



Personal Development Curriculum Overview 2021-22

Head of Department	<i>C. Williams/ G. Wall</i>
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What will students learn in each year?

Year 7	
Term 1	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid
Term 2	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations
Term 3	Diversity Diversity, prejudice, and bullying
Term 4	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM
Term 5	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries
Term 6	Financial decision making Saving, borrowing, budgeting and making financial choices

Year 8	
Term 1	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies
Term 2	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work
Term 3	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia
Term 4	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use
Term 5	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
Term 6	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks

Year 9	
Term 1	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid
Term 2	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process
Term 3	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes
Term 4	Peer influence, substance use and gangs

	Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation
Term 5	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography
Term 6	Employability skills Employability and online presence

Year 10	
Exam Board: Not applicable	
Term 1	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change
Term 2	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices
Term 3	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography
Term 4	Exploring influence The influence and impact of drugs, gangs, role models and the media
Term 5	Addressing extremism and radicalisation Communities, belonging and challenging extremism
Term 6	Work experience Preparation for and evaluation of work experience and readiness for work

Year 11	
Exam Board: Not applicable	
Term 1	Building for the future Self-efficacy, stress management, and future opportunities
Term 2	Next steps Application processes, and skills for further education, employment and career progression
Term 3	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse
Term 4	Independence Responsible health choices, and safety in independent contexts
Term 5	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships
Term 6	