



Curriculum Overview: Personal Development



	Autumn 1 Health & Wellbeing	Autumn 2 Living In The Wider World	Spring 1 Relationships	Spring 2 Health & Wellbeing	Summer 1 Relationships	Summer 2 Living In The Wider World
Year 7	<p><u>Transition & Safety</u></p> <p>Transition to secondary school and personal safety in and outside school, including first aid.</p>	<p><u>Developing Skills & Aspirations</u></p> <p>Careers, teamwork and enterprise skills, and raising aspirations.</p>	<p><u>Diversity</u></p> <p>Diversity, prejudice, and bullying.</p>	<p><u>Health & Puberty</u></p> <p>Healthy routines, influences on health, puberty, unwanted contact, and FGM.</p>	<p><u>Building Relationships</u></p> <p>Self-worth, romance and friendships (including online) and relationship boundaries.</p>	<p><u>Financial Decision Making</u></p> <p>Saving, borrowing, budgeting and making financial choices.</p>
Year 8	<p><u>Drugs & Alcohol</u></p> <p>Alcohol and drug misuse and pressures relating to drug use.</p>	<p><u>Community & Careers</u></p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work.</p>	<p><u>Discrimination</u></p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia.</p>	<p><u>Emotional Wellbeing</u></p> <p>Mental health and emotional wellbeing, including body image and coping strategies.</p>	<p><u>Identity & Relationships</u></p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception.</p>	<p><u>Digital Literacy</u></p> <p>Online safety, digital literacy, media reliability, and gambling hooks.</p>
Year 9	<p><u>Peer Influence</u></p> <p>Substance Use, gangs, healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation.</p>	<p><u>Setting Goals</u></p> <p>Learning strengths, career options and goal setting as part of the GCSE options process.</p>	<p><u>Respectful Relationships</u></p> <p>Families and parenting, healthy relationships, conflict resolution, and relationship changes.</p>	<p><u>Healthy Lifestyles</u></p> <p>Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p><u>Intimate Relationships</u></p> <p>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography.</p>	<p><u>Financial Decision Making</u></p> <p>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.</p>
Year 10	<p><u>Mental Health</u></p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.</p>	<p><u>Employability Skills</u></p> <p>Employability and online presence.</p>	<p><u>Healthy Relationships</u></p> <p>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.</p>	<p><u>Exploring Influence</u></p> <p>The influence and impact of drugs, gangs, role models and the media.</p>	<p><u>Addressing Extremism & Radicalisation</u></p> <p>Communities, belonging and challenging extremism.</p>	<p><u>Work Experience</u></p> <p>Preparation for and evaluation of work experience and readiness for work.</p>
Year 11	<p><u>Building For The Future</u></p> <p>Self-efficacy, stress management, and future opportunities.</p>	<p><u>Next Steps</u></p> <p>Application processes, and skills for further education, employment and career progression.</p>	<p><u>Communication In Relationships</u></p> <p>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse.</p>	<p><u>Independence</u></p> <p>Responsible health choices, and safety in independent contexts.</p>	<p><u>Families</u></p> <p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.</p>	