

Personal Development Curriculum

HEALTH & WELLBEING

- Drugs, Drinking, Festivals, Clubbing & Parties
- Emotional Wellbeing Throughout Life
- STIs, Clinics, Advice & Sexual Health
- Healthy Eating, Exercise & Obesity
- Being a Good Man: *Positive & Toxic Masculinity*

RELATIONSHIPS & SEX

- Readiness for Sex, Sexual Encounters & Emotions
- Controlling & Coercive Relationships
- Sex in the Media & Body Image
- Sex, Relationships & Society (inc. *Social Media Issues, Call-Out Culture, Online Sub-Cultures*)

CITIZENSHIP & BRITISH VALUES

- Prejudice, Ageism, Cultural Appropriation
- Living with Climate Change

FINANCIAL EDUCATION

- Personal Finance: *Pay-day Loans & Financial Risk*
- Renting & Buying: *Cars & Homes*
- Pensions & Retirement Plans

LIVING IN THE WIDER WORLD

- Leadership Skills
- Personal Branding
- Problem Solving
- Work Ethic, Motivation
- Communication

CAREERS

- Careers: *Personal Skills & Qualities*

Yr13

Cosmetic, Plastic Surgery & Aesthetic Procedures

Addiction & Substance Misuse (all classes of drugs inc. *prescription*)

Importance of Relaxation

Sex, Gender & Identity

Miscarriage, Unplanned Pregnancy & Adoption

Sex, Relationships & Society (inc. *Critical Thinking, Social Justice Issues, Free & Hate Speech*)

Date Rape & Sexual Assault, Honour-based Violence

Feminism & Gender-based attitudes

Revision techniques

Service (in *JP Award*)

Reading for a purpose/Effective note taking

Meta cognition

Essay Writing

Time Management

Making a success of Y12 (incl. *UCAS Headlines*)

Yr11

CAREERS

- Work Experience Preparation
- Unifrog
- Finding Work Experience
- Revision Techniques
- Risks of Gambling
- Opening a Bank Account

LIVING IN THE WIDER WORLD

RELATIONSHIPS

Consent (SS)

HEALTH

Vaping/Smoking (SS)

Drugs

First Aid: *CPR Recovery Position*

WELLBEING

Managing Stress

Mental Health - *Disorders*

Mental Health - *Positive Behaviours*

LIVING IN THE WIDER WORLD

Fighting & Violent Behaviour

Money & Risk

Tax

CAREERS

Careers - College Applications

Job Applications

Teen Employment

Yr12

KS5

Yr10

WELLBEING

Self Harm

Anxiety

HEALTH

Cannabis & Nitrous Oxide

Eating Disorders & Body Dysmorphia

Sleep

Cults

First Aid: *Intro CPR Defibrillator*

RELATIONSHIPS

Consent (SS)

Sexual Harassment (SS)

CAREERS

What makes a Good Employee

Using AI

Unifrog

CITIZENSHIP

Homelessness

Monarchy & Govt

Impacts of Brexit

Public Sector & Economy

Refugees, Immigrations & Asylum Seekers

Striking & Trade Unions

LIVING IN THE WIDER WORLD

Knife Crime (SS)

Homophobic Bullying (SS)

Incels (SS)

Hate Crimes (SS)

Age Restrictions

Rent & Mortgages

Gangs & County Lines

Criminal Justice System

Earning Money & Economy

Self Harm & Social Media

Reframing Negative Thoughts

Healthy Coping Strategies

Managing Stress

Impact of Social Media

Strategies for Positive Mental Health

Eating Disorders

KS4

Yr9

HEALTH

Drugs

Smoking

Alcohol

Goal Setting

Body Image & Self Confidence

Differences of Opinion

RELATIONSHIPS

First Aid: *Water Safety Bleeding Choking*

Screening

Vaccinations

Blood Donation

WELLBEING

Self Esteem & Anxiety

Self Harm

Managing Screen Time

LIVING IN THE WIDER WORLD

Online Misogyny (SS)

Toxic Masculinity (SS)

Extremism, Radicalisation & Grooming (SS)

Gender Pay Gap

Employment Law

Disability Discrimination

Protected Characteristics

Staying safe online

Budgeting

Consumer Rights

Digital Footprint

CITIZENSHIP

Suffragettes

Electoral System

British System of Govt

Being a good citizen

Extremism & Prevent Strategy

CAREERS

Unifrog

RELATIONSHIPS

Romantic Relationships (SS)

Healthy Relationships (SS)

HEALTH

Vaping (SS)

Alcohol

First Aid: *Intro CPR Defibrillator*

Eating Disorders

WELLBEING

Managing Stress

Impact of Social Media

Strategies for Positive Mental Health

KS3

Yr8

CAREERS

Skills Analysis

Importance of Work

CITIZENSHIP

Democracy & Counting Courts

Freedom of Speech

Political Parties

Govt & Parliament

Civil & Criminal Law

LIVING IN THE WIDER WORLD

British Values

Children's Rights

Extremism, Radicalisation & Law

Anti-Racism (SS)

Traditional vs Modern Masculinity (SS)

WELLBEING

Mental Health Intro

Relaxation

Growth Mindset

Loneliness

HEALTH

Transition to Secondary School

Staying Safe (SS)

Bystander

First Aid: *Intro Helping in an Emergency Bone, Muscle & Joint injuries*

FGM

Personal Hygiene

Dental Health

Manging Risk

Healthy Eating

Bereavement

Intro to Drugs

RELATIONSHIPS

Family

Respectful Relationships (SS)

Offensive Behaviour/Bullying (SS)

Relationship Breakdown (SS)

Friendships & Gangs (SS)

Yr7

RELATIONSHIPS

Family

Respectful Relationships (SS)

Offensive Behaviour/Bullying (SS)

Relationship Breakdown (SS)

Friendships & Gangs (SS)

WELLBEING

Managing Stress

Impact of Social Media

Strategies for Positive Mental Health

KEY: (SS) = SAFE SPACES

Yr5

RELATIONSHIPS

Safety & the Changing Body

Citizenship

WELLBEING

Economic Wellbeing

Transition

Yr6

RELATIONSHIPS

Family & Relationships

Health & Wellbeing

WELLBEING

Safety & the Changing Body

Citizenship

HEALTH

Citizenship

Economic Wellbeing

RELATIONSHIPS

Family & Relationships

Health & Wellbeing

WELLBEING

Safety & the Changing Body

Citizenship

HEALTH

Economic Wellbeing

Transition

Yr4

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