

2023-2024 Personal Development Curriculum PD

7		8		9	10	11
Autumn 1	Building Relationships	Emotional Wellbeing	Healthy Lifestyle	Exploring Influence	Independence and Families	
1	Forming Positive Friendships	Resilience	Informed healthy eating choices	Positive and negative role models	Body image in a digital world	
2	Safe online interactions	Healthy Coping Strategies	Increased responsibility for physical health	Coercive friendships	Different types of relationship	
3	Impact of Peer Pressure	Stress	Relationship between physical and mental health	Impact of drugs and alcohol on choices (substance use disorder)	Legal status of marriage	
4	Fixing Friendships	Avoiding unnecessary “triggers” such as misuse of social media	Balancing work, leisure, exercise and sleep	Substance use and managing influences (festival timeline)	Pregnancy, Parenthood and Parental Responsibilities	
Autumn 2	RSE Relationships	Individual characteristics	RSE - Respectful relationships	Mental Health and Healthy Relationships	Building for the Future	
5	Consent – unwanted contact	Revise prejudice/ discrimination	Freedom and capacity to consent	Recognising signs of mental and emotional health concerns	Taking responsibility for my health (breast and testicular cancer)	
6	HSB Part 1 / Report Sort it	Protected Characteristics 1	Body Image	Perceptions of men’s mental health, male stereotypes and negative effects	How to deal with change and some challenges that can arise as a result	
7	Relationship Boundaries (RSE)	Protected Characteristics 2	Risks of Sharing Sexual Images	Identify healthy coping strategies	Stress management	
8	Signs of Healthy / Unhealthy Relationships	Sexual Orientation	Attitudes to Pornography	Change, loss and grief	CPR and First Aid	
Spring 1	Puberty	RSE	RSE – Intimate Relationships	RSE	RSE - Communication in Relationships	
9	Puberty – physical and emotional changes – healthy routines – self care	Consent Refresh + Contraception	Sexual Health (STIs)	Consent in maturing relationships	What is sexual assault and the significance of consent	
10	Menstruation	Healthy relationships / Consent / Coercion / Case Study	Contraceptives	Building intimacy and intimate relationships	Understanding abuse and controlling behaviours	
Spring 2	Respecting One another	Dangerous substances	Setting goals and employability skills (prior to GCSE Options)	Work Ready Experiences	Revision	
11	Cultural Diversity	Alcohol	Goals, Targets, Skills and Strengths	Employer engagement task	Bespoke Revision	
12	Prejudice/Discrimination	Drugs	The World of Work	Employer engagement task	Bespoke Revision	
13	Anti-Bullying / Report it Sort it	Addiction	Options for KS4 and Beyond	Employer engagement task + feedback	Bespoke Revision	
Summer 1	Careers & Aspirations	Digital Literacy	Financial Decision Making	Next Steps	Revision	
14	Personal strengths, skills and interests	Us vs Them – conscious/unconscious bias	Identity Fraud and Data Protection	Labour Market Analysis	Bespoke Revision	
15	Combatting prejudice and aspiration – break the ceilings	Cyber Crime 1	Managing influences to gambling	What career do I want?	Bespoke Revision	
16	Identification of potential careers – homework task.	Cyber Crime 2	Exploitation – money mules and online scams	Where could my career take me?	Bespoke Revision	
Summer 2	Financial Decision Making	Active Citizenship	Peer influence, substance use and gangs	Addressing Extremism and Radicalisation	Revision	
17	Budgeting	Active Citizenship project	Peer pressure and gangs	Hate Speech and Equality Act 2010	Bespoke Revision	
18	Saving	Active Citizenship project	Motivations, Misconceptions and Consequences of carrying a weapon	Extremism and Protest	Bespoke Revision	
19	Borrowing	Active Citizenship project	Drugs, the law and managing risk	Radicalisation	Bespoke Revision	