



Personal Development Curriculum overview

“I have come that they may have life, and have it to the full.” John 10:10

	Advent 1 Health and Wellbeing	Advent 2 Experiencing and valuing the wider world	Lent 1 Relationships	Lent 2 Health and Wellbeing	Pentecost 1 Relationships	Pentecost 2 Experiencing and valuing the wider world
7	Transition and safety Transition to secondary school and personal safety in and outside school. First aid (including CPR, burns, allergic reactions, bleeding)	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations.	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, physical health – sleep, dental hygiene, immunisation, screen time influences on health, puberty, periods, menstrual wellbeing, managing changes unwanted contact, and legal viewpoint on FGM.	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries.	Financial decision making Saving, borrowing, budgeting and making financial choices
8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia.	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual Orientation- respectful understanding consent, ‘sexting’	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks, Online behaviour: cyberbullying, image-sharing, digital footprint, Fake news, media literacy & modern propaganda
9	Peer influence, substance use and gangs. Healthy and unhealthy friendships, assertiveness, substance misuse, grooming (on and offline, including gangs & extremism)	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid (including CPR, burns, allergic reactions, bleeding)	Close relationships Relationships education Including the law on sexual consent, exploitation, harassment, pornography, online images and misrepresentation in the media.	Employability skills Employability and online Presence, Online behaviour: cyberbullying, image-sharing, digital footprint
10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and expectations, The law on sexual consent, exploitation, harassment, pornography. Sexual health & STI awareness, myths and challenges, including. the impact of the media.	Exploring influence The influence and impact of drugs, gangs, role models and the media, fake news, media literacy & modern propaganda	Addressing extremism and radicalisation Communities, belonging and challenging extremism. Grooming (on and offline, including gangs & extremism)	Work experience Preparation for and evaluation of work experience and readiness for work
11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication, relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities and changing relationships, Pregnancy options and the sanctity of life, Marriage & long-term commitment.	