



**PARK HOUSE SCHOOL**

**Park House School**

**Work hard. Be kind. Take responsibility.**

### **Sixth Form – Personal Development Programme**

At PH6 (Park House Sixth Form) we provide a comprehensive Personal Development programme designed to support students in both their academic journey and their personal growth. We dedicate 1 hour per fortnight as a PSHE lesson, supplemented by assemblies, tutor time sessions and one-off events such as workshops, visits and guest speakers.

Our programme is underpinned by our school values: Work Hard, Be Kind, Take Responsibility.

Our curriculum covers essential study and revision skills, such as Cornell Notes, flashcards, and exam techniques, to help students start their time in sixth form with the skills needed to be organised and to become independent learners. This then builds into revision and exam skills to prepare effectively for their assessments and exams.

We place a strong emphasis on mental health, well-being, and inclusion, addressing key topics like LGBTQ+ awareness, exam stress management, body image, and the importance of delayed gratification. Students are also guided through critical discussions on relationships, including consent, positive relationship building, contraception, and sexual health education.

As students plan for their futures, we offer sessions on exploring post-18 options, volunteering opportunities, and navigating university finances. Our programme also covers UCAS applications, personal statements, apprenticeship applications and next steps after Sixth Form, ensuring students are prepared for the transition to higher education or other career pathways.

In addition to academic and future planning, we focus on keeping students safe by discussing topics such as misinformation, FGM, grooming, and forced marriage. We also promote understanding of British values, political awareness, and the importance of participating in democratic processes. Our PDP also explores religious views and discusses topical issues from a variety of religious and non-religious perspectives.

Thursday morning tutor time is The World This Week – a look at current news stories, but also opening up a discussion and raising awareness of bias in the media.

Finally, practical life skills are emphasised with lessons on managing finances, understanding financial contracts, budgeting, saving, and the challenges of moving out and living independently. Through this holistic approach, our Personal Development provision aims to equip students with the knowledge, skills, and confidence to thrive both inside and outside the classroom.

Our programme is flexible and responsive to the needs of our students. We work closely with the safeguarding team to identify any trends or needs that arise and need addressing. For example, after a student was involved in a road traffic accident, we provided a session on the Safe Drive Stay Alive campaign (replaced this year with 'Go Drive'). When a neighbouring school flagged concerns over possible drug use, we adapted our programme to address the risks associated with drug use.

The core components of our PDP follow the guidance from the PSHE Association:

British Values	Drugs and Alcohol Education	Emotional Health and well being	Sex and relationships education	Healthy bodies; nutrition and physical wellbeing
Economics, Enterprise, personal finance	Personal Safety	Careers education: UCAS, apprenticeships and destinations	Living in the wider world	Active Citizenship

<p>Year 12:</p> <p>Terms 1 &amp; 2</p> <ul style="list-style-type: none"> <li>• Developing a sixth form mindset</li> <li>• Mental and physical health and wellbeing</li> <li>• Medical ethics: Assisted Dying, Abortion, The future of genetics</li> <li>• Religion in contemporary Britain: core beliefs</li> <li>• An introduction to UCAS, careers and next steps</li> </ul> <p>Terms 3 &amp; 4</p> <ul style="list-style-type: none"> <li>• Revision techniques</li> <li>• Personal safety including: online safety; knife crime; safe driving; drugs awareness and county lines; 'safe partying'</li> <li>• SRE: sexting and sexual harassment (including reporting sexual harassment)</li> </ul>	<p>Year 13:</p> <p>Terms 1 &amp; 2</p> <ul style="list-style-type: none"> <li>• UCAS, careers and next steps</li> <li>• Revision techniques and managing exam anxiety</li> <li>• Mental health and wellbeing</li> <li>• Medical ethics: Assisted Dying, Abortion, The future of genetics</li> <li>• Religion in contemporary Britain: core beliefs.</li> <li>• First aid</li> </ul> <p>Terms 3 &amp; 4</p> <ul style="list-style-type: none"> <li>• Revision techniques</li> <li>• Stress management: meditation and relaxation techniques</li> <li>• Finance and budgeting</li> <li>• Tolerance</li> <li>• SRE: pornography addiction; what is 'good sex'; STI's</li> </ul>
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- SRE: consent; body positivity; coercive relationships; contraception and safe sex

Terms 5 & 6

- LGBTQ+
- Celebrating diversity
- Extremism
- Forced marriage
- FGM
- Democracy
- Work experience and making choices on future destinations

Terms 4 & 5

- Life skills – preparing for life after sixth form
- Revision techniques