



Personal Development Transition Quiz

An overview for teachers

Personal Development Quiz Overview and Questions

The Personal Development Quiz provides schools with the ability to quickly assess and gather data on their pupils' knowledge through a sequence of multiple-choice questions.

These questions will cover 12 areas of Personal Development, closely linked to PSHE and RSHE.

Below are all the questions your pupils will be presented with; we estimate it will take roughly 45 minutes to complete the quiz. The multiple-choice answers are not featured in this document, however, they will be visible to pupils.

Once a pupil completes the quiz and submits their answers, the data collected will be available in the online dashboard. You can see a brief overview of results, full detailed results, and collective data too. The data is broken down into categories to support you in recognising any areas that may benefit from greater focus to help close the gap.

Keeping/Staying Safe

- Can you identify five job roles which exist to keep our community safe?
- Can you identify three safe actions from the list below?
- Can you identify four actions that help keep us and others safe?
- Can you identify four ways we can stay safe from the sun's rays?
- Can you identify four actions which can help us keep safe near roads?
- Can you identify four examples of 'peer pressure'?
- Can you identify four items or actions which can help us to stay safe when riding a bike?
- Can you identify three actions which can help to keep us safe in a vehicle?

Keeping/Staying Healthy

- Can you identify three examples of healthy protein foods from the list?
- Can you identify three examples of carbohydrates from the list?
- Can you identify five fruits and vegetables from the list?
- Which three ingredients from the list below should we only consume in small amounts?

- Can you identify five negative effects associated with smoking or vaping?
- Can you identify three negative effects alcohol can have on the body?
- Can you identify three reasons why we should brush our teeth regularly?
- Can you identify five lifestyle choices which positively affect our mental health

Managing Relationships

- Can you identify four examples of a healthy relationship?
- Can you identify three behaviours that support a good friendship?
- Can you identify three ways to support a friend who feels uncomfortable in a relationship?
- Can you identify four examples of inappropriate touch?
- Can you identify four ways we can be kind to others?
- Which of the following actions should we report to a trusted adult?
- Which of the following best describes the difference between a secret and a surprise?
- Can you identify the four positive relationships?

Growing and Changing

- What does the brain release for puberty to begin?
- How long do periods normally last?
- Can you identify three changes that boys and girls both go through during puberty?
- Can you identify three parts of the female reproductive system from the list below?
- Can you identify three parts of the male reproductive system from the list below?
- What is the legal age of consent to have sex?
- Which of the following can help a female during their period?
- Which of the following is the correct scientific definition of female and male genitalia?

Being Responsible

- Can you identify five job roles which exist to keep our community safe?
- Can you identify three safe actions from the list below?
- Can you identify four actions that help keep us and others safe?
- Can you identify four ways we can stay safe from the sun's rays?
- Can you identify four actions which can help us keep safe near roads?
- Can you identify four examples of 'peer pressure'?
- Can you identify four items or actions which can help us to stay safe when riding a bike?
- Can you identify three actions which can help to keep us safe in a vehicle?

Feelings and Emotions

- Which of the following statements best describes the feeling of jealousy?
- Which of the following statements best describes the feeling of anger?
- Which of the following statements best describes the feeling of grief?
- Which of the following statements best describes the feeling of worry?
- Can you identify three healthy actions that can help control anger?
- Can you identify four actions we could take if we were struggling with our feelings and emotions?
- How could we support a friend who is struggling with their feelings and emotions?
- Which of the following could negatively impact our mental health?

Computer Safety

- Can you identify three positives of being online?
- Can you identify four negatives of being online?
- It is safe to share the following information online. Address, phone number, full name, date of birth or school location.
- True or False? - It is okay to share pictures of our friends online without their consent.
- Which of the following help to keep us safe online?
- True or False? - It is okay to spend a parent or carers money on an app without asking permission.
- If you wanted to meet a friend you met online, what could you do to keep safe?
- Alicia has received a nasty message online. Which of the following would help?
- If you were worried about how a friend is behaving online, what could you do?

Our World

- Which of the following grows on Earth?
- What does a baby/child need to help them grow and thrive?
- What do most families have in common?
- How can we save water?
- How can we save electricity?
- Which of the following can we do to help the environment?
- Which of the following can be recycled?
- Which of the following can negatively affect our community?

The Working World

- Identify four different chores children can do to help at home.
- Can you identify four qualities or skills that may be required for a future job role?
- Identify two reasons we need money.
- Which of the following statements best describes the term 'loan'?
- Which of the following statements best describes 'income tax'?
- Which of the following best describes the difference between a debit and a credit card?
- Which of the following best describes 'in-app purchases'?
- Which of the following best describes a 'volunteer'?

British Values

- What are the five British values?
- Which of the following is the definition of 'Democracy'?
- Which of the following is the definition of 'The Rule of Law'?
- Which of the following is the definition of 'Individual Liberty'?
- Which of the following is the definition of 'Mutual Respect'?
- Which of the following is the definition of 'Tolerance of Others'?
- Which international legal document exists to protect all children?

Fire Safety

- Which of the following are the reasons we should call 999?
- What is the definition of a hoax call?
- True or False? - If somebody made a hoax call to the fire service, they could prevent others from getting urgent help.
- What is the definition of flammable?
- Which of the following could cause a fire?
- What should you do first if your clothes catch on fire?
- How often should you check that your smoke alarm is working?
- True or False? - It is illegal to use a mobile phone whilst driving.

First Aid

- What does the word 'emergency' mean?
- Which of the following requires a call to the emergency services?
- What does 'DRSABC' stand for?
- What does 'anaphylaxis' mean?
- When treating a burn or scald, you should flood the burn with cold water for how long?
- The portable lifesaving device that can give a casualty's heart an electric shock is?
- Which of the following should you do if someone is bleeding severely?
- What is the definition of the 'recovery position'?