

## PERSONAL DEVELOPMENT

Year 7 Autumn Term							Year 7 Spring Term							Year 7 Summer Term																											
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40		
<b>Transition to Secondary School</b> <ul style="list-style-type: none"> <li>Building positive relationships, based around mutual respect and equality</li> <li>Developing communication skills</li> <li>How to improve study skills</li> <li>How to identify, express and manage their emotions in a constructive way</li> <li>How to manage challenges of moving to a new school</li> <li>What is safeguarding and why is it important</li> <li>Basic first aid</li> <li>Personal safety strategies</li> <li>How to establish and manage friendships</li> </ul>							<b>Managing stressful times (emotional wellbeing)</b> <ul style="list-style-type: none"> <li>What is emotional wellbeing?</li> <li>Recognising how you cope during stressful situation</li> <li>Addressing positive and negative coping strategies for stress</li> <li>Developing skills to manage your own stress as well as your friends</li> <li>Why emotional wellbeing is important</li> </ul>							Christmas holidays							<b>Developing Skills and Aspirations</b> <ul style="list-style-type: none"> <li>Identifying abilities and qualities required for a broad range of careers</li> <li>How to be enterprising, including skills of problem solving, communication, teamwork, leadership, risk management and creativity.</li> <li>Equality of opportunity (positive discrimination)</li> <li>How to challenge stereotypes</li> <li>Ethical and unethical business practices and consumerism</li> <li>Link between values and career choices</li> </ul>							<b>Health and Puberty</b> <ul style="list-style-type: none"> <li>How to make healthy lifestyle choices, including diet, dental health, physical activity, and sleep</li> <li>How to manage influences relating to caffeine, smoking and alcohol</li> <li>How to manage physical and emotional changes during puberty</li> <li>Managing personal hygiene</li> <li>About FGM and how to access help and support</li> <li>How to recognize and respond to inappropriate and unwanted contact (consent)</li> </ul>							<b>British Values</b> <ul style="list-style-type: none"> <li>How to consider the ethics of cultural differences</li> <li>Living in a diverse society</li> <li>Identity, rights and responsibilities we have as British citizens</li> <li>How to challenge prejudice, stereotypes and discrimination (introduction, before learning in more detail for year 9 RE)</li> <li>Protected characteristics</li> </ul>						

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<b>Emotional Wellbeing</b> <ul style="list-style-type: none"> <li>Attitudes towards mental health</li> <li>How to challenge myths and stigma</li> <li>Normalising mental health</li> <li>About our daily wellbeing and how to manage emotions</li> <li>Healthy and unhealthy coping strategies (e.g. self-harm and eating disorders)</li> <li>Specific mental health illnesses: what they are and how to understand them</li> <li>Advice on how to support someone struggling with their mental health</li> </ul>							<b>Staying Safe</b> <ul style="list-style-type: none"> <li>What are 'county lines'?</li> <li>What do we mean by 'gangs'?</li> <li>Consequences of crime</li> <li>Racial issues</li> <li>How to keep yourself safe</li> <li>Recognising and responding to peer pressure</li> <li>How positive and healthy relationships can keep people safe from crime</li> </ul>							Christmas holidays							<b>Prejudice, Discrimination and Stereotyping</b> <ul style="list-style-type: none"> <li>Understanding terms EQUALITY &amp; DIVERSITY</li> <li>The difference between prejudice &amp; discrimination</li> <li>Protected characteristics</li> <li>The effects on victims of prejudice and discrimination</li> <li>Investigation into: homophobia, transphobia and biphobia</li> <li>Bullying - The importance of tolerance and acceptance</li> <li>How issues of prejudice and discrimination impact people in the wider world/workplace/community</li> </ul>							<b>Health and Puberty</b> <ul style="list-style-type: none"> <li>Links to (expanding on) year 7 health and puberty</li> <li>How to deal with the physical and emotional changes you are going through</li> <li>How to recognize and prevent potential bullying around puberty</li> <li>Personal hygiene</li> <li>Highlighting people and places to seek advice during puberty and for personal hygiene</li> <li>Normalising puberty</li> </ul>							<b>Relationships and Safety</b> <ul style="list-style-type: none"> <li>Recognising the qualities of a positive, healthy relationship</li> <li>How to develop self-worth and confidence</li> <li>The law around consent</li> <li>Recognising that the legal and moral duty is with the seeker of consent</li> <li>How to effectively communicate about consent in relationships</li> <li>How to recognize passive, aggressive and assertive behaviour</li> <li>What is peer-on-peer abuse and how to recognise and prevent it</li> </ul>							<b>Drugs and Alcohol</b> <ul style="list-style-type: none"> <li>About medicinal and recreational drugs</li> <li>About the relationship between habit and dependence</li> <li>How to assess the risks of alcohol, tobacco, e-cigarettes etc.</li> <li>How to manage influences in relation to substance abuse</li> <li>How to recognize and promote positive social norms and attitude</li> <li>About over consumption of energy drinks</li> </ul>						

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<b>Healthy Lifestyles</b> <ul style="list-style-type: none"> <li>The relationship between physical and mental health</li> <li>Balancing work, leisure, exercise and sleep</li> <li>How to make informed healthy eating choices</li> <li>How to manage influences on body image</li> <li>To make independent health choices</li> <li>Health risks with drugs and alcohol</li> <li>Making healthy and safe choices around drugs and alcohol</li> </ul>							<b>Family and Relationships</b> <ul style="list-style-type: none"> <li>Looking at different types of families and parenting, including lone parenting, same sex parenting, adoption etc.</li> <li>Building positive relationships at home.</li> <li>About conflict within family relationships, as well as resolution</li> <li>How to manage family and relationship changes (e.g. family breakdowns, divorce etc)</li> <li>How to access support services</li> <li>Issues around homelessness amongst young people.</li> </ul>							Christmas holidays							<b>Intimate Relationships</b> <ul style="list-style-type: none"> <li>Typical relationship progression</li> <li>The law and risks around sending, receiving or passing on sexual images</li> <li>Levels of intimacy and consequences</li> <li>The law in relation to consent</li> <li>The continuous right to withdraw consent</li> <li>The risks associated with unprotected sex</li> <li>Contraception and pregnancy</li> <li>Sexual orientation</li> <li>Peer on peer abuse</li> </ul>							<b>Setting Goals</b> <ul style="list-style-type: none"> <li>Transferable skills, abilities and interests</li> <li>Different types of Post-16 options</li> <li>Why GCSE options matter and how to make informed decisions</li> <li>Skills for decision making</li> <li>How to manage feeling related to big choices</li> <li>Why it is important to make informed decisions, based on your own interests not simply following friends (avoiding peer pressure)</li> </ul>							<b>Grooming and Child Sexual Exploitation</b> <ul style="list-style-type: none"> <li>Understanding the terms CSE &amp; grooming</li> <li>Recognising the signs that someone may be being groomed</li> <li>Identifying online dangers</li> <li>Identifying vulnerable young people</li> <li>Keeping yourself safe</li> <li>Who to access if help is needed or if you are worried about grooming or CSE</li> <li>Case studies: Operation sanctuary Rochdale (Three Girls)</li> </ul>							<b>Managing Money</b> <ul style="list-style-type: none"> <li>What does it mean to be responsible with money?</li> <li>What is tax?</li> <li>What is debt?</li> <li>What is finance?</li> <li>Making responsible decisions</li> <li>The cost of living</li> <li>Universal credit</li> </ul>						

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<b>Democracy</b> <ul style="list-style-type: none"> <li>Democracy v. Dictatorship (comparison to the type of leadership we learnt about in Afghanistan)</li> <li>The Democratic Process in the UK</li> <li>Your right to vote</li> <li>Political parties in the UK</li> <li>Parliament and Government</li> <li>How the Government raises and spends money</li> <li>General Elections</li> <li>Local government – who are they and how can you get involved?</li> </ul>							<b>British Values and Human Rights</b> <ul style="list-style-type: none"> <li>What are British Values?</li> <li>Why are they important and how do they protect us?</li> <li>How do they link to human rights?</li> <li>Human rights around the world</li> <li>Focus on Roe vs Wade (debate on abortion)</li> </ul>							Christmas holidays							<b>Consent and Healthy Relationships</b> <ul style="list-style-type: none"> <li>Why do we need to understand what consent is?</li> <li>How is consent relevant to us all?</li> <li>How to enter into a mutual and equal intimate relationship</li> <li>The role of pleasure in healthy relationships</li> <li>The portrayal and impact of sex in the media</li> <li>Bangers around photographing or filming nudity (issues of revenge porn etc.</li> <li>How intimate relationships can impact your emotional wellbeing</li> </ul>							<b>Work Experience</b> <ul style="list-style-type: none"> <li>Identifying the skills needed for a job you are interested in</li> <li>How to develop/improve your own skill set</li> <li>The benefits associated with non-paid/voluntary work</li> <li>Strategies to overcome challenges or adversity</li> <li>How to manage practical problems and health and safety</li> <li>How to maintain a positive personal presence online</li> <li>How to evaluate and build on the learning from work experience</li> </ul>							<b>Pregnancy</b> <ul style="list-style-type: none"> <li>Conception and Contraception</li> <li>Myths and facts about teenage pregnancy</li> <li>Government: Who is to blame?</li> <li>The impact of unplanned pregnancy</li> <li>The importance of pre-conceptual care</li> <li>Infertility</li> <li>Signs and symptoms of pregnancy</li> <li>FPASD</li> <li>Case Studies: a. Teenage Dad's in Sunderland b. Amber's Story c. Underage &amp; pregnant</li> </ul>							<b>Health and Safety in the Workplace</b> <ul style="list-style-type: none"> <li>Understanding key terms in health and safety</li> <li>The duties of employers and employees in terms of health and safety</li> <li>Workplace hazards</li> <li>Health and safety signs and symbols</li> <li>The importance of personal protective equipment</li> <li>Basic fire safety; rules and regulations associated with fire safety</li> <li>Workplace stress</li> <li>First aid kits</li> <li>Your rights in terms of employee welfare</li> </ul>						

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<b>Post 16 Choices: What's next?</b> <ul style="list-style-type: none"> <li>Different options for post GCSE</li> <li>What are my options?</li> <li>Applications: what are they and when should I be doing them?</li> <li>Open evenings - what are they and should I be going to them?</li> <li>How will my options impact my future?</li> <li>What do I need to get into university?</li> </ul>							<b>British Values and Human Rights</b> <ul style="list-style-type: none"> <li>What are British Values?</li> <li>Why are they important and how do they protect us?</li> <li>How do they link to human rights?</li> <li>Human rights around the world</li> <li>Focus on Roe vs Wade (debate on abortion)</li> </ul>							Christmas holidays							<b>Consent and Healthy Relationships</b> <ul style="list-style-type: none"> <li>Why do we need to understand what consent is?</li> <li>How is consent relevant to us all?</li> <li>How to enter into a mutual and equal intimate relationship</li> <li>The role of pleasure in healthy relationships</li> <li>The portrayal and impact of sex in the media</li> <li>Bangers around photographing or filming nudity (issues of revenge porn etc.</li> <li>How intimate relationships can impact your emotional wellbeing</li> </ul>							<b>Sex and Health Education</b> <ul style="list-style-type: none"> <li>Increased responsibility for looking after your own health</li> <li>Testicular and breast self-examinations</li> <li>The role of the GUM clinic</li> <li>Building upon knowledge of STI's, HIV/AIDS</li> <li>The impact of drugs and alcohol on your choices and sexual behaviour</li> <li>Long and short term effects of drugs and alcohol misuse</li> <li>The effects of legal and illegal substances on your personal safety, career, relationships and lifestyle</li> </ul>							<b>Pregnancy</b> <ul style="list-style-type: none"> <li>Conception and Contraception</li> <li>Myths and facts about teenage pregnancy</li> <li>Government: Who is to blame?</li> <li>The impact of unplanned pregnancy</li> <li>The importance of pre-conceptual care</li> <li>Infertility</li> <li>Signs and symptoms of pregnancy</li> <li>FPASD</li> <li>Case Studies: a. Teenage Dad's in Sunderland b. Amber's Story c. Underage &amp; pregnant</li> </ul>							<b>Topic name</b>						