

## Personal Development Curriculum Overview 2022-2023

	<b>Block 1 Physical Health (7 weeks)</b>	<b>Block 2 Mental Health (6 weeks)</b>	<b>Block 3 Intimate Relationships and Sexual Health (7 weeks)</b>	<b>Block 4 Relationships (5 weeks)</b>	<b>Block 5 Democracy, British Values and the Law (6 weeks)</b>	<b>Block 6 Careers, Enterprise and Finance (7 weeks)</b>
Year 7	<ul style="list-style-type: none"> <li>- Health eating and diet</li> <li>- How to maintain healthy eating and the links between a poor diet and health risks, including eating disorders and obesity</li> <li>- The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.</li> <li>- Key facts about puberty and the changing adolescent body – including different types of sanitary products</li> <li>- Personal hygiene – why is it important and how can it prevent the spread of infection?</li> <li>- Introduction on vapes – what are they and some potential health impacts.</li> </ul>	<ul style="list-style-type: none"> <li>- Confidence building</li> <li>- Anger management</li> <li>- How to recognise the early signs of mental wellbeing issues</li> <li>- The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress</li> <li>- Mental health awareness for young people (where do you find help)</li> <li>- Common types of mental ill health</li> </ul>	<ul style="list-style-type: none"> <li>- What constitutes sexual contact? What constitutes inappropriate behaviour? An introduction to grooming and consent.</li> <li>- Different types of sexuality and how this is different from gender identity.</li> <li>- How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.</li> </ul>	<ul style="list-style-type: none"> <li>- That there are different types of relationships – including friendships and committed relationships. (Details of both marriage and civil partnership)</li> <li>- How to find good friends.</li> <li>- Think before we speak</li> <li>- Different types of bullying, responsibilities of bystanders and how and where to get help.</li> <li>- Stereotypes – in particular sex, gender, race, religion, sexual orientation or disability – and how they can cause damage.</li> </ul>	<ul style="list-style-type: none"> <li>- What are the British values and what are the benefits of British values to society?</li> <li>- What is an MP and how do you become one?</li> <li>- Hate crime – Level 1 – What is a hate crime and how do we show mutual respect for and tolerance of those with different faiths and beliefs.</li> <li>- What is the rule of law?</li> </ul>	<ul style="list-style-type: none"> <li>- Budgeting – managing personal money (needs vs wants).</li> <li>- The cost of living – how to ensure we are being respectful of the money we have.</li> <li>- Tax – how do we pay tax? Why should we pay tax? How is our tax used?</li> </ul>
Year 8	<ul style="list-style-type: none"> <li>- The facts about legal (alcohol) substances and illegal substances, including drug-taking, and the associated risks, including the link to serious mental health conditions</li> <li>- Awareness of the dangers of drugs which are prescribed but still present serious health risks</li> <li>- Substance misuse</li> <li>- Exercise – the benefits</li> <li>- Dental health</li> <li>- Legalities of vapes being sold in the UK – which ones are illegal and why.</li> </ul>	<ul style="list-style-type: none"> <li>- Self harming</li> <li>- How to talk about their emotions accurately and sensitively, using appropriate vocabulary</li> <li>- Triggers for mental health issues</li> <li>- How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others’ mental health</li> </ul>	<ul style="list-style-type: none"> <li>- How can pregnancy occur? What are the methods of preventing pregnancy?</li> <li>- The facts around pregnancy including miscarriage</li> <li>- That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).</li> <li>- That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.</li> </ul>	<ul style="list-style-type: none"> <li>- How relationships contribute to human happiness and their importance for bringing up children</li> <li>- Gender equality</li> <li>- Violence and abuse within relationships (including FGM)</li> <li>- The characteristics of positive and healthy friendships (both on and offline) including: trust, respect, honesty, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.</li> </ul>	<ul style="list-style-type: none"> <li>- Violence and exploitation by gangs</li> <li>- Extremism/radicalisation – Level 1</li> <li>- Fighting against discrimination</li> <li>- Individual liberty – how laws support this?</li> <li>- The law relating to the supply and possession of illegal substances and weapons.</li> </ul>	<ul style="list-style-type: none"> <li>- A levels verses T levels – how can these lead onto different jobs?</li> <li>- What skills do I need for different jobs? (Management, people, time keeping, organisation etc.)</li> <li>- Employer vs employee</li> </ul>

Year 9	<ul style="list-style-type: none"> <li>- Alcohol and smoking – the problems caused by them and the benefits of quitting</li> <li>- What to do in medical emergencies?</li> <li>- Facts about wider issues such as organ/blood donation</li> <li>- The risks of an inactive lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>- Influence of social media on mental health</li> <li>- Interacting with others suffering mental health issues</li> <li>- Eating disorders</li> <li>- Mindfulness and dealing with stress</li> </ul>	<ul style="list-style-type: none"> <li>- How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.</li> <li>- Online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc. and the dangers of excessive pornography use</li> <li>- Harassment and assault, rape and avoiding grooming.</li> </ul>	<ul style="list-style-type: none"> <li>- How to: determine whether peers, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationships is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.</li> <li>- Arranged marriage vs Forced marriage</li> <li>- Cat fishing</li> <li>- What constitutes sexual harassment and sexual violence and why these are always unacceptable.</li> <li>- Building good relationships with parents.</li> </ul>	<ul style="list-style-type: none"> <li>- The rights of refugees</li> <li>- Hate crime Level 2 – Equality laws – racism, sexism, homophobic, ageism, disability etc.</li> <li>- Democracy and Elections – Type, rights and responsibilities.</li> <li>- Criminal exploitation/county lines</li> </ul>	<ul style="list-style-type: none"> <li>- How to search and apply for colleges?</li> <li>- How to prepare for an interview – how to look professional at all times.</li> <li>- The importance of saving money</li> <li>- Things to consider when setting up a business</li> </ul>
Year 10	<ul style="list-style-type: none"> <li>- Cooking healthily/ balancing your diet</li> <li>- Personal hygiene – Level 2</li> <li>- Addiction and the impact on sleep (e.g. phones, gaming, scrolling (e.g.TikTok))</li> </ul>	<ul style="list-style-type: none"> <li>- How drugs and alcohol link to mental health issues (with links at addiction and the impacts of dependency)</li> <li>- Unpicking the stigma – getting people to talk and share experiences</li> <li>- How to recognise the early signs of mental wellbeing issues and anxiety (level 2)</li> </ul>	<ul style="list-style-type: none"> <li>- Pornography and the dangers linked to having healthy relationship.</li> <li>- That they have the choice to delay sex and to enjoy intimacy without sex</li> <li>- How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.</li> <li>- Consent – a recap and legal points.</li> </ul>	<ul style="list-style-type: none"> <li>- How can social media affect relationships?</li> <li>- How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or get support, if they have been affected by those behaviours.</li> <li>- Building new relationships – building confidence.</li> </ul>	<ul style="list-style-type: none"> <li>- How to promote tolerance of others.</li> <li>- Differing political ideologies – right, left and middle</li> <li>- Age limits and laws</li> </ul>	<ul style="list-style-type: none"> <li>- Post 16 choices – road mapping the future</li> <li>- Volunteering options to help with college admissions</li> <li>- Borrowing money – credit cards, mortgages etc.</li> <li>- How to search and apply for university and apprenticeship (post-18)</li> <li>- Getting ready for life – what skills do I need to develop further for my chosen career?</li> </ul>
Year 11	<ul style="list-style-type: none"> <li>- The benefits of regular self-examination</li> <li>- How to use prescribed medicines properly? (E.g. antibiotics and resistance)</li> <li>- Vaccinations – how to protect yourself and others around you.</li> </ul>	<ul style="list-style-type: none"> <li>- Getting ready for life – securing good future mental health</li> <li>- That happiness is linked to being connected with others</li> <li>- The benefits of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness</li> <li>- Dealing with mental health issues caused by exam stress</li> </ul>	TBC	<ul style="list-style-type: none"> <li>- How to build professional relationships and the differences between these and personal relationships.</li> <li>- How good communication can help with all aspects of relationships.</li> <li>- Where to find help on relationship issues in the future.</li> </ul>		

NB – There will be an additional topic covered at the start of the academic year addressing sexual harassment within schools. Issues surrounding this will then be covered again in Block 3 and Block 4.