

Personal Development curriculum map





Year 7 Personal Development (PSHE)

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 2	Summer Term 1
<p>My New School / Settling In.</p> <ul style="list-style-type: none"> An introduction to personal, social and health education Getting to know your new school What are first impressions? Who am I? What is self-esteem? Study skills to improve your learning Your new friends and social media 	<p>My Friends: Friendship & Bullying</p> <ul style="list-style-type: none"> What makes a relationship healthy? (friends) How are families different? What is bullying? What is cyber-bullying? Dealing with bullying and cyber-bullying Self-awareness and sensitivity. 	<p>Diversity and Equality</p> <ul style="list-style-type: none"> Is everyone treated the same way? What are stereotypes? How are people with disabilities treated differently? What is racism? <p>My Life: Healthy Living and Relaxation</p> <ul style="list-style-type: none"> What does it mean to be healthy? All about feelings. How can screen time affect my health? Healthy sleep Healthy diet and exercise How can I manage my personal hygiene, including germs? How can I look after my teeth? Is vaping harmful to my body? What are the physical and emotional changes of puberty? What happens during menstruation? 		<p>Personal safety: Keeping myself safe</p> <ul style="list-style-type: none"> What is risk? How can I be safe near roads? How can I be safe near train lines? How can I be safe near water? How can I be safe online? First Aid - How can I help someone who is choking? First Aid - How can I help someone who is hurt or bleeding? 	<p>British Society and Democracy</p> <ul style="list-style-type: none"> What is parliament? Who makes the decisions that affect me? How are the political parties similar and different? What happens in a General Election? Who can vote in the UK? What do MPs do?



Year 8 Personal development (PSHE)

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Self Esteem & Identity</p> <ul style="list-style-type: none"> • Is it more important to be yourself than it is to be liked by everyone? • Peer pressure and road safety • Positive body image • Body image and the media • Learning to speak out to banish body talk 	<p>Healthy Relationships</p> <ul style="list-style-type: none"> • Consent in a relationship • Consent – avoiding assumptions • Positive intimate relationships • Identifying unhealthy relationships • Influences on relationship expectations • Coping with a breakup 	<p>Crime and criminality</p> <ul style="list-style-type: none"> • How do rules and laws differ? • Where do laws come from? • What crimes occur near me? • Are all courts the same? • How am I influenced? • What do I need to know about gangs? • What should I know about knife crime? • What is 'grooming'? • What does 'county lines' mean? • What is extremism? • What are hate crimes? 	<p>Drugs, alcohol and healthy living</p> <ul style="list-style-type: none"> • What common health conditions should I know about? • How do vaccinations work. • HPV vaccine, why we have it. • What does caffeine do to my body? • Tobacco, risks and influences. • Alcohol and risk • First aid - basic life support 	<p>Diversity and equality</p> <ul style="list-style-type: none"> • Tackling equality and discrimination • Disability: How are people with disabilities discriminated against? • Ageism • Sexism and gender prejudice • Race and religion: What is racism and how does it present itself in the UK? 	<p>Money skills</p> <ul style="list-style-type: none"> • Recognising your money personality • Value for money • Understanding your bank account • Dealing with financial dilemmas • Budgeting when gaming



Year 9 Personal development (PSHE)

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Media literacy</p> <ul style="list-style-type: none"> • What is news? • How can I judge the reliability of a news story? • How can I verify information? • How might I be manipulated? • How can I REVIEW my news? 	<p>Diversity and equality</p> <ul style="list-style-type: none"> • Human rights: Where do they come from and why are they important? • Stereotyping and prejudice • Stereotyping and prejudice: Tattoos and piercings • Racism - Black lives matter • Equality in education - Malala Yousafzai • How do we ensure people with disabilities are treated equally in the UK? • LGBTQ+: Diversity and role models • The Trans community, Transphobia and feeling comfortable in your body. 	<p>My finances and the future</p> <ul style="list-style-type: none"> • Staying in control of your money. • Financial Fraud and Scams • KS4 Options • Building a positive online reputation • Maintaining a positive online reputation • Gambling and risk • Understanding spending behaviours when gambling 	<p>Digital safety</p> <ul style="list-style-type: none"> • Screen time - why does it matter? • Cyberbullying - what is it and how to deal with it. • Sexting and the consequences • What should I know about watching and sharing videos online? • How to manage my online life and build resilience. 	<p>Consent, Conception, and contraception</p> <ul style="list-style-type: none"> • Respectful relationships • Freedom and the capacity to consent • Sexual health • Contraception and Conception • Grooming and Sexual exploitation • Drink, drugs and sex • Managing the ending of a relationship 	<p>Managing my health</p> <ul style="list-style-type: none"> • What is mental health? • How can social media affect me? • What are eating disorders? • How can I cope with grief? • How can I develop my resilience? • How can I optimise my physical health? • What do I remember about essential first aid?



Year 10 Personal development (PSHE)

Autumn Term 1	Autumn Term 2	Spring Term 1 Spring Term 2 Summer Term 1	Summer Term 2
<p align="center">Managing my health</p> <ul style="list-style-type: none"> • Recognising mental ill-health and when to get help. • Coping with change, loss and grief. • How to promote positive emotional wellbeing • What are the dangers of gambling? • What are the wider effects of vaping? • What is cancer? • How can I examine myself? • What services are available to help me manage my health? 		<p align="center">Relationships & Sex Education</p> <ul style="list-style-type: none"> • What does long term commitment look like? • Role of intimacy and pleasure • Impact of pornography • Pressure, persuasion and coercion • Addressing relationship abuse • Contraception • Pregnancy • Parental responsibilities 	<p align="center">Diversity and equality</p> <ul style="list-style-type: none"> • What are human rights? • Should my privacy be protected at all costs? • How does the law try to protect victims of FGM and GBV? • What are the rules of war?



Year 11 Personal development (PSHE)

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>My next steps</p> <ul style="list-style-type: none"> • Where can I go and what can I do after Year 11? • How can I prepare 21st Century skills for 21st Century jobs? • How can I prepare for an interview? 	<p>Resilience and readiness</p> <ul style="list-style-type: none"> • How can I deal with stress? • How can I deal with disappointment? • How might my health affect my exam performance? 	<p>My financial future</p> <ul style="list-style-type: none"> • Understanding your pay slip. • Your home - understanding rent and mortgages. • Controlling your monthly budget • Do I really need insurance? • What are pensions? 	<p>Digital safety</p> <ul style="list-style-type: none"> • What is the dark web and why is it dangerous? • How to protect myself against identity fraud and other scams. 	<p>Careers, the future and active revision</p>	<p>Public examinations</p>