



Year 7 Personal Development

Autumn Term 2

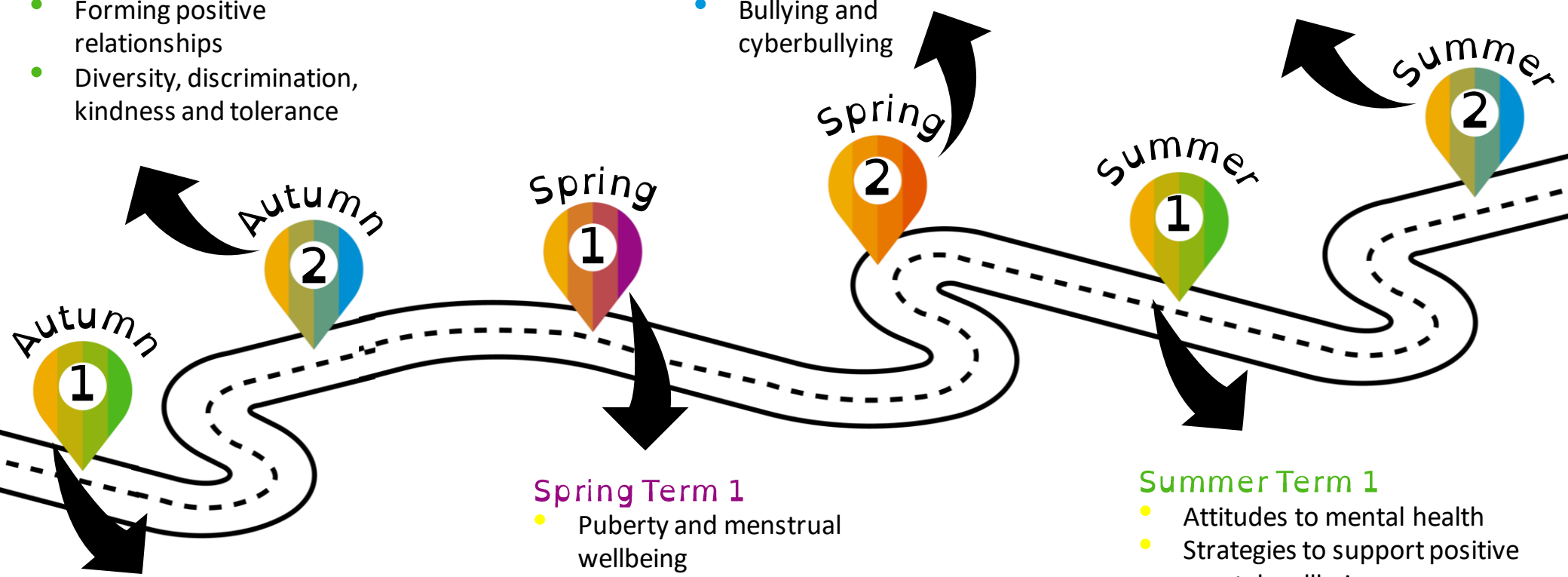
- Forming positive relationships
- Diversity, discrimination, kindness and tolerance

Spring Term 2

- Smoking
- Vaping
- Bullying and cyberbullying

Summer Term 2

- Attitudes to money and financial habits



Autumn Term 1

- Transition to secondary school
- Careers and aspirations

Spring Term 1

- Puberty and menstrual wellbeing
- Consent and social media

Summer Term 1

- Attitudes to mental health
- Strategies to support positive mental wellbeing

What will we be covering?

- Health & Wellbeing
- Relationships
- Living In The Wider World





Year 8 Personal Development

Autumn Term 2

- Healthy behaviours in relationships
- Gender and stereotypes

Spring Term 2

- Alcohol
- Drugs

Summer Term 2

- Understanding the components of good health

Spring 1

Spring Term 1

- Social media
- Body image in the digital world
- Puberty and society

Summer 1

Summer Term 1

- Promoting emotional wellbeing

Autumn Term 1

- Personal strengths for employment
- Basic life support

What will we be covering?

- Health & Wellbeing
- Relationships
- Living In The Wider World





Year 9 Personal Development

Autumn Term 2

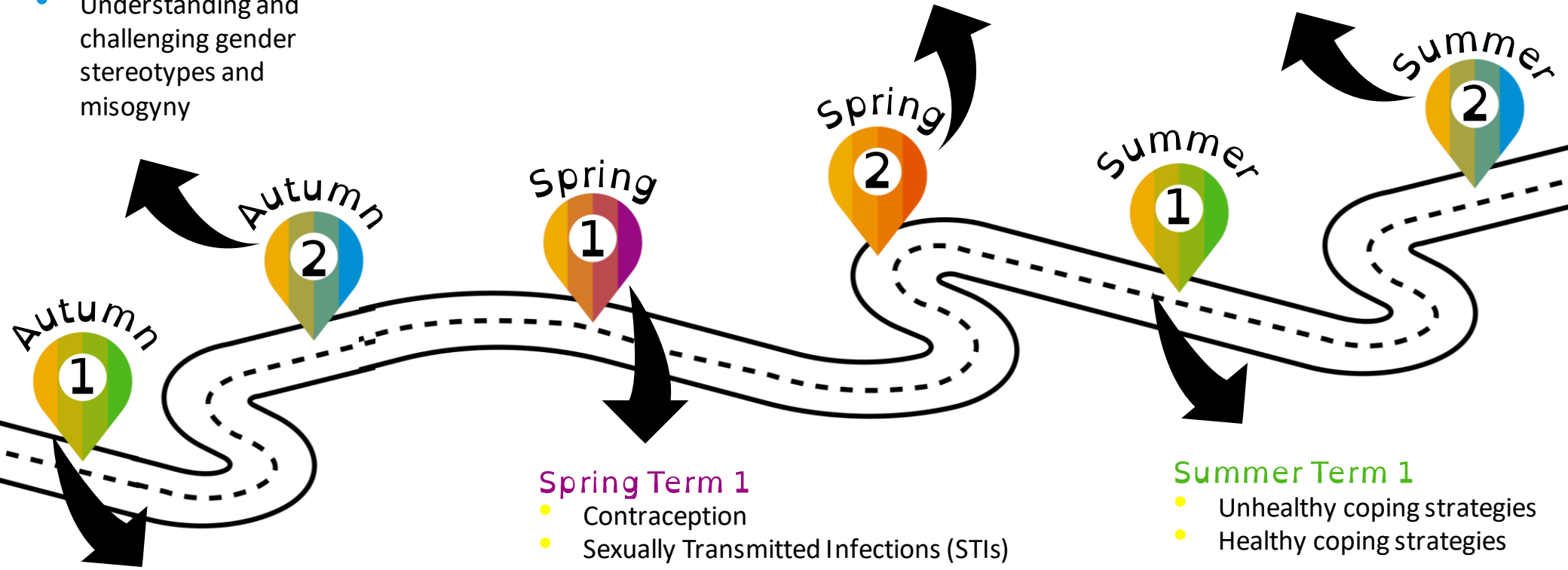
- Consent
- Sex and the law
- Understanding and challenging gender stereotypes and misogyny

Spring Term 2

- Sexual exploitation
- Youth Produced Sexual Imagery (including "sexting")
- Puberty, Fertility and Body Image

Summer Term 2

- Pornography



Spring Term 1

- Contraception
- Sexually Transmitted Infections (STIs)

Summer Term 1

- Unhealthy coping strategies
- Healthy coping strategies

Autumn Term 1

- The journey to your career
- Different types of relationships

What will we be covering?

- Health & Wellbeing
- Relationships
- Living In The Wider World





Year 10 Personal Development

Autumn Term 2

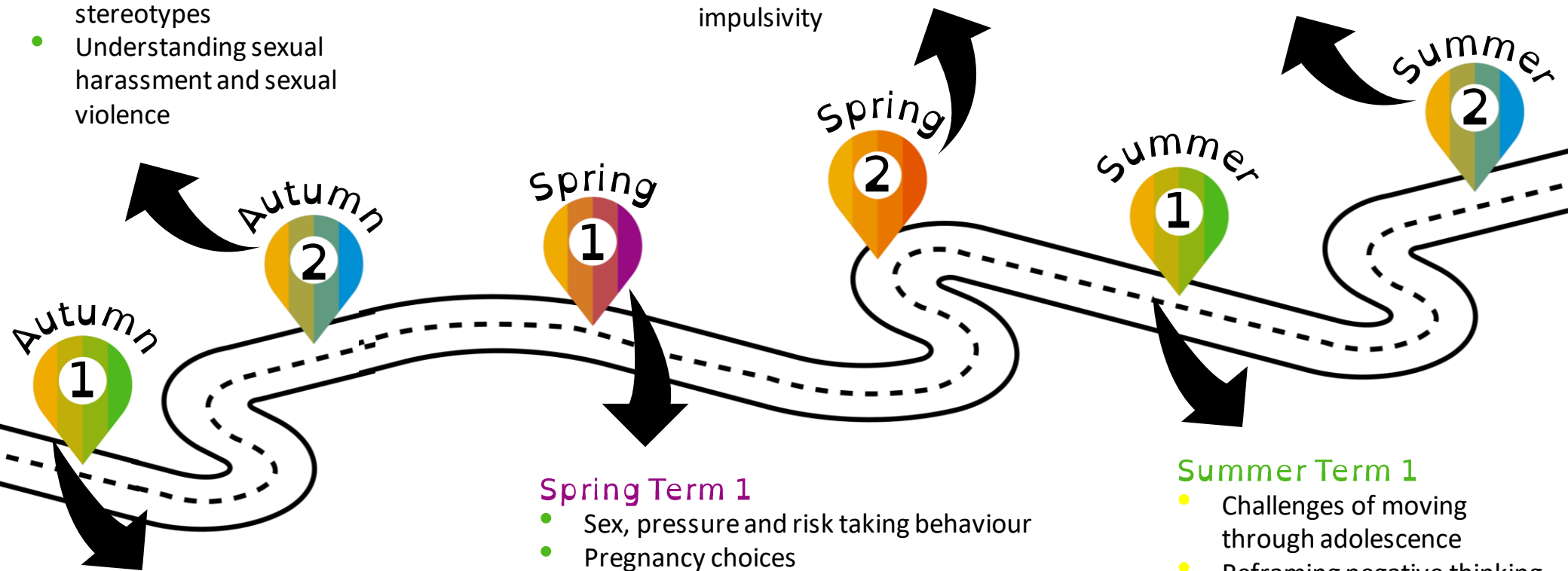
- Relationships and equality
- Sexual orientation and stereotypes
- Understanding sexual harassment and sexual violence

Spring Term 2

- Online presence
- Gambling behaviours and managing impulsivity

Summer Term 2

- Post KS4 options



Autumn Term 1

- Recognising skills for success in the workplace
- Writing a successful CV

Spring Term 1

- Sex, pressure and risk taking behaviour
- Pregnancy choices
- Roles and responsibilities of parents

Summer Term 1

- Challenges of moving through adolescence
- Reframing negative thinking

What will we be covering?

- Health & Wellbeing
- Relationships
- Living In The Wider World





Year 11 Personal Development

Autumn Term 2

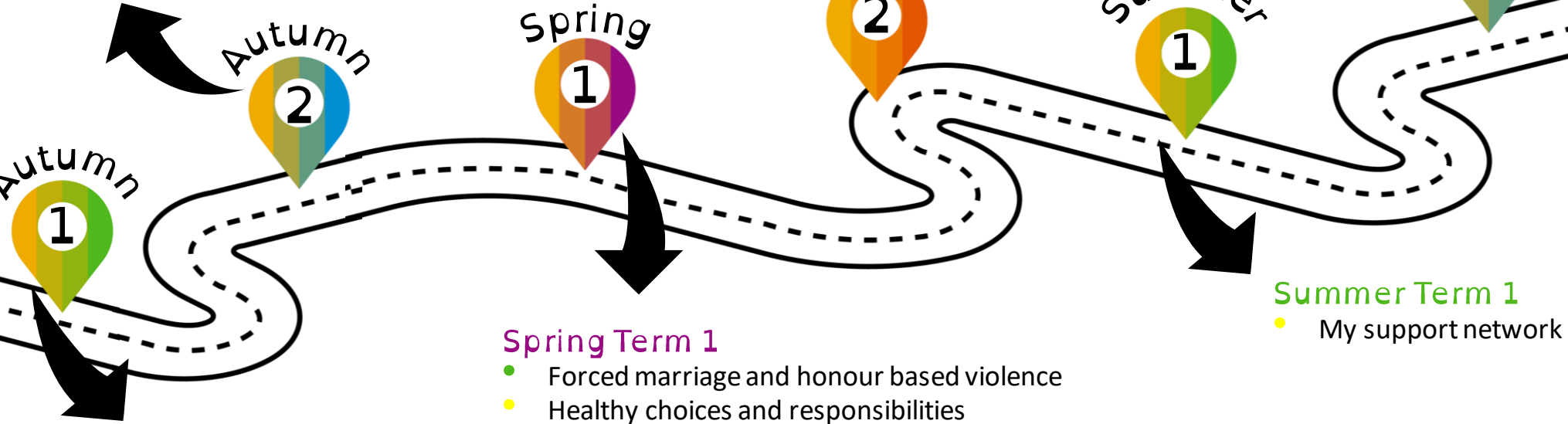
- Identifying harmful sexual behaviour, including abusive behaviour
- Online harmful behaviours

Spring Term 2

- Dangerous friendships
- Drugs

Summer Term 2

- Exam success and summer adventures



Autumn Term 1

- Exam stress
- Understanding and managing debt

Spring Term 1

- Forced marriage and honour based violence
- Healthy choices and responsibilities

Summer Term 1

- My support network

What will we be covering?

- Health & Wellbeing
- Relationships
- Living In The Wider World

