Personal Development Curriculum Overview 2026-2027

Sessions = 30 Minutes

	Block 1 Physical Heath	Block 2 Mental Health	Block 3 Careers, Enterprise and Finance	Block 4 Relationships	Block 5 Democracy, British Values and the Law	Block 6 Intimate Relationships and Sexual Health
Year 7	- Health eating and diet (link to bullying in isolation) - How to maintain healthy eating and the links between a poor diet and health risks, including eating disorders and obesity (link to isolation placements) - Personal hygiene – why is it important and how can it prevent the spread of infection? (link to isolation placements) - Dental health - How can vaping damage your health? (link to isolation placements) - Asthma - Key facts about puberty and the changing adolescent body – including different types of sanitary products	- Confidence building - Anger management - How to recognise the early signs of mental wellbeing issues - Reading other people's emotions - The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress - Mental health awareness for young people (where do you find help)	- Budgeting – managing personal money (needs vs wants). - The cost of living – how to ensure we are being respectful of the money we have. - Food offers and ultra-processed foods - Tax – how do we pay tax? Why should we pay tax? How is our tax used? - What is national insurance? - Your educational journey and the law	- That there are different types of relationships – including friendships and committed relationships. (Details of both marriage and civil partnership) - How to find good friends. - Think before we speak - Different types of bullying, responsibilities of bystanders and how and where to get help. - Stereotypes – in particular sex, gender, race, religion, sexual orientation or disability – and how they can cause damage.	- What are the British values and what are the benefits of British values to society? - What is an MP and how do you become one? - What can an MP do? - What is the difference between a counsellor and an MP? - Who is our PM? Who is your MP? - 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. - What is the rule of law? - Safe cycling	- What constitutes sexual contact? What constitutes inappropriate behaviour? An introduction to grooming and consent. - Different types of sexuality and how this is different from gender identity. - 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.

Year 8	- The facts about legal (alcohol) substances and illegal substances, including drug-taking, and the associated risks, including the link to serious mental health conditions - Awareness of the dangers of drugs which are prescribed but still present serious health risks - Substance misuse - Exercise – the benefits - Endometriosis and polycystic ovaries	- Self harming - How to talk about their emotions accurately and sensitively, using appropriate vocabulary - Common types of mental ill health - Triggers for mental health issues - 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	- A levels verses T levels – how can these lead onto different jobs? - What skills do I need for different jobs? (Management, people, time keeping, organisation etc.) - How can I use Labour Market Information (LMI) to develop my understanding of the job market? - Employer vs employee - Pensions - Living expenses	- How relationships contribute to human happiness and their importance for bringing up children - Gender equality - Violence and abuse within relationships (including FGM) - 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.	- Violence and exploitation by gangs Extremism/radicalisation – Level 1 - Fighting against discrimination - Individual liberty – how laws support this? - The law relating to the supply and possession of illegal substances and weapons (including knife crime). Laws on films and games – ratings.	- How can pregnancy occur? What are the methods of preventing pregnancy? - The facts around pregnancy including miscarriage - 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). - That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.

Year 9	- Alcohol and smoking – the problems caused by them and the benefits of quitting - What to do in medical emergencies? - Facts about wider issues such as organ/blood donation - The risks of an inactive lifestyle - The reasons and impact of the HPV vaccinations	- Influence of social media on the brain and mental health, including the impact on body image - Interacting with others suffering mental health issues - Mindfulness and dealing with stress - The importance of sufficient good quality sleep for good health and how a lack of sleep can affect mental and physical health. - Eating disorders - Suicide rates and factors that may impact them	- How to search and apply for colleges? - How to prepare for an interview – how to always look professional. - The importance of saving money - Things to consider when setting up a business - Preparation for options evening	- 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. - Arranged marriage vs Forced marriage - Cat fishing - What constitutes sexual harassment and sexual violence and why these are always unacceptable. - Building good relationships with parents and siblings.	- The rights of refugees - Hate crime Level 2 – Equality laws – racism, sexism, homophobic, ageism, disability etc. - Democracy and Elections – Type, rights and responsibilities. - Criminal exploitation/county lines - Stop and search laws and rights - Voting rules and changes	- How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (link this to reducing the risk of STIs not pregnancy) and the importance of and facts about testing. - Online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc. and the dangers of excessive pornography use - Harassment and assault, rape and avoiding grooming.

Year 10	- Cooking healthily/ balancing your diet/ calorie consumption - Personal hygiene – Level 2 - Addiction and the impact on sleep (e.g. phones, gaming, scrolling (e.g.TikTok)) - Genetic diseases and testing	- How drugs and alcohol link to mental health issues (with links at addiction and the impacts of dependency) - Unpicking the stigma – getting people to talk and share experiences - Living with others with mental ill health - How to recognise the early signs of mental wellbeing issues and anxiety (level 2)	- Post 16 choices – road mapping the future - Volunteering options to help with college admissions - Borrowing money – credit cards, mortgages etc. - Preparation for Work Experience - Salaries and tax	- How can social media affect relationships? - 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. - Building new relationships – building confidence.	- How to promote tolerance of others. - Differing political ideologies – right, left and middle - Age limits and laws (E.g. driving, drinking, gaming vaping, gambling, leaving education). - Marriage laws and inheritance - Further details on video game ratings	- Pornography and the dangers linked to having healthy relationship. - Chatbots and AI created accounts - potential harmful advice / link to online scamming (sextortion/targeted advertisements). - Difference between public and private online spaces and related safety issues. How to guard against sharing content/who to get support from. - INCELs - That they have the choice to delay sex and to enjoy intimacy without sex - How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment. - Consent – a recap and legal points.

Year 11	- The benefits of regular self-examination - How to use prescribed medicines properly? (E.g. antibiotics and resistance) - Vaccinations – how to protect yourself and others around you. - Menopause	- Getting ready for life – securing good future mental health when possibly faced with grief - That happiness is linked to being connected with others - The benefits of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness - Dealing with mental health issues caused by exam stress	- How to search and apply for jobs? - How to search and apply for university and apprenticeship (post-18) - Student loans for university - Getting ready for life – what skills do I need to develop further for my chosen career? - Mortgages	- How to build professional relationships and the differences between these and personal relationships. - How good communication can help with all aspects of relationships. - Where to find help on relationship issues in the future.		

<u>Isolation Placement</u>

- Quiz
- Text
- Understanding through examples/scenarios

Safeguarding links