

PERSONAL DEVELOPMENT AND ENRICHMENT

As a student of BTC all of our Year 8 students follow a Personal Development programme that is delivered by your form teacher. During Form Period there will be a range of topics, discussion and activities that will help you to explore and build your self-confidence and self-esteem. Some of the aspects of the Personal Development Programme are:



Emotional changes and triggers

Positive influences

Changing friendships

Substance misuse

Decision making

Time management

Study Skills



Relationships

Social Media

Positive Mental Health and Wellbeing

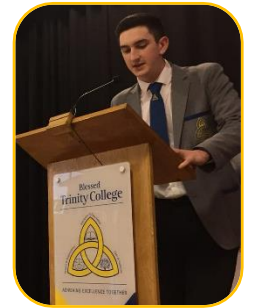
Coping with stress

Relationships in families

Becoming a teenager

Anti-bullying

Environmental issues



You will also be involved in an Enrichment Programme that is designed and developed to help you learn new skills in a fun and engaging way. You will learn about First Aid, Scientific fun facts, keeping fit and healthy, the world we live in, social media usage, dramatic performances and arts and crafts as well as lots of other areas that will help you to grow as an individual and build on your knowledge and confidence.

