







PERSONAL DEVELOPMENT LESSON OVERVIEW 2024-25

- 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	1. Mental Health and Exam Stress 2. Drugs and Alcohol 3. Vaping 4. Preventing Illness	5. Sex on Trial 6. Wages 7. Mortgages	8. STIs and Contraception 9. Pregnancy Choices and Outcomes 10. Families and Parental Responsibility	11. Revenge Porn 12. Coercive Control 13. Media and Online		

KEY STAGE 5 PERSONAL DEVELOPMENT

12	<p>Relationships-Bullying Abuse and Discrimination:</p> <ol style="list-style-type: none"> Gas lighting & Emotional Abuse Coercion and Controlling Behaviour Sharia Law and Honour-Based Violence Harassment & Stalking Child-on-Child Abuse De-Escalating Aggressive Situations Culture and Diversity 	<p>Health and Wellbeing-Healthy Lifestyles and Mental Health:</p> <ol style="list-style-type: none"> Cancer & Getting Checked Vaccines and Immunisation Recognising Illnesses A Healthy Diet on a Budget Balancing Work and Life Supporting Others Anxiety, Depression & Eating Disorders Maintaining Positive Mental Health 	<p>Living in the Wider World-Media Literacy and Digital Resilience:</p> <ol style="list-style-type: none"> Managing Online Safety & Privacy Online Reputation Importance of Networking & LinkedIn Media Literacy & Digital Resilience Critical Media Literacy Skills Photoshop, Airbrushing & Fake News Extremism and Radicalisation 	<p>Relationships-Relationships, Values and Consent:</p> <ol style="list-style-type: none"> Types of Relationships Relationship Values Prejudice & Discrimination Consent, Sexual Norms and Expectations Consent Around the World Police Investigating Sexual Assaults Violence Against Women 	<p>Living in the Wider World-Work, Careers and Pathway Choices:</p> <ol style="list-style-type: none"> Preparation for the Workplace Being Ambitious With My Life Goals Alternatives to University Knowing My Strengths and Skills Producing a Compelling CV Answering Job Interview Questions Careers in a Global Economy 	<p>Health and Wellbeing-Risks, Personal Safety and Drugs:</p> <ol style="list-style-type: none"> Getting Home Safely Going Abroad and Safety The Importance of Basic First Aid The Police, Organised Crime & Gangs Alcohol & Being Assertive Drugs, Alcohol & Work Decisions, Drink Spiking & Drink Drivers
13	<p>Relationships-Contraception & Parenthood:</p> <ol style="list-style-type: none"> Routes to Parenthood Unintended Pregnancies & Options Fertility and What Impacts It Pregnancy, Motherhood & Employment Consent and Boundaries Revisiting Contraception 	<p>Living in the Wider World-Employment & Responsibilities:</p> <ol style="list-style-type: none"> Sixth Formers and Employment Rules Building Professional Relationships What is Professional Conduct? Confidentiality in the Workplace The Gig Economy Explained Bullying and Harassment in the Workplace Striking & Trade Unionism 	<p>Living in the Wider World-Financial Choices:</p> <ol style="list-style-type: none"> Budgeting at University Exploring a Payslip Trading and Investment Over Time Consumer Rights & Customer Service Understanding Rental Contracts Being Financially Savvy Problematic Gambling 	<p>Relationships-Forming Respectful Relationships:</p> <ol style="list-style-type: none"> The Importance of Building Relationships The Importance of Family and Friends Online Dating and Personal Safety Exploring Emotional Intimacy Avoiding Toxic Friendships Power Differences in Relationships Breaking Up Relationships 	<p>Health and Wellbeing-Sexual Health & Self Concept:</p> <ol style="list-style-type: none"> Revisiting STIs Importance of Sexual Health Sexual Health Misconceptions Managing Life's Phases Body Image & Pressure to Conform Appearance Vs Reality Body Modifications Getting Home Safely Going Abroad and Safety The Importance of Basic First Aid 	