

Personal Development Curriculum Map

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
7	<u>Staying Safe and Managing Change</u> Transition to secondary school, managing emotions and personal safety in and outside school.	<u>Health and Puberty</u> Healthy and unhealthy lifestyles, vaping, smoking, healthy routines, hygiene, puberty, unwanted contact and FGM	<u>Building Healthy Relationships</u> Self-worth, romance and friendships (including online). Boundaries and consent	<u>Diversity</u> Diversity, prejudice, stereotyping and bullying. Protected Characteristics and the Equality Act 2010.	<u>Digital Literacy</u> Online safety, digital literacy, media reliability, safer gaming and gambling hooks.	<u>Self-Awareness</u> Job families, skills, qualities and working as part of a team
8	<u>Drugs and Alcohol</u> Vaping, smoking, energy drinks, caffeine, alcohol, counter/ prescription drugs and county lines.	<u>Emotional and Physical Health</u> Mental health, healthy and unhealthy coping strategies, digital resilience and body image	<u>Identity and Relationships</u> Protected characteristics, gender and sexual orientation, stereotypes, sexting and consent.	<u>Labour Market Information</u> Professional behaviour, health and safety, LMI. Action planning.	<u>Citizenship</u> What is democracy? Parliament and Government, the law and how laws are made. Local government.	<u>Financial Decision Making</u> Budgeting, saving and borrowing and making financial choices
9	<u>Peer influence</u> Substance use and gangs Healthy and unhealthy friendships, risky behaviours (ASB), substance misuse and gang exploitation.	<u>Respectful Relationships</u> Different families, positive relationships, parenting, conflict resolution and relationship changes.	<u>Opportunity Awareness</u> Decision-making, work motivation and challenging stereotypes.	<u>Intimate Relationships</u> Relationship and sex education including consent, contraception, the risks of STIs and attitudes to pornography.	<u>Employability Skills</u> Rights and responsibilities, first impressions, managing your online presence	<u>Healthy Lifestyles and Summer Safety</u> Diet and exercise. Vaccinations. Safety including, sun safety, water and railway safety.
10	<u>Mental Health</u> Looking after your wellbeing, impact of drugs and alcohol, managing pressure and benefits of sleep	<u>Securing a job</u> Applying for a job, interview techniques, action planning for the future	<u>Healthy Relationships</u> Relationships, consent, sexual harassment, sexual pleasure and challenges, including the impact of the media and pornography	<u>Citizenship</u> Rights and responsibilities of ordinary citizens. Jury service, magistrates and special constables.	<u>Respectful Britain</u> Multi-cultural Britain, Equality Act and promoting tolerance. Gangs, hate crime and challenging extremism.	<u>Keeping finances secure</u> Gambling, debt, cybercrime, fraud and the importance of keeping your details safe online
11	<u>Building for the future</u> Self-efficacy, stress management, mental health and future opportunities.	<u>Post 16 Transitions</u> Writing CVs, different types of employment and apprenticeships	<u>Families and Relationships</u> Parenting and family conflicts. Different long term commitments, marriage and forced marriage. FGM.	<u>Self-Examination and Sexual Health</u> Sexual health and self examination. Pregnancy outcomes. Routes to parenthood, fertility and the menopause.	<u>Being independent</u> Being ready for progression, rights and responsibilities and active citizenship.	

