

Personal Development (Curriculum) – 2023/24

1 Session per fortnight with Subject Specialists

	Year 7	Year 8	Year 9	Year 10	Year 11
Half term 1 <i>7 Weeks</i> <i>3/4 sessions</i>	Unit: Being Me in My World How do I fit into the world I live in? Summary of content: Unique me, differences & conflict, my influences, peer pressure, online safety, sexting, consequences, online legislation	Unit: Being Me in My World Can I choose how I fit into the world? Summary of content: Self-identity, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, respect for the beliefs of others. Active listening	Unit: Being Me in My World To what extent does the world I live in affect my identity? 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 Is managing my online and offline world within my control? Summary of content: Human Rights, societal freedom, understanding safety in UK and beyond, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risk	Unit: Being Me in My World & Relationships Are we in the adult world at 16? Summary of content: Equality in relation to disability including hidden, consequences of not adhering to Equality Act, employers' responsibilities, benefits of multicultural societies, impact of unfair treatment on mental health, misuse of power, campaigning for equality
Half term 2 <i>6.5 Weeks</i> <i>3/4 sessions</i> Half term 3 <i>5.5 Weeks</i> <i>3 sessions</i>	Unit: Relationships What can make a relationship healthy or unhealthy? Summary of content: Characteristics of healthy relationships, healthy romantic relationships, consent, relationships and change, emotions within friendships, being discerning, assertiveness,	Unit: Relationships Because I'm worth it... or am I? Summary of content: Characteristics of healthy relationships, healthy romantic relationships, the importance of consent, avoiding assumptions, freedom and capacity to consent, withdrawal of consent	Unit: Relationships Can relationships ever be equal? Summary of content: Power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, family planning,	Unit: Relationships Is love all you need? Summary of content: Sustaining long-term relationships, relationship choices, ending relationships safely, consequences of relationships ending e.g. bullying, revenge porn, grief-cycle. Divorce and separation, impact of family breakup on children,	Unit: Relationships Is it possible to stay true to yourself and be in healthy relationships? Summary of content: Stages of intimate relationships, positive and negative connotations of sex, protecting sexual and reproductive health, safely ending relationships, spectrum of gender and sexuality, LGBT+ rights and

	sexting, FGM, breast flattening/ironing		STIs, support and advice services	understanding love, fake news and rumour-mongering, abuse in teenage relationships. Legislation, support and advice	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
Half term 4 <i>6 Weeks</i> <i>3 sessions</i> Half term 5 <i>6 Weeks</i> <i>3 sessions</i>	Unit: Healthy Me (Drugs & Alcohol) To what extent am I responsible for my mental and physical health? Summary of content: Stress and anxiety, managing mental health, physical activity and mental health, effects of substances, nutrition, sleep, vaccination and immunisation, importance of information on making health choices	Unit: Healthy Me (Drugs & Alcohol) Can I become more responsible for my health and happiness? Summary of content: Long-term physical health, responsibility for own health, dental health, stress triggers, substances and mood, legislation associated with substances, exploitation and substances, medicine, vaccinations, immunisation, Blood donation	Unit: Healthy Me (Drugs & Alcohol) How can substances impact on wellbeing? 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 (Drugs & Alcohol) When it comes to health, to what extent am I in control? Summary of content: Improving health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs, common mental health disorders, positive impact of volunteering, common threats to health including chronic disease, epidemics, misuse of antibiotics Organ donation Stem cells	Unit: Healthy Me (Drugs & Alcohol) Should relationships, sex and sexual health be discussed more openly? Summary of content: Managing anxiety and stress, exam pressure, concentration strategies, work-life balance, sexual health, hygiene, self-examination, STIs, sexual pressure, fertility, contraception, pregnancy facts and myths, identify a range of health risks and strategies for staying safe <hr/> Unit: Keeping healthy during exam season How can I best support my mental and physical health during exam season?

					Summary of content: Importance of positive mental health, impact of healthy eating and sleep in relation to mental health, work-life balance.
Half term 6 7 Weeks 3/4 sessions	Unit: Changing Me How do I feel about becoming an adult? Summary of content: Puberty changes, responsibilities, types of committed relationships, parenthood, media and self-esteem, self-image, brain changes in puberty, sources of help and support	Unit: Changing Me What factors can make an intimate relationship happy and healthy? Summary of content: Types of close intimate relationships, physical attraction, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour	Unit: Changing Me How can change affect my mental health? Summary of content: Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection and importance of sleep in relation to mental health	Unit: Changing Me Can all change be positive in some way? Summary of content: 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	N/A

Personal Development (Form) – 2023/24

1 Session per week with Form Tutors

	Year 7	Year 8	Year 9	Year 10
Half term 1 <i>7 Weeks</i>	Unit: Politics & British Values What is the current political situation in the UK? Summary of content: Current Political update, including: general elections, political parties, Prime Minister, Members of Parliament, Parliament, constituencies, House of Commons, House of Lords, bills and laws, Monarchy, fundamental British values	Unit: Politics & British Values What is the current political situation in the UK? Summary of content: Current Political update, including: general elections, political parties, Prime Minister, Members of Parliament, Parliament, constituencies, House of Commons, House of Lords, bills and laws, Monarchy, fundamental British values	Unit: Politics & British Values What is the current political situation in the UK? Summary of content: Current Political update, including: general elections, political parties, Prime Minister, Members of Parliament, Parliament, constituencies, House of Commons, House of Lords, bills and laws, Monarchy, fundamental British values	Unit: Politics & British Values What is the current political situation in the UK? Summary of content: Current Political update, including: general elections, political parties, Prime Minister, Members of Parliament, Parliament, constituencies, House of Commons, House of Lords, bills and laws, Monarchy, fundamental British values
Half term 2 <i>6.5 Weeks</i>	Unit: Finance How do I manage money? Summary of content: Financial information, paperwork, bank accounts, bank statements, pay slips, utility bills, forward planning, setting personal budgets, track spending, economy, interest rates, saving, borrowing, credit, debt, contracts	Unit: Finance How do I manage being a Critical Consumer? Summary of content: Advertising, peer and media pressure, responsible saving and spending choices, effect of financial situation on those around you, making financial decisions, calculating money, shopping around, comparisons, value for money, buying local,	Unit: Finance How do I manage risks and emotions associated with money? Summary of content: Fraud, identity theft, protecting PINs/passwords, online identity, safe and unsafe financial transactions. Risk & reward: saving, investing money, value, borrowing, gambling, money worries and impact on health,	Unit: Finance What role does money play in our lives? Summary of content: World of work: future economic wellbeing, link between qualifications and earnings, pay rates in different jobs/careers, becoming financial independent, personal priorities, being employed and self-employed. Personal finance & public

		<p>fair trade, ethical trading, financial products: insurance, warranties, bank accounts, small print, interest rates, seeking advice</p>	<p>wellbeing and relationships. Different types of insurance: financial protection, risk, consequences</p>	<p>spending: taxation, charity donations, responsibility, financial contributions to society. Investing in the future: short-term investment into long-term needs and wants, regular saving, reasons to save, financial security, choices</p>
<p>Half term 3 5.5 Weeks</p>	<p>RE unit from CEC – Faith & You - Hinduism</p>	<p>Unit: Celebrating Difference</p> <p>How different are we really?</p> <p>Summary of content: Positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multi-culturalism, race and religion, prejudice, LGBT+ bullying</p>	<p>RE unit from CEC – Lest We Forget - Judaism</p>	<p>Unit: Celebrating Difference</p> <p>Does difference result in inequality?</p> <p>Summary of content: Equality including in the workplace, in society, in relationships. Equality and vulnerable groups. Power and control</p>
<p>Half term 4 6 Weeks</p>	<p>Unit: Celebrating Difference</p> <p>Do we need to feel ‘the same’ to belong?</p> <p>Summary of content: Bullying, prejudice & discrimination, Equality Act, bystanders, stereotyping, challenging negative behaviour and attitudes</p>	<p>RE unit from CEC – Shared Experiences - Christianity</p>	<p>Unit: Celebrating Difference</p> <p>Is being different a good thing?</p> <p>Summary of content: Protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, bullying in the workplace, direct and indirect discrimination, harassment, victimisation. Prejudice,</p>	<p>Unit: Dreams & Goals</p> <p>Is success only possible when physical and emotional needs are in balance?</p> <p>Summary of content: Impact of physical health in reaching goals, relationships and reaching goals, work/life balance, connections and impact on mental health, benefits of helping others, online profile and impact on future goals</p>

			discrimination and stereotyping	
Half term 5 <i>6 Weeks</i>	RE unit from CEC – Identity & Diversity – Diverse Shorts	Unit: Dreams & Goals Can the choices I make now influence my future? Summary of content: Long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online legal responsibilities, gambling issues	Unit: Dreams & Goals Who do I dream of becoming? Summary of content: Personal strengths, health goals, SMART planning, links between body image and mental health, non- financial dreams and goals, mental health and ill health, media manipulation, self-harm, anxiety disorders, eating disorders, depression.	Unit: Coping with Exam Stress How can I best support my mental and physical health during exam season? Summary of content: Importance of positive mental health, impact of healthy eating and sleep in relation to mental health, work-life balance.
Half term 6 <i>7 Weeks</i>	Unit: Dreams & Goals Can my choices affect my dreams and goals? Summary of content: Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, exploitation, emergency first aid	RE unit from CEC – Being Human - Humanism	RE unit from CEC – What is the Truth - Philosophy	Unit: Keeping Myself Safe How do I keep myself safe moving into young adulthood? Summary of content: Online safety, looking after your body, important of exercise, cosmetic alterations, assertiveness, recognising influence of friends, critically thinking, decision making, managing risks safely, CEOP, seeking advice and help