Personal Development Curriculum in LFL

	Year 7	Year 8	Year 9	Year 10	Year 11
HT1	Unit: Being Me in my World **KQ: How do I fit into the world I live in?** Lessons: 1.Who am I? 2.My Influences 3.Peer pressure and belonging Summary of content: Unique me, differences & conflict, my influences, peer pressure	Unit: Being Me in my World **KQ: Can I choose how I fit into the World?** Lessons: 1.Who am I? 2.My Family 3.'Family Factors' Summary of content: Self-identity, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, respect for the beliefs of others.	Unit: Being Me in my World **KQ: To what extent does the world I live in affect my identity?** Lessons: 1. Expectations and perceptions of relationships 2.Peer approval 3.'Family Factors' Summary of content: Perceptions about intimate relationships, consent, sexual exploitation, peer approval, grooming, radicalization, county lines, risky experimentation, positive and negative self-identity, abuse and coercion, coercive control	Unit: Being Me in my World **KQ: Is managing my online and offline world within my control?** Lessons: 1.Liberty and safety in my world 2.How I feel when things end 3.How social media affects me, my identity and my culture Summary of content: Human Rights, societal freedom, understanding safety in UK and beyond, ending relationships safely, stages of grief, loss and bereavement, social media and culture	Unit: Being Me in my World **KQ: Are we in the adult world at 16?** Lessons: 1.Becoming and Adult 2.Relationships and the law 3.The law and you Summary of content: Equality in relation to disability including hidden, consequences of not adhering to Equality Act, employers' responsibilities, benefits of multicultural societies,
HT2	Being Me in my World **KQ: How do I fit into the world I live in?** Lessons: 1.My online identity 2.What are the consequences of what I say and do Online?	Being Me in my World **KQ: Can I choose how I fit into the World?** **Lessons:** 1.The power of first impressions 2.Faith and Beliefs 3.Assessment	Being Me in my World **KQ: Can I choose how I fit into the World?** Lessons: 1.Being me in a group 2.Consent 3.Assessment	Being Me in my World **KQ: Can I choose how I fit into the World?** Lessons: 1.Rated 2.Risk 3.Assessment	Being Me in my World **KQ: Can I choose how I fit into the World?** Lessons: 1.Me, the internet and the law 2.Emergency situation

	3.Assessment Summary of content: Online safety, sexting, consequences, online legislation	Summary of content: First impressions, respect for the beliefs of others.	Summary of content: risky experimentation, positive and negative self-identity, abuse and coercion, coercive control	Summary of content: use of online data, threats to online safety, online identity, assessing and managing risk	3.Assessment Summary of content: impact of unfair treatment on mental health, misuse of power, campaigning for equality, emergency situation including assessment of the situation, making the area safe, giving emergency aid, accessing help
HT3	Unit: Healthy Me **KQ: To what extent am I responsible for my mental health and physical health?** Lessons: 1.How to recognise and deal with anxiety and stress 2.Helathy choices on managing stress 3.Healthy Choices on substances Summary of content: Stress and anxiety, managing mental health, physical activity and mental health, effects of substances	Unit: Healthy Me **KQ: Can I become more responsible for my health and happiness?** Lessons: 1.Me and my health 2.Managing Stress 3.Substances Summary of content: Long-term physical health, responsibility for own health, dental health, stress triggers, substances and mood,	Unit: Healthy Me **KQ: How can substances impact on wellbeing?** Lessons: 1.Making Healthier choices 2.Alcohol 3.Using substances Summary of content: Misperceptions about young peoples' health choices, physical and psychological effects of alcohol, alcohol and the law, alcohol dependency, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and safety, sources of advice and support	Unit: Healthy Me **KQ: When it comes to health what extent am I in control?** Lessons: 1.My health MOT 2.What protects my health? 3.Extraordinary bodies Summary of content: Improving health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs	Unit: Healthy Me **KQ: Should relationships, sex and sexual health be discussed more openly?** Lessons: 1.Relaxation and managing stress 2.Hygiene and Health 3.Under Pressure Summary of content: Managing anxiety and stress, exam pressure, concentration strategies, work- life balance, sexual health, hygiene, self-examination, STIs, sexual pressure,

HT4	Unit: Healthy Me	Unit: Healthy Me	Unit: Healthy Me	Unit: Healthy Me	Unit: Healthy Me
	Lessons: 1. Healthy Choices on Diet 2.Healthy choices on medicines and immunisation Summary of content: Nutrition, sleep, vaccination and immunisation, importance of information on making health choices Unit: Relationships **KQ: What can make a relationship healthy or unhealthy?** 1.Positive qualities of healthy relationships Summary of content: Characteristics of healthy relationships, healthy romantic relationships	Lessons: 1.Substance misuse and exploitation 2.Medicines and immunisation Summary of content: legislation associated with substances, exploitation and substances, medicine, vaccinations, immunisation Unit: Relationships **KQ: Am I worth it?** 1.Being in control of myself Summary of content: Positive relationship with self, social media and relationship with self, negative self-talk,	Lessons: 1.Life saving skills 2.Effects of substances Summary of content: Emergency situations, first aid, CPR, substances and safety, sources of advice and support Unit: Relationships **KQ: Can relationships ever be equal?** 1.Power in relationships Summary of content: Power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills	Lessons: 1.Extraordinary minds 2.Diseases, treatments and lifestyle choices Summary of content: common mental health disorders, positive impact of volunteering, common threats to health including chronic disease, epidemics, misuse of antibiotics, Organ donation, Stem cells Unit: Relationships **KQ: Is love all you need?** 1.Healthy, long-term relationships Summary of content: Sustaining long-term relationships, relationship choices,	Lessons: 1.Pregnancy and choice 2.Staying safe in sexual relationships Summary of content: Fertility, contraception, pregnancy facts and myths, identifying a range of health risks and strategies for staying safe Unit: Relationships **KQ: Is it possible to stay true to yourself and be in a healthy relationship?** 1.Intimate romantic relationships Summary of content: Stages of intimate relationships, positive and negative connotations of sex, protecting sexual and reproductive health, safely ending relationships,
HT5	Unit: Relationships	Unit: Relationships	Unit: Relationships	Unit: Relationships	Unit: Relationships

	Lessons: 1.My changing supportive relationships 2.Getting on and falling out 3.Assertiveness in relationships Summary of content: Consent, relationships and change, emotions within friendships, being discerning, assertiveness, sexting	Lessons: 1.Being in control of my relationships 2.Being in control of my personal space 3.Managing Coercion in relationships Summary of content: Managing a range of relationships, personal space, online etiquette, online privacy and personal safety, coercion, unhealthy balance of power in relationships, sources of support	Lessons: 1.Porn – Is it real? 2.Contraception 3.Consequences of unprotected sex Summary of content: Sex and the law, pornography and stereotypes, contraception choices, family planning, STIs, support and advice services	Lessons: 1.Love and loss 2.Relationships- don't believe what you see 3.Better together? Summary of content: ending relationships safely, consequences of relationships ending e.g. bullying, revenge porn, grief-cycle. Divorce and separation, impact of family breakup on children, understanding love, fake news and rumour- mongering, abuse in teenage relationships. Legislation, support and advice	Lessons: 1.Gender diversity and sexuality 2.Who holds all the cards? 3.The last taboos Summary of content: Spectrum of gender and sexuality, LGBT+ rights and protection under the Equality Act, "coming out" challenges, LGBT+ media stereotypes, power, control and sexual experimentation, forced marriage, honour-based violence, FGM and other abuses, hate crime, sources of support
HT6	**Unit: Changing Me** **KQ: How do I feel about becoming an adult?** Lessons: 1.My changing body 2.Having a baby 3.Types of relationship and their impact Summary of content: Puberty changes, responsibilities of parenthood, types of	**Unit: Changing Me** **KQ: What factors can make an intimate relationship healthy and happy?** Lessons: 1.Different types of relationships 2.Looks and smiles 3.Alcohol and risk Summary of content:	**Unit: Changing Me** **KQ: How can change affect mental health?** Lessons: 1.Mental Health 2.Better Sleep 3.Resilience Summary of content: Mental health stigma, triggers, support strategies, managing emotional	**Unit: Changing Me** **KQ: Can all change be positive in some way?** Lessons: 1.Changing society and me 2.Gender and sexual identity 3.Gender Stereotypes and sexual identity Summary of content:	

committed relationships, happiness and intimate relationships, media and self-esteem, self-image, brain changes in puberty, sources of help and support	Types of close intimate relationships, physical attraction, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, sexuality, alcohol and risky behaviour	changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on body and brain changes, stereotypes	Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully, decision making, sexual identity gender, spectrum of sexuality, stereotypes in romantic relationships, sexual identity and risk, family change, sources of support.	