

Personal Development – Curriculum on a Page 2026-27

Curriculum PD X1 per fortnight (approx. 19 lessons)	Year 7	Year 8	Year 9	Year 10	Year 11
Half-term 1 & 2	RSE unit: Families and changing relationships <u>Theme:</u> the role of the family, caring for each other in changing circumstances, divorce and separation. - Understanding changing relationships - Roles in the family - Managing change, loss and grief - Family courts	RSE unit: Health and wellbeing <u>Theme:</u> decision-making skills, healthy lifestyle, wellbeing, food, exercise, sleep, impact of climate change on young people. - Making healthier choices (food for thought) - Maintaining dental health - Being active! - Healthier sleep habits - Climate change and wellbeing - Navigating different views (Climate change)	RSE unit: Drug education <u>Theme:</u> managing situations involving alcohol, vapes and other substances. - Vaping - What's the problem with vaping (LifeLab) - Exploring attitudes - The law and managing risk - Alcohol and cannabis - Managing influence	RSE unit: Independence, health choices & wellbeing <u>Theme:</u> informed, healthy, and responsible health choices. - Study skills - Making informed choices (food for thought) - Making decisions about being active - Menstruation matters - Exploring donation (blood, organs & stem cells) - What is testicular cancer? - Breast awareness - Signs, symptoms and self-examination	RSE unit: Safe relationships and sexual health <u>Theme:</u> healthy & unhealthy relationship behaviours, power & control, setting boundaries, managing conflict & breakups, making informed decisions about sexual health. - Healthy & unhealthy relationships - Power & control - Setting boundaries and getting help - Relationship behaviours - Choices related to sex and contraception - Sexual health
Half-term 3 & 4	RSE unit: Puberty and keeping safe <u>Theme:</u> Puberty, testicular and vulval health, identifying and reporting abuse. - Puberty and emotional changes - Menstrual wellbeing - Testicular health	RSE unit: Personal safety and managing risk <u>Theme:</u> assessing risk, support for personal safety (range of contexts, incl. On the road, around water, alcohol and drug use). - Firework safety - Staying safe on the roads	RSE unit: Navigating online harms <u>Theme:</u> online harms, how to respond to deepfake AI images, misogynistic narratives. - Feelings about sharing nudes - Deepfakes: Motivations and consequences	RSE Unit: Managing influence <u>Theme:</u> online content, harmful attitudes, misogyny, impact of content on wellbeing, attitudes and behaviour. - All about the money? - Can it be trusted?	RSE unit: Families, fertility, and pregnancy <u>Theme:</u> family life, committed relationships, parenting responsibilities, fertility, routes to parenthood, unplanned pregnancy and options. Long-term commitments

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	• Taking care of the vulva • Making disclosures (abuse) • Keeping safe (FGM)	• Water safety: Have you got their back? • Classroom RevivR (BHF) • Understanding drugs • Tobacco and nicotine • Alcohol and risk • What's the problem with vaping?	• Tackling deepfakes • Exploring harms and misconceptions • Responding to misogyny	• The impact and spread of misogynistic narratives • Safely challenging misogynistic narratives • Safely challenging misogynistic beliefs and attitudes • Gambling • BBFC Emotional Wellbeing	• The legal status of marriage • Parenting • Fertility and routes to parenthood • Pregnancy outcomes • Pregnancy choices • Communication matters • Modern families
Half-term 5 & 6	RSE unit: Influences on relationships <u>Theme:</u> influences/expectations of – and attitudes towards – relationships, online and media influences. • Healthy and unhealthy relationships • Managing conflict • Introduction to consent • Deciding what to watch • Relationships on-screen • Managing challenging content	RSE unit: Healthy and unhealthy relationships <u>Theme:</u> range of relationship issues facing young people, harassment, image-sharing, gendered violence, how to get support. • Healthy relationships • Sexualised media • Safer online relationships • Sexual harassment and harmful sexual behaviour • Sharing of nudes • Consent • Preventing gender-based violence • Send me a pic (CEOP)	RSE unit: Intimate sexual relationships <u>Theme:</u> consent, health & safe sexual relationships, contraception. • Avoiding assumptions • Freedom and capacity to consent • Relationship values • Contraception • Sexual health • Managing the ending of relationships • Fertility • Respecting me, you, us (CEOP)	RSE unit: Exploring consent and recognising abuse <u>Theme:</u> consent, recognising, challenging and seeing support for harmful behaviours or abuse. • The role of intimacy and pleasure • The impact of pornography • Pornography and regulation • Pressure, persuasion and coercion • FGM • Forced marriage • Relationship rights and reporting abuse • The rights idea (UofE)	RSE unit: Drugs and personal safety <u>Theme:</u> risks linked to substance use & gang involvement, managing external influences, strategies to stay safe and seek support. • Assessing risk • Managing influence • Help seeking • How it might start • Risks and consequences • Getting out • Looking out for each other

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Form PD X1 per week	Year 7	Year 8	Year 9	Year 10
Half-term 1	Citizenship unit: Foundations of Citizenship <u>Theme:</u> Democracy, Rights and Community L1: What does it mean to be a Citizen in the UK? L2: What is Democracy and why is it important in the UK? L3: What is the difference between Rules and Laws, and why do we need them? L4: What Rights and Freedoms do we have in the UK, and why do we need them? L5: What makes a community and how can we contribute through volunteering? L6: How can we make a positive change in our community?	Citizenship unit: Law, Justice, and Identity <u>Theme:</u> Legal Systems, Rights, Diversity L1: How are laws created in the UK and what role do MPs play? L2: How does the UK justice system work? L3: What are your legal rights and responsibilities as a young person in the UK? L4: How do our identities shape who we are and why is diversity important in society? L5: What are human rights and why do they matter around the world? L6: How can we use debate to explore and defend human rights?	Citizenship unit: Power, Politics and Participation <u>Theme:</u> Democracy, Parliament, Media, Participation L1: What is the difference between Parliament and Government, and who holds the power in the UK? L2: What do UK political parties stand for and how do elections shape our government? L3: How do the media and the public keep those in power accountable? L4: How can individuals take action and influence change in a democracy? L5: How do different voting systems affect representation and fairness in elections? L6: How can we create a political campaign that communicates our values and ideas?	Citizenship unit: The UK and the Wider World <u>Theme:</u> Global Citizenship, Economy, Governance L1: How does the UK work with global organisations like the UN, EU, and Commonwealth? L2: What global issues affect us today and how can governments and individuals respond? L3: How does the UK government raise and spend money to support public services? L4: How can we manage public money responsibility and make informed choices as citizens? L5: What are the UN Sustainable Development Goals and how can we support them? L6: How can we design a campaign to raise awareness of and act on a global issue?
Half-term 2	RE unit (CEC) - Judaism	RSE unit: Belonging and community <u>Themes:</u> respect, cohesion, communities, bias, stereotypes, discrimination, inclusion L1: Identity and community L2: Bias and stereotypes L3: Discrimination and the protected characteristics	RSE unit: Mental Health and wellbeing <u>Themes:</u> self-regulation, strategies L1: Managing strong emotions L2: Managing distractions L3: Managing disappointments and setbacks L4: Unhealthy coping strategies L5: Healthy coping strategies	RSE unit: Navigating the online world <u>Themes:</u> impact and risks of AI, digital technologies, misinformation, deepfakes, sharing images. L1: How does AI affect our daily lives? L2: What are the limitations of generative AI?

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		L4: Values and constructive disagreement L5: Diverse and supportive communities L6: British Values	L6: Influences and self-expression	L3: How does generative AI affect our understanding of the world? L4: How do chatbots affect relationships? L5: Digital deception: deepfakes – what is the harm? L6: Digital deception: deepfakes – what can be done?
Half-term 3	RSE unit: Emotional Wellbeing: managing change and transition <u>Themes:</u> transition, setting learning goals, developing social & emotional skills L1: Thriving in secondary school L2: Goal setting L3: Managing emotions L4: Managing reactions L5: Developing positive thinking habits L6: Managing rumination and worry L7: Managing tension and stress	RSE unit: The Online world <u>Themes:</u> online behaviour, manipulation, algorithms, income L1: Click and pay: phones and financial risk L2: Gaming, social media and algorithms: the pressure to spend online L3: Money matters: seeking help and support L4: The business of influence L5: Feeding the algorithm L6: Anti-fraud education	RE unit (CEC) - Holocaust	RSE unit: Friendships, diversity and challenging extremism <u>Themes:</u> bullying, harmful attitudes, inclusion, extremism L1: Recognising and challenging bullying behaviour L2: Recognising and challenging unhealthy attitudes to bullying L3: Valuing diversity L4: Understanding and preventing extremism L5: How are people drawn into extremist groups? L6:
Half-term 4	RSE unit: Friendship and Bullying <u>Themes:</u> (un)healthy friendships, bullying L1: Friendship and empathy L2: Bullying and bystanders L3: Friendship challenges L4: Similarities, differences and peer influences L5: Coercive friendships L6: Building stress resilience in adolescence	RE unit (CEC) - Similarities & Differences	RSE unit: Managing risk in relation to the law <u>Themes:</u> criminal behaviour, gangs, cybercrime L1: Serious and organised crime L2: Gangs – managing risks and staying safe L3: Causes of cybercrime L4: Effects of cybercrime L5: Cyber first navigators L6: Run, Hide, Tell	Economic Wellbeing & Careers unit: Study, work and careers <u>Themes:</u> career choices and pathways, work experience, applications for study or work L1: Identifying career preferences L2: Navigating the careers landscape L3: Mapping a career path L4: Making a good impression L5: Preparing for work experience L6: Reflecting on work experience

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Half-term 5	RE unit (CEC) - Hinduism Themes: financial decision making, economic wellbeing, bank accounts, saving, borrowing L1: How to open a bank account L2: Reading a bank statement L3: How to save money L4: How to use a bank card L5: How to manage debt L6: Decision making – a guide to banking	Economic Wellbeing & Careers unit: Managing Money Themes: financial decision making, economic wellbeing, bank accounts, saving, borrowing L1: How to open a bank account L2: Reading a bank statement L3: How to save money L4: How to use a bank card L5: How to manage debt L6: Decision making – a guide to banking	Economic Wellbeing & Careers unit: Careers and future choices Themes: GCSE option choices, career goals, future L1: Exploring career interests L2: Work patterns and workplaces L3: Managing pressure and seeking support L4: Preparing for KS4 options L5: Showcasing personal strengths L6: Managing online reputation	RSE Unit: Online financial harms Theme: Online financial risks, spending safely, financial exploitation. L1: Making money online: rights, risks and cryptocurrencies L2: Wana bet? Controlled and uncontrolled online spending L3: Financial exploitation online: factors, strategies and support L4: Anti-fraud: money laundering L5: Anti-fraud: social engineering
Half-term 6	Economic Wellbeing & Careers unit: Financial Decisions Themes: financial literacy, decision making, risk assessment, spending L1: Making spending decisions L2: Budgeting L3: Getting a job L4: The impact of inflation L5: The critical consumer L6: Decision making: budgeting for a summer holiday	RE unit (CEC) - Humanism	RE unit (CEC) - Philosophy	RSE unit: Life-long wellbeing Theme: mental health, strategies to support wellbeing, managing workload, preparing for exams. L1: Mental health and wellbeing throughout life L2: Managing distractions L3: Changing thinking habits L4: Seeking help and support L5: Managing stress and tension L6: Managing change, loss and grief L7: The importance of sleep