

Personal Development



Year 7

Unit Title	Unit Overview	Prior Knowledge / skills	New Learning
Managing Change SMSC & CAREERS PD & Tutor time	Life Beyond School – An introduction: Students will be able to recognise how transitions in their lives can have an impact on them. Students will begin to think about their future and what career they would like.	How to develop character and virtues, and how to use them in real-life situations	What Personal Development is and why it is important. Careers and your future Financial education Transition points in your life
Puberty & Body Development Statutory Health	Puberty and body development: Students will start to learn and understand what puberty is and what this can look/feel like. Students will be able to name parts of the reproductive system.	Awareness of human anatomy and the changes associated with puberty, promoting body positivity and self-care.	Introduction to puberty Personal hygiene Body changes Growing up Self esteem
Friends, Respect & Relationships Statutory Health & RSE	Students will know what ‘consent’ means and how important this is. Students will be able to describe what makes a good friend and explain why some relationships aren’t positive.	How to get along with others, make friends, and understand and express feelings Different types of relationships, including friendships and family dynamics.	Consent and boundaries. Respect and relationships. Online relationships Positivity Pressure & influence
Staying Safe online and offline Statutory Health & RSE	Staying safe online and offline: Students will learn about the dangers of society both on and offline. They will know the	How to promote good mental health	Avoiding gangs and criminal behaviour Staying safe online Gaming, grooming & addiction.

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	dangers of online gaming, drugs and alcohol.	How to eat healthily and keep safe on the road and online.	Drugs education Knife crime and safety.
<i>Celebrating differences</i> Citizenship PSHE British values	Celebrating differences: Students will understand how they can help break down stereotypes and understand what the equality act is.	How to be reflective about one's own beliefs and perspective on life. How to promote equality and diversity, and understand and respect different religious and cultural beliefs	What is your identity? Multicultural Britain Importance of being kind Breaking down stereotypes Prejudice & discrimination Challenging Islamophobia
<i>Politics & Parliament</i> Citizenship British values	Politics and parliament: Students will understand why parliament exists and why it is important.	How to accept and engage with British values such as democracy, the rule of law, individual liberty, and mutual respect	Different roles in parliament The Monarchy Politics and debates Elections and campaigning Creating a political party

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Year 8

Unit Title	Unit Overview	Prior Knowledge / skills	New Learning
Proud to be me. SMSC & Careers	Students will learn what a career is and investigate their job interests. They will understand how social media can impact their self-esteem.	Careers and your future Financial education Transition points in your life.	Employability and enterprise skills Proud to be me. Careers and aspirations Self-esteem and the media The importance of happiness Exploring careers
Physical health and mental wellbeing Statutory health PSHE	Students will discuss what mental and physical health is. They will look at what body image means and how this can impact them.	Puberty and body development Consent and boundaries. Self-esteem	Health and wellbeing What is mental health? Positive body image Child abuse Types of bullying Stress management
Identity, relationships and sex education Statutory health & RSE PSHE	Students will learn about contraception and what a healthy relationship looks like. They will also study gender identity and sexual orientation	Respect and relationships. What is your identity? Importance of being kind	Relationships and sex education Being yourself & self-love Healthy, respectful relationships What is love? Dealing with conflict Menstrual cycle Contraception
Dangerous society online and offline Statutory health & RSE	Students will understand the dangers of substance misuse and how cyber-bullying and online grooming is dangerous.	Gaming, grooming & addiction. Drugs education Staying safe online	County Lines Substance misuse Cyberbullying Online grooming

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			Alcohol safety Child exploitation and online protection
Equality and diversity explored. Citizenship PSHE	Students will be able to recognise the signs of homophobia and discuss how to challenge this. Students will also understand how we can support people in the LGBTQIA+ society	Breaking down stereotypes Prejudice & discrimination	Equality act 2010 LGBTQ+ Gender equality Disability discrimination Removing barriers Racism and discrimination
Law crime and society Citizenship British Values	Students will understand how to best make decisions and how laws are made in the UK.	Avoiding gangs and criminal behaviour Different roles in parliament	Desert Island living. Building a community Making decisions Criminals, laws & society How are laws made? Prisons, reform & punishment

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Year 9

Unit Title	Unit Overview	Prior Knowledge / skills	New Learning
Essential life skills SMSC & Careers	Students will learn about saving and managing money and the importance of this. They will look at how online pressures can lead to stress	Careers & aspirations Employability & enterprise skills Proud to be me.	From failure to success Assertiveness First Aid Saving a managing money Labour market information Finance, budgeting & employment. Social media and online stress
Body confidence Statutory health & PSHE	Students will investigate self-esteem changes and how they can notice this. They will also learn about different types of bullying.	Positive body image Health & wellbeing Stress management	How self –esteem changes Reproductive system Bullying in all its forms Dealing with grief & loss Media and air brushing Healthy lifestyles
Sex, the law & consent. Statutory health & RSE PSHE	Sex, the law, and consent: Students will know what consent is. Students will learn about FGM and the law, and STIs.	Healthy, respectful relationships Sexual orientation Dealing with conflict	Consent and the law. FGM and the law Relationships and partners Domestic abuse and violence Sexual activity Harassment & stalking
Legal & illegal drugs Statutory health	Students will learn about different types of addiction and learn about different illegal substances. Students will learn what a ‘party’ drug is.	Alcohol safety Substance misuse Introduction to contraception	Different types of drugs & classification Addiction The war on drugs Volatile substance abuse

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<p>Contraception & STIs Statutory health & RSE</p>	<p>Students will learn about terrorism; how we can spot signs of radicalisation and what counter terrorism is.</p>		<p>STIs and treatment Contraception explored. HIV & Aids, prejudice and discrimination</p>
<p>Combatting extremism & terrorism Citizenship Prevent</p>	<p>Students will learn about terrorism; how we can spot signs of radicalisation and what counter terrorism is.</p>	<p>County lines Racism & discrimination Criminals, law & society</p>	<p>Conspiracy Theories Extremism & Terrorism War & conflict Radicalisation Counter terrorism Antisemitism in the UK</p>



Year 10

Unit Title	Unit Overview	Prior Knowledge / skills	New Learning
Rights & Responsibilities Careers Citizenship	Students will learn about consumer rights and targeted advertising. They will also gain an understanding of marriage and what it means.	Social media & online stress	Instagram & TikTok Generation Targeted advertising and your data What is Marriage? Rights and Responsibilities Consumer Rights Employment Rights Exploring a paycheck
Mental Health & Wellbeing Statutory health PSHE	Students will learn how social media plays a role in their mental health. They will understand 'screen time' and how this can affect them.	Media & airbrushing Sexual consent and the law How self-esteem changes	Child Sexual Abuse Screen Time Mental health Illnesses Self-Harm Suicidal Thoughts & Feelings Emotional Wellbeing
Exploring Relationships & Sex Education Statutory health & RSE PSHE	Students will learn about campaigns against FGM. They will understand the difference between porn and real life. Students will learn the signs of domestic abuse.	Relationships & partners FGM & the law	Delaying Sexual activity Campaigning against FGM Sexting and Nudes Online Pornography (myths & Reality) Porn and its Impact on Society Unhealthy Relationships Sexualisation of the Media

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<p>Violence, Crimes & Seeking Safety Statutory health</p>	<p>Students will learn about honour-based violence, forced marriages, and online gambling. They will learn how to keep data safe.</p>	<p>Conspiracy Theories Extremism & Terrorism War & conflict Screen Time Emotional Wellbeing</p>	<p>Honour Based Violence Forced Marriages Online Gaming & Gambling Social Media Validation Modern Day Slavery Keeping Your Data Safe Causes of Knife Crime</p>
<p>Exploring World Issues Citizenship PSHE Human Rights</p>	<p>How international aid works. They will learn about the 'Me Too' movement and women's rights.</p>	<p>Conspiracy Theories Extremism & Terrorism War & conflict Antisemitism in the UK</p>	<p>International Organisations Peace, war & Conflict. Human Rights during War Aid & supporting Other Countries Strike & Supporting trade Unionism. Women's Rights & Equality Fair Trade & Free Trade</p>
<p>Exploring British Values Citizenship British Values</p>	<p>Students will learn what 'fake News' is and how to spot this. They will look at rights in the UK.</p>	<p>Rights and Responsibilities War & conflict</p>	<p>Critical Thinking & Fake News Hate Crime in the UK British Values & Identity Mutual Respect & Tolerance Individual Liberty What are Human Rights? Democracy Explored</p>



Year 11

Unit Title	Unit Overview	Prior Knowledge / skills	New Learning
Adult Health & Looking After Yourself Statutory health PSHE Wellbeing	Students will learn about abortion and the impact of parenthood.	Screen Time Mental health Illnesses Emotional Wellbeing	Organ & blood donation Teenage pregnancy choices Testicular & prostate cancer Breast cancer & cervical cancer screening Love & abuse
Sexual Health Statutory health & RSE PSHE	Students will be able to define and understand 'peer on peer bullying', what affects fertility and how alcohol can impact on decisions. Students will revisit learning about STIs and contraception.	Campaigning against FGM Sexting and Nudes Porn and its Impact on Society Unhealthy Relationships Sexualisation of the Media	Peer-on- peer abuse Fertility Alcohol, parties & bad choices Importance of sexual health Contraception Respect, love & relationships.
Staying Safe Statutory health	Students will revisit learning about 'party drugs' and begin to learn about their online footprint and reputation.	Screen Time Emotional Wellbeing Instagram & TikTok Generation Targeted advertising and your data	Virtual reality & live streaming Online reputation Group chats and anti-bullying. Cosmetic & aesthetic procedures Substances and addiction
Your Future and Beyond Careers	Students will learn about time management and CV writing. Students will look at personal statements.	Targeted advertising and your data Rights and Responsibilities Consumer Rights Employment Rights Exploring a paycheck	Screen addiction & studying. Post 16 options Exam stress & anxiety Social media v's real life

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