https://www.talktofrank.com/>
- **DrugWise:** <https://www.drugwise.org.uk/> [invalid URL removed]
- **Police.uk:** <https://www.police.uk/>



Smoking

Understanding the harmful effects of smoking is crucial for young people to make informed decisions about their health and wellbeing. By learning about the short-term and long-term consequences of smoking, students can avoid the risks and protect themselves from a lifetime of health problems.



What We Teach

Smoking:

•Health Impacts:

- Lung cancer, heart disease, stroke, and other respiratory illnesses.
- Premature aging and skin damage.
- Increased risk of infections and slower healing.

•Financial Impacts:

- The cost of cigarettes and related products.
- Potential loss of income due to illness and missed work.

•Social Impacts:

- Social stigma and isolation.
- Negative impact on relationships with friends and family.

Signposting and Information Links

For more information, parents and teachers can consult the following resources:

- NHS: <https://www.nhs.uk/>
- NHS Smokefree: <https://www.nhs.uk/better-health/quit-smoking/>
- Action on Smoking and Health (ASH): <https://ash.org.uk/>



Vaping

Vaping has become increasingly popular, especially among young people. It's crucial to educate young people about the potential risks and misconceptions surrounding vaping.



What We Teach

Vaping:

- **Terminology:** E-cigarettes, vapes, vaping devices, e-liquid, nicotine, flavours.
- **Health Effects:**
 - Lung damage and respiratory problems
 - Nicotine addiction
 - Potential for long-term health risks (still being researched)
- **Misconceptions:**
 - Vaping is harmless
 - Vaping helps you quit smoking (while it can be a less harmful alternative for smokers, it's not guaranteed to help everyone quit)
 - Vaping is a social activity

Signposting and Information Links

For more information, parents and teachers can consult the following resources:

- **NHS:** <https://www.nhs.uk/>
- **Action on Smoking and Health (ASH):** <https://ash.org.uk/>
- **FRANK:** <https://www.talktofrank.com/>



Why do we teach financial education in year 8?



Empowering Students for the Future

We believe that equipping our students with strong financial literacy skills is crucial for their future success. In today's complex world, understanding money management is essential for making informed decisions and achieving personal and financial goals.

Key Learning Areas:

Our Year 8 Financial Education program focuses on several key areas:

- **Understanding Credit and Debt:** Students learn about the concepts of credit and debt, including how credit cards work, the importance of responsible borrowing, and the potential risks of debt.
- **Financial Security:** Students are taught how to keep their finances secure by understanding online safety, identifying scams, and protecting their personal information.
- **Money Management:** Students develop essential money management skills, including budgeting, saving, and making informed spending choices.
- **Consumer Rights:** Students learn about their rights as consumers and how to make informed purchasing decisions, including understanding warranties, returns, and consumer protection laws.
- **Insurance:** Students explore the importance of insurance, including different types of insurance (health, car, home) and how insurance can protect them from unexpected events.
- **Safer Borrowing:** Students learn about responsible borrowing practices, including understanding interest rates, comparing loan options, and avoiding predatory lending.

Benefits for Students:

By learning these essential financial concepts, students will:

- Develop essential life skills such as budgeting, decision-making, and critical thinking.
- Gain the confidence to make informed financial choices.
- Be better prepared for the challenges and opportunities they will face in the future.
- Develop a strong foundation for long-term financial well-being.

We believe that by providing students with a solid foundation in financial education, we are empowering them to make informed decisions, achieve their goals, and build a successful future.

How can I understand Credit and Debt?



In today's world, understanding credit and debt is essential for making informed financial decisions. This module aims to provide students with a basic understanding of these concepts to equip them with the knowledge they need to manage their finances responsibly in the future.

Key Learning Points:

The Difference Between Debit and Credit:

- **Debit Card:** Functions like using your own money directly from your bank account. You can only spend what's available in your account.
- **Credit Card:** Allows you to borrow money from the bank to make purchases. This borrowed money must be repaid later, usually with interest charges.
 - **Important Note:** Credit cards are typically not suitable for young people.

Benefits of Debit Cards:

- **Convenient:** Eliminates the need to carry large amounts of cash.
- **Safe:** Reduces the risk of losing money or having it stolen.
- **Track Spending:** Makes it easier to monitor your spending habits (with parental guidance).

By exploring these concepts, students will gain a foundational understanding of how credit and debt work, enabling them to make informed financial choices as they grow older.

Supporting Resources:

- **Money Advice Service** (moneyadviceservice.org.uk): Provides impartial and unbiased money guidance for people in the UK.
- **Which?** (which.co.uk): Offers independent reviews and advice on a range of products and services, including financial products.
- **Citizens Advice** (citizensadvice.org.uk): Gives free, independent advice on a wide range of issues, including money and debt.

How do I keep my finances secure?



This lesson focuses on equipping students with the knowledge and skills to keep their finances secure. In today's digital world, it's more important than ever for young people to understand how to protect their money and make informed financial decisions.

Key Learning Points:

•Financial Security:

- Protecting your money from loss or theft.
- Making wise spending choices.
- Understanding the concept of borrowing money and the importance of responsible debt management.

•Security Measures:

- **PIN Codes:** Keeping PIN codes for debit cards and online accounts secret.
- **Passwords:** Creating strong, unique passwords for online accounts and changing them regularly.
- **Keeping Things Private:** Never sharing personal information such as PIN codes, passwords, bank details, or online account information with anyone.

By learning these essential security measures, students will develop the awareness and skills to protect their financial information, make informed decisions about their money, and build a strong foundation for responsible financial behaviour.

Supporting Resources:

- **Money Advice Service** (moneyadviceservice.org.uk): Offers impartial and unbiased money guidance for people in the UK.
- **Which?** (which.co.uk): Provides independent reviews and advice on a range of products and services, including financial products.
- **Citizens Advice** (citizensadvice.org.uk): Gives free, independent advice on a wide range of issues, including money and debt.

How do I keep control of my money?



This lesson aims to equip students with the essential skills to manage their money effectively. By understanding key concepts like budgeting, saving, and the difference between needs and wants, students will develop the financial responsibility necessary for making informed spending decisions and achieving their financial goals.

Key Learning Points:

- **Financial Responsibility:** Understanding that managing money effectively is an important life skill.
- **Needs vs. Wants:** Differentiating between essential needs (e.g., food, shelter, transport) and non-essential wants (e.g., entertainment, leisure activities).
- **Saving:** Learning the importance of saving money for future goals (e.g., holidays, new technology, further education).
- **Budgeting:** Creating a simple budget that tracks income (money earned) and outgoings (money spent).

By learning these concepts, students will develop a better understanding of their spending habits, learn to prioritize their financial needs, and develop responsible money management skills that will benefit them throughout their lives.

Supporting Resources:

- **Money Advice Service** (moneyadviceservice.org.uk): Offers impartial and unbiased money guidance for people in the UK.
- **Which?** (which.co.uk): Provides independent reviews and advice on a range of products and services, including financial products.
- **Citizens Advice** (citizensadvice.org.uk): Gives free, independent advice on a wide range of issues, including money and debt.

What are my consumer rights?

This lesson aims to educate students about their rights as consumers. Understanding consumer rights empowers students to make informed decisions, shop safely, and know how to address any issues they may encounter when buying goods or services.



Being a Consumer:

- Buying and Using Products and Services:** Students will learn about the process of buying and using products and services, from making purchasing decisions to understanding warranties and guarantees.
- Making Choices About How to Spend Money:** Students will explore how to make informed spending decisions, considering factors such as value, quality, and sustainability.

Key Consumer Rights:

- The Right to Safety:** The right to expect products and services to be safe for use and not cause harm.
- The Right to Information:** The right to access clear and accurate information about products and services before making a purchase.
- The Right to Choose:** The right to choose from a variety of products and services at competitive prices.
- The Right to be Heard:** The right to have complaints and concerns addressed fairly and effectively.

Responsibilities as a Consumer:

- Following Instructions and Warnings on Products:** Understanding and adhering to product instructions and safety warnings.
- Treating Shop Workers with Respect:** Showing courtesy and consideration to all retail staff.
- Looking After Your Purchases:** Taking care of products and using them as intended.

By understanding their rights and responsibilities as consumers, students will be better equipped to make informed choices, shop safely, and resolve any issues they may encounter.

Why might I need insurance?



This lesson aims to introduce students to the concept of insurance and its importance in protecting individuals and their belongings from unexpected events

Basic Concepts:

- **Insurance:** A financial agreement where you pay regular payments (premiums) to an insurance company. In return, the insurance company agrees to cover the cost of potential losses or damages.

Types of Insurance:

- **Home Insurance:** Protects your home and belongings from damage caused by fire, flood, theft, and other unforeseen events.
- **Car Insurance:** Covers the cost of damage to your vehicle or injuries to others in the event of an accident.
- **Health Insurance:** Helps cover the cost of medical expenses, such as doctor's visits, hospital stays, and prescriptions.
- **Travel Insurance:** Provides coverage for unexpected events while traveling, such as medical emergencies, trip cancellations,¹ and lost luggage.

Benefits of Insurance:

- **Financial Protection:** Provides financial protection against unexpected and potentially costly events.
- **Peace of Mind:** Offers peace of mind knowing that you are protected in case of unforeseen circumstances.
- **Reduces Financial Burden:** Helps to reduce the financial burden associated with unexpected events.

By understanding the basic concepts of insurance and the benefits it provides, students will gain a better understanding of its importance in managing risk and protecting their financial well-being.

Supporting Resources:

- **Money Advice Service** (moneyadviceservice.org.uk): Offers impartial and unbiased money guidance for people in the UK, including information on insurance.
- **Which?** (which.co.uk): Provides independent reviews and advice on a range of insurance products.

Safer Borrowing



This lesson aims to educate students about borrowing money responsibly. Students will learn about different types of loans, the importance of understanding interest rates, and how to avoid falling victim to predatory lending practices.

Key Learning Points:

• Understanding Loans:

- Learning about different types of loans (e.g., bank loans, payday loans).
- Understanding the concept of interest rates and how they impact the cost of borrowing.

• Safer Borrowing Practices:

- Comparing loan offers from different lenders to find the best rates and terms.
- Reading loan agreements carefully before signing.
- Creating a realistic repayment plan.

• Avoiding Loan Sharks:

- Recognizing the signs of predatory lending practices.
- Understanding the dangers of borrowing from loan sharks.
- Knowing where to seek help if you are struggling to repay a loan.

Payday Loans:

- Students will learn about the risks associated with payday loans, including high interest rates and the potential for debt traps.
- The importance of exploring alternative options to payday loans, such as borrowing from family or friends, or seeking financial advice from a trusted source.

Supporting Resources:

- **Money Advice Service** (moneyadviceservice.org.uk): Offers impartial and unbiased money guidance for people in the UK, including information on borrowing money.
- **Citizens Advice** (citizensadvice.org.uk): Provides free, independent advice on a wide range of issues, including debt and borrowing.
- **StepChange Debt Charity** (stepchange.org): Offers free, confidential, and impartial debt advice.
- **Crimewatch** (crimewatch.co.uk): Provides information on scams and fraud, including loan scams.

By understanding these concepts, students will be better equipped to make informed decisions about borrowing money, avoid falling victim to predatory lenders, and manage their finances responsibly.

Why do we teach careers in year 8?



Why Careers Education in Year 8?

In Year 8, we build upon the foundations laid in Year 7, delving deeper into the world of careers and personal development. This is a crucial stage where students begin to explore their interests, consider future pathways, and develop the skills they need to succeed in an ever-changing world. Our careers education programme in Year 8, particularly during the half term commencing 21st April, is designed to:

- **Foster a Growth Mindset:** We kick off the programme by focusing on developing a growth mindset. This empowers students to believe in their ability to learn and improve, fostering resilience and a positive attitude towards challenges. We utilise resources from Barclays Life Skills, specifically their "Growth Mindset Toolkit," to support this learning.
- **Enhance Confidence and Assertiveness:** Building confidence is essential for success in both academic and professional life. We dedicate a session to developing confidence and assertiveness, equipping students with the tools to communicate effectively and confidently.
- **Identify and Develop Personal Skills:** We help students recognise and build their personal skills, enabling them to understand their strengths and areas for development. This self-awareness is vital for making informed decisions about future career paths.
- **Understand Skills for Workplace Success:** We introduce students to the skills that are highly valued in the workplace, helping them to understand the connection between their education and future employment.
- **Encourage Proactivity and Ambition:** We conclude the programme by encouraging students to aim high and be proactive in pursuing their goals. This session focuses on developing a proactive approach to learning and career planning.

Growth Mindset

We are excited to begin our Year 8 careers education programme with a focus on developing a **growth mindset**. This concept is pivotal in helping students understand that their abilities and intelligence can be developed through dedication and hard work.



What is a Growth Mindset?

A growth mindset is the belief that intelligence and abilities can be improved through effort, learning, and perseverance. In contrast, a fixed mindset is the belief that intelligence and abilities are fixed traits that cannot be changed.

Why is a Growth Mindset Important?

Developing a growth mindset helps students to:

- **Embrace Challenges:** See challenges as opportunities for growth rather than obstacles.
- **Persist Through Setbacks:** Learn from mistakes and view them as part of the learning process.
- **Value Effort:** Understand that effort and hard work are essential for success.
- **Learn from Criticism:** Use feedback to improve and grow.
- **Find Inspiration in Others' Success:** Be motivated by the success of others rather than feeling threatened.

How We Are Teaching Growth Mindset:

We are using the **Barclays LifeSkills Growth Mindset Toolkit** to deliver this lesson. This toolkit provides engaging activities and resources that help students understand and apply the principles of a growth mindset.

Barclays LifeSkills Growth Mindset Toolkit:

- **Resource:** <https://barclayslifeskills.com/help-others/lessons/growth-mindset-toolkit/>

Building Confidence and Assertiveness



In this session, we focus on helping our Year 8 students develop essential skills in **building confidence and assertiveness**. These skills are vital for success in both personal and professional life, enabling students to communicate effectively, handle challenges, and pursue their goals with conviction.

What are Confidence and Assertiveness?

- **Confidence:** A feeling of self-assurance arising from an appreciation of one's own abilities or qualities.
- **Assertiveness:** The ability to express oneself effectively and stand up for one's point of view, while respecting the rights and beliefs of others.

Why are Confidence and Assertiveness Important?

- Developing these skills helps students to:
- **Communicate Effectively:** Express their thoughts and feelings clearly and respectfully.
- **Build Strong Relationships:** Foster positive interactions with peers, teachers, and family members.
- **Handle Challenges:** Approach difficult situations with a sense of self-assurance.
- **Set and Achieve Goals:** Believe in their ability to succeed and take the necessary steps to achieve their aspirations.
- **Make Informed Decisions:** Trust their judgement and make decisions that align with their values.

How We Are Teaching Confidence and Assertiveness:

- We are using the **Barclays LifeSkills resource on Building Confidence and Assertiveness** to deliver this lesson. This resource provides practical strategies and activities to help students develop these skills.

Recognising and building personal skills

In this session, we focus on helping our Year 8 students identify, understand, and develop their **personal skills**.

Recognising their strengths and areas for development is crucial for students as they begin to explore future career paths and navigate their personal growth.



What are Personal Skills?

Personal skills, also known as soft skills or transferable skills, are the qualities, traits, and abilities that influence how we interact with others and approach tasks. These skills are not specific to any particular job but are valuable in any role or situation.

Examples include:

- Communication skills
- Teamwork skills
- Problem-solving skills
- Time management skills
- Adaptability
- Initiative
- Leadership skills

Why are Personal Skills Important?

Developing personal skills helps students to:

- Improve Communication:** Express themselves clearly and effectively, both verbally and nonverbally.
- Enhance Collaboration:** Work effectively with others in a team environment.
- Boost Problem-Solving Abilities:** Approach challenges with a logical and creative mindset.
- Increase Adaptability:** Adjust to new situations and changes with ease.
- Develop Self-Awareness:** Understand their strengths, weaknesses, values, and motivations.
- Prepare for the Future:** These skills are highly valued by employers and are essential for success in the workplace.

How We Are Teaching Recognising and Building Personal Skills:

We are using the **Barclays LifeSkills resource on Recognising and Building Personal Skills** to deliver this lesson. This resource provides activities and guidance to help students identify and develop their personal skills.

Barclays LifeSkills Resource:

Resource: <https://barclayslifeskills.com/help-others/lessons/recognising-and-building->

Skills for success in the workplace

In this session, we aim to give our Year 8 students an insight into the **skills that are highly valued in the workplace**. Understanding these skills will help them connect their current learning to future career opportunities and prepare them for the world of work.



What Skills are Essential for Workplace Success?

Employers are looking for individuals who possess a range of skills beyond just academic qualifications. Some of the key skills include:

- Communication Skills:** The ability to communicate effectively, both verbally and in writing, with colleagues, clients, and supervisors.
- Teamwork Skills:** The ability to collaborate effectively with others, work towards common goals, and contribute to a positive team environment.
- Problem-Solving Skills:** The ability to identify, analyse, and solve problems creatively and efficiently.
- Time Management Skills:** The ability to prioritise tasks, manage deadlines, and work effectively under pressure.
- Adaptability and Flexibility:** The ability to adjust to changes, learn new skills, and work in a dynamic environment.
- Initiative and Self-Motivation:** The ability to take initiative, work independently, and stay motivated.
- Digital Literacy:** The ability to use technology effectively and confidently.

Why are these Skills Important?

Developing these skills helps students to:

- Enhance Employability:** Increase their chances of securing employment and progressing in their careers.
- Improve Performance:** Perform effectively in the workplace and contribute to the success of their organisation.
- Build Strong Professional Relationships:** Collaborate effectively with colleagues and clients.
- Adapt to the Changing World of Work:** Stay relevant and competitive in an evolving job market.

How We Are Teaching Skills for Success in the Workplace:

We are using the **Barclays LifeSkills resource on Recognising Skills for Success in the Workplace** to deliver this lesson. This resource provides insights into the skills that employers value and offers practical advice on how to develop these skills.

Supporting Career Development:

•National Careers Service (nationalcareers.service.gov.uk):



- **Focus:** UK government website providing information and guidance on careers, skills, and training.
- **Why it's helpful:** Offers career advice, job profiles, and information on career planning, which can help parents support their children in exploring career options and understanding the skills needed for different roles.

•Career Connect (careerconnect.org.uk):

- **Focus:** Provides career guidance and employability skills support.
- **Why it's helpful:** Offers resources and advice on career exploration, skill development, and preparing for the world of work.

Resources for Dreams and Goals:

•Big Life Journal (biglifejournal.com):

- **Focus:** Provides resources and tools for parents and children to develop a growth mindset, resilience, and goal-setting skills.
- **Why it's helpful:** Offers practical activities, printables, and journals designed to support children's personal development in these areas.

•Mindset Works (mindsetworks.com):

- **Focus:** Research-based resources on growth mindset, learning, and development.
- **Why it's helpful:** Offers articles, videos, and tools for fostering a growth mindset in young people, which is crucial for goal setting, resilience, and embracing challenges.

•The Parent Institute (parent-institute.com):

- **Focus:** Resources and advice for parents on various topics related to children's education and development.
- **Why it's helpful:** Offers articles and tips on supporting children's academic success, motivation, goal setting, and overall development.

Half Term 6 – Citizenship



In Year 8 Citizenship, we build upon the foundations laid in Year 7 by focusing on the crucial concepts of community and responsibility. At TEMA, we believe it is essential for young people to understand their place within the wider community and to develop a strong sense of responsibility towards themselves, others, and the society in which they live.

Throughout this half term, we will be exploring the following key topics:

- How does politics affect you?:** This unit will introduce students to the idea that politics is not something distant but has a direct impact on their everyday lives. We will explore how political decisions at local and national levels influence things like the services they use, the laws they follow, and their opportunities.
- The differences between Government and Parliament and how they work to ensure the UK is governed:** Students will learn about the distinct roles of the Government and Parliament in the UK's system of governance. We will explore how laws are made, the function of each institution, and how they work together to ensure the country is run effectively.
- What is a democracy vs a dictatorship?:** This topic will delve into the concept of democracy, contrasting it with the characteristics of a dictatorship. Students will explore the key features of a strong democracy, such as free and fair elections, the rule of law, and the protection of rights, and why these are important for a healthy society.
- What does an MP do?:** Students will learn about the role of a Member of Parliament (MP) and how they represent the people who voted for them. We will explore the various ways MPs undertake their work, including debating laws, scrutinising the government, and addressing the concerns of their constituents.
- What does a local council do?:** This unit will focus on the vital role of local councils in providing services within our community. Students will learn about the different services councils are responsible for, such as waste collection, libraries, and local planning, and consider how these services are funded through local taxes.

How Does Politics Affect You?



In this lesson, we will be exploring how politics, both at a local and national level, has a real and direct impact on our everyday lives. It can sometimes seem like politics is something that happens far away, but the decisions made by politicians and governments influence many aspects of our daily routines and the opportunities available to us.

We will look at how political decisions shape the services we use in our local community, such as the quality of our schools and libraries, the upkeep of parks and roads, and the availability of public transport. We will also discuss how national laws, which are decided by politicians, affect everything from the age we can vote and drive, to the rules around education and healthcare.

Furthermore, we will consider how broader political decisions can influence our future opportunities, such as the state of the economy and the availability of jobs. By understanding these connections, we can see that being aware of and engaging with politics is important for everyone, even young people.

This lesson aims to make politics feel more relevant and accessible to students by showing them the tangible ways it shapes their lives and the world around them.

• **Parliament UK - Education Centre - Understanding Parliament:** While not directly about the impact of politics, understanding how Parliament works is fundamental to understanding how political decisions are made in the UK. This resource offers clear explanations of the roles of the House of Commons and the House of Lords, and how laws are made, which underpin the political landscape affecting everyone.

<https://www.parliament.uk/education/teaching-resources/understanding-parliament/>

The difference between government and parliament?



What is a Democracy?

In a democracy, the power to rule rests with the people.

This fundamental principle is exercised in several key ways:

- Citizen Participation:** The cornerstone of democracy is the active involvement of its citizens. This is most commonly seen through voting in regular, free, and fair elections. Citizens choose their representatives to make decisions on their behalf.
- Protection of Human Rights:** Democracies are built on the foundation of respecting and protecting the fundamental rights and freedoms of every individual. This includes freedom of speech, assembly, religion, and the right to a fair trial.
- The Rule of Law:** In a democracy, everyone is equal before the law, including the government itself. Laws are applied fairly and consistently to all, ensuring that no one is above the law.
- Transparency and Accountability:** Democratic governments are expected to be transparent in their decision-making processes. Elected officials are accountable to the people and can be removed from power through elections if they fail to meet the expectations of the electorate.
- A Pluralistic Society:** Democracies thrive on a diversity of ideas and perspectives. There is a free exchange of information, and multiple political parties, interest groups, and media outlets can operate without fear of censorship or reprisal.

What is a Dictatorship?

In stark contrast, a dictatorship is a form of government where a single individual or a small group holds absolute power. The key features include:

- Centralised and Absolute Power:** The dictator's authority is not subject to the will of the people or any legal constraints. They have the final say on all matters of state.
- Suppression of Opposition:** Dictatorships do not tolerate dissent. Opposition parties are often banned, and those who speak out against the government face persecution, imprisonment, or worse.
- Control over Information:** The state typically controls all media outlets, disseminating propaganda to maintain its grip on power and suppress any alternative viewpoints.
- Lack of Individual Freedoms:** The rights and freedoms that are cherished in a democracy are severely restricted in a dictatorship. Citizens have limited or no freedom of speech, assembly, or the press.
- Rule by Fear and Coercion:** The regime often relies on a strong military and secret police to enforce its will and intimidate the population into submission.

What does an MP do?



Understanding Your Representative: What Does an MP Do?

This lesson is designed to provide a clear and engaging overview of the crucial role a Member of Parliament plays in our democracy. By understanding what an MP does, young people can better grasp how their local area is represented on the national stage and how their own voices can contribute to the democratic process.

Understanding Your Representative: What Does an MP Do?

A Member of Parliament (MP) is your community's direct link to the UK Parliament. Understanding their job is key to knowing how your voice is heard on the national stage.

An MP has two main roles: one in their local area (**constituency**) and one in **Parliament** at Westminster.

1. In the Constituency: Your Local Champion

This is where an MP connects directly with the people they represent.

- **Solving Problems:** MPs hold regular meetings called 'surgeries' to help residents with personal concerns. They take up these issues through 'casework,' which involves contacting official bodies to find a solution.
- **Championing the Area:** They act as a powerful voice for local needs, visiting schools and businesses, and campaigning on important issues like saving a local service or securing funding for projects.

2. In Parliament: The National Lawmaker

This is where an MP influences how the entire country is run.

- **Making Laws:** MPs debate and vote on proposed laws (Bills), bringing their constituents' perspectives into national decision-making.
- **Holding the Government to Account:** They challenge the government by asking questions (including at Prime Minister's Questions) and serving on committees that investigate government policies and actions.
- **Balancing Loyalties:** Most MPs belong to a political party but must balance their party's agenda with the specific needs of the people who elected them.

To further support you in discussing these important topics with students

, we recommend the following online resource:

BBC Bitesize - What is democracy?

<https://www.bbc.co.uk/bitesize/articles/z76gr2p>

What does a local council do?

A local council is the form of government closest to home. It makes crucial decisions and provides the essential day-to-day services that shape your local area. Understanding its role shows how you can influence the community you live in.



What Services Does the Council Provide?

Councils are responsible for a wide range of public services that you likely see and use every day. Key responsibilities include:

- Education and Schools:** Running most local state schools, managing school admissions, and providing support for children with special educational needs.
- Waste Management:** Organising rubbish and recycling collections for homes and businesses.
- Roads and Transport:** Maintaining local roads and pavements, managing street lighting, and overseeing parking.
- Social Care:** Providing support for vulnerable adults and children, including care for the elderly and child protection services.
- Housing:** Managing social housing, planning for new homes, and supporting homeless people.
- Leisure and Culture:** Running local libraries, leisure centres, parks, and playgrounds.
- Planning and Development:** Deciding on planning permission for new buildings and home extensions to shape how the local area develops.
- Public Health and Safety:** Conducting food safety inspections and enforcing trading standards.

How Are These Services Funded?

Providing these vital services costs a significant amount of money. Local councils have three main sources of funding:

- 1. Council Tax:** This is a tax paid by households in the local area. The amount varies depending on the value of the property. It is one of the most significant sources of income for a council.
- 2. Business Rates:** This is a tax charged on non-domestic properties, such as shops, offices, pubs, and factories.
- 3. Government Grants and Fees:** Councils receive funding directly from the central government, although this amount has varied over time. They also generate income by charging for some services, like parking or use of leisure facilities.