

Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	<p>Introduction to Personal development</p>	<p>Health and wellbeing – Goals, behaviours and emotions</p> <ul style="list-style-type: none"> Self-confidence Personal development and target setting Adopting the right behaviours to achieve Self-awareness and sensitivity Mindfulness 	<p>Health and wellbeing – Achieving with good health</p> <ul style="list-style-type: none"> Using rules to shape desirable behaviours (British Values) Importance of education Developing interpersonal skills Discrimination and Equality Growth mindset Coping with stress Managing anxiety Awareness of sharing selfies 	<p>Health and wellbeing – Living responsibly</p> <ul style="list-style-type: none"> Time management Living sustainably Homelessness Hate crime Tattoos and piercings Binge drinking Study skills 	<p>Health and wellbeing – Making beneficial choices</p> <ul style="list-style-type: none"> The importance of personal development Perseverance and procrastination The importance of sleep Taking risks – what to consider Gambling and online gaming Digital footprints Personal safety in the wider world
	<p>Living in the wider world – New beginning</p> <ul style="list-style-type: none"> Transition to secondary education 				
Autumn 2	<p>Relationships – Positive relationships</p> <ul style="list-style-type: none"> Keeping safe and positive relationships Family relationships Falling in love Banter or bullying? Cyberbullying Keeping good friendships 	<p>Health and wellbeing - Health</p> <ul style="list-style-type: none"> Vaping, nicotine and addiction Cancer awareness Personal safety and first aid Teen pregnancy and parenting Body image – male focus 	<p>Living in the wider world – Careers and enterprise</p> <ul style="list-style-type: none"> Self-discipline to achieve Workplace skills Enterprising personality and qualities What we can learn from entrepreneurs 	<p>Health and wellbeing – Mental health and wellbeing</p> <ul style="list-style-type: none"> Managing grief and bereavement Suicide awareness Managing social anxiety Social media and self esteem Screen time 	<p>Living in the wider world – Transitioning from secondary education</p> <ul style="list-style-type: none"> GCSE revision and study skills Applying to college and university Independent living Preparing for job interviews Health and safety at work Trade unions and protection at work
	<p>Relationships – Identity and safety</p> <ul style="list-style-type: none"> Personal identity (British Values) Safety and privacy on social media 				
	<p>Living in the Wider World – Identity and safety</p> <ul style="list-style-type: none"> Prejudice and discriminations – focus on racism What are radicalisation and extremism? 				

Spring 1	<p>Living in the wider world – Personal skills</p> <ul style="list-style-type: none"> • Aspiration – aiming high • Self-esteem to achieve • Wants and needs • Being a resilient student 	<p>Relationships – Sex, relationships, and conflict</p> <ul style="list-style-type: none"> • Consent • Contraception • Realistic sexual expectations and the dangers of pornography • STIs • Dangers of sharing sexual images • Domestic conflict 	<p>Health and wellbeing – Health and personal safety</p> <ul style="list-style-type: none"> • Alcohol awareness • Drugs and the law • Vaccinations, organ and blood donation and stem cells • Acid attacks • Self-harm 	<p>Living in the wider world – The world of work</p> <ul style="list-style-type: none"> • Choosing the right career • Employers and CVs • STEM careers • Preparing for work experience • Rights and responsibilities in the workplace • Gender prejudice 	<p>Relationships – Sexual safety and managing emotions</p> <ul style="list-style-type: none"> • Bullying – body shaming • Types of relationships • Consent, rape, and sexual abuse • What is good sex? • Safe sex and chem sex • Relationship break-ups • Happiness and positivity
Spring 2	<p>Health and wellbeing – Mental health and sexual health</p> <ul style="list-style-type: none"> • Mental health – an introduction to depression • Managing our anger • Puberty – what happens, when and why • Periods – what happens, when and why • FGM 	<p>Relationships – Prejudice, values, extremism, and cults</p> <ul style="list-style-type: none"> • Tolerance and anti-racism (British Values) • Extremism • Radicalisation • Prejudice and discrimination – focus on religion 	<p>Relationships – Healthy relationships with others and ourselves</p> <ul style="list-style-type: none"> • Body image, media and eating disorders • Body image – female focus • Child sexual exploitation • Domestic violence and abusive relationships • Dealing with peer pressure 	<p>Living in the wider world – Crime and the challenges</p> <ul style="list-style-type: none"> • The criminal justice system • Anti-social behaviour • Crimes, gangs and county lines • Money laundering • Radicalisation and extremists • Overt and covert racism • Fake news and critical thinking 	<p>Health and wellbeing – Individual differences and their impact</p> <ul style="list-style-type: none"> • Identity and diversity • Privilege <hr/> <p>Health and wellbeing – Physical health and safety</p> <ul style="list-style-type: none"> • Obesity and body positivity • Fertility and reproductive health • First aid – CPR

Summer 1	<p>Health and wellbeing – Physical health</p> <ul style="list-style-type: none"> • Healthy lifestyle • Food groups • Labels and nutrition • Consequences of not eating healthily • Energy drinks • Exercise • Dangers of smoking • Drug awareness - class A, B and C 	<p>Living in the wider world – Prejudice, discrimination, and challenges</p> <ul style="list-style-type: none"> • Prejudice and stereotypes – focus on disability • Homophobia • Discrimination – focus on teens and media • Internet safety – online grooming 	<p>Relationships – Diverse communities</p> <ul style="list-style-type: none"> • British communities, religion and culture (British Values) • Immigration, the UK and diverse communities • The LGBT community <p>Living in the wider world – Rights and responsibilities</p> <ul style="list-style-type: none"> • Charities – focus on UNICEF • Genocide and trafficking • Aid and welfare • Sustainability • The law and young offenders • The impact of knife crime 	<p>Relationships – Safety in relationships</p> <ul style="list-style-type: none"> • Conflict management • Forced and arranged marriages • Harassment and stalking • Revenge porn • Role models 	<p>Living in the wider world – Modern global challenges</p> <ul style="list-style-type: none"> • Animal rights • Pollution, plastic, and our environment • Globalisation • Multiculturalism • Extremism • Internet safety – the dark web • Cybercrime and online fraud
	Summer 2	<p>Living in the wider world – Personal finance</p> <ul style="list-style-type: none"> • Budgeting money • Creating a personal budget plan • Savings, loans and interest rates • Financial products • Financial transactions • Shopping ethically 	<p>Living in the wider world - Finance</p> <ul style="list-style-type: none"> • Income and expenditure • Tax and national insurance • Tax , its purpose and public services • Budgeting and saving <p>Living in the wider world – Careers skills</p> <ul style="list-style-type: none"> • Entrepreneurs • Teamwork skills • Communication skills 	<p>Living in the wider world – Finances and careers</p> <ul style="list-style-type: none"> • Debt and avoiding it • Accounts, savings, loans, and financial products • Consumer rights • Employability 	<p>Relationships – Relationships and diversity</p> <ul style="list-style-type: none"> • Same sex relationships • Gender and trans-identity • Community cohesion • Prejudice – focus on sexism and gender • Parenting