







**PERSONAL DEVELOPMENT LESSON OVERVIEW 2023-24**

- Personal Development is delivered once every two weeks in Years 7-11 in a bespoke lesson.
- Below is an outline of the strands and lessons for each term and each year group.
- There is a spiral curriculum of three themes which encompasses the subjects of PSHE, Relationships and Sex Education and Health and Wellbeing.
- The themes are: [Health and Wellbeing](#), [Relationships](#) and [Living in the Wider World](#).
- All lessons have been audited to ensure the Relationships and Sex Education statutory guidance is being met.

Year	Unit 1: Health and Wellbeing 	Unit 2: Health and Wellbeing 	Unit 3: Relationships 	Unit 4: Relationships 	Unit 5: Living in the wider world 	Term 6: Living wider world 
7	How can I feel better about myself? 1. Transition to secondary school 2. Personal safety inside and outside school (including water safety) 3. First aid 4. Staying Healthy	What keeps us healthy? 5. Health (including vaping, teeth and sleep) 6. Puberty and Menstrual Wellbeing 7. FGM	What makes a good friend? 8. Self-worth 9. Romance and friendships (including online) 10. Consent and relationship boundaries	How can other people affect me? 11. Diversity 12. Prejudice and misogyny 13. Bullying and social media	What helps me succeed? 14. Careers 15. Teamwork and enterprise skills 16. Raising aspirations	What are money risks? 17. Saving 18. Budgeting 19. Making financial choices
8	What can I do when life is difficult? 1. Mental health and emotional wellbeing 2. Body image 3. Coping strategies 4. Change, Loss and Grief	How do I make good choices? 5. Alcohol and Drug misuse (including vaping) 6. Alcohol and risk 7. Pressures including County Lines	How can I deal with relationships? 8. Racism 9. Discrimination 10. Gender discrimination and misogyny	What are relationships? 11. Gender identity and sexual orientation 12. Consent 13. Introduction to contraception	What happens at the end of KS3? 14. Equality of opportunity in careers and life choices 15. Life Choices 16. Types and patterns of work	What is digital literacy? 17. Online safety 18. Digital literacy and sharing sexual images 19. Media reliability and gambling hooks
9	What affects my identity? 1. Healthy and unhealthy friendships 2. Assertiveness 3. Gang exploitation 4. County Lines	How can I look after my health? 5. Alcohol and drug misuse 6. Pressures relating to drug use 7. Vaping and THC	What is a healthy relationship? 8. Families and parenting 9. Healthy relationships 10. Pornography	How do I look after my sexual health? 11. Consent 12. Contraception 13. STIs	Which career might be right for me? 14. Learning strengths 15. Career options and goal setting 16. Employability	What are human rights? 17. Honour Based Marriage 18. Community Cohesion and British Values 19. Challenging extremism
10	How can I be resilient? 1. Mental health and ill health 2. Mental health and image 3. Mental health benefits 4. Mental Health Case Study-Jesy Nelson	What affects my health? 5. Drugs 6. Gangs 7. Role models and the media	What is identity and sexuality? 8. Relationships and sex expectations 9. Myths 10. Impact of the media and pornography	Where can I get support? 11. Relationship challenges 12. Abusive Relationships 13. Assertive Communication	What is the world of work like? 14. Preparation for work experience 15. Evaluation of work experiences 16. Readiness for work	What are the challenges to diversity? 17. Communities 18. Belonging 19. Challenging extremism
11	How can I be successful in Year 11? 1. Resilience 2. Mental Health and Exam Stress 3. Mental Health and Revision 4. Action Plan	How do I look after my wellbeing? 5. Responsible health choices 6. Illness signs and symptoms 7. Preventing illness	How are relationships in adulthood different? 8. Personal values 9. Contraception and fertility 10. Sexual health	How is a family made? 11. Different families and parental responsibility 12. Pregnancy choices and outcomes 13. Honour Marriage	What is financial responsibility? 14. Wages 15. Mortgages 16. Credit and Debit	

