



Personal Development Curriculum Map: 2026/2027

Themes:	Life Beyond School	Health and Wellbeing	Staying Safe Online and Offline	Relationships and Sex Education	Celebrating Diversity and Equality	Rights, Responsibilities and British Values
Year 7	<u>Managing Change</u> 1. What is PSHE? 2. Getting to Know People 3. What is a community? 4. Careers and Your Future 5. Sleep and Relaxation 6. Proud to be Me! 7. Transition Points in You Exploring Finance Workshop	<u>Puberty & Body Development</u> 1. Introduction to Puberty 2. Girls Puberty & Periods 3. Boys Puberty 4. Personal Hygiene 5. Growing Up 6. Self-Esteem 7. Tooth Decay School Health Nurse: Puberty	<u>Staying Safe Online & Offline</u> 1. Avoiding Gangs & Criminal Behaviour 2. Staying Safe Online 3. Online Gaming, Grooming & Addiction 4. Alcohol & Risk 5. Nicotine & Smoking 6. E-Cigs, Vaping & Snus 7. Energy Drinks & Caffeine 8. Knife Crime & Safety Smashed Live! Dangers of Alcohol	<u>Friends, Respect and Relationships</u> 1. Consent and Boundaries 2. Respect and Relationships 3. What Makes a Good Friend? 4. Friendships & Online Relationships 5. Being Positive 6. Pressure, Influence and Friends 7. What Does it Mean to be a Man Today?	<u>Celebrating Difference</u> 1. What is your Identity? 2. Multicultural Britain 3. Importance of Being Kind 4. Breaking Down Stereotypes 5. Learning Disabilities 6. Prejudice and Discrimination 7. Challenging Islamophobia	<u>Law, Crime & Society</u> 1. Desert Island – Living 2. Desert Island – Building a Community 3. Desert Island – Making Decisions 4. Desert Island – Criminals, Law & Society 5. How are Laws made? 6. Prisons, Reform & Punishment PC Mike Wentworth: Law, Crime & Society
Year 8	<u>Proud to be Me!</u> 1. Loneliness 2. Is it bullying or banter? 3. Peer pressure & risk taking 4. Personal safety 5. Personal safety in public spaces 6. Respect & women 7. Why sexist jokes are wrong Exploring Finance Workshop	<u>Physical Health and Mental Wellbeing</u> 1. Health & Wellbeing 2. What is Mental Health? 3. Positive Body Image 4. Child Abuse 5. Types of Bullying 6. Healthy Eating and Cholesterol 7. Stress Management	<u>Digital Worlds & Emerging Dangers</u> 1. Deepfakes 2. Deepfakes, bullying and digital media literacy 3. What is AI generated sexual imagery 4. AI & chat bots – danger scams and falling in love 5. Algorithms and how they push us 6. AI – how is it changing the way we think 7. Illegal online behaviours	<u>Identity and RSE</u> 1. Relationships and Sex Education (RSE) 2. Being yourself and self-love 3. Healthy respectful relationships 4. What is love? 5. Dealing with conflict 6. Periods and menstrual cycle 7. Introduction to Contraception 8. Sexual orientation School Nurse: Recap Puberty and Contraception	<u>Celebrating Differences</u> 1. What is your identity? 2. Multicultural Britain 3. Importance of Being Kind 4. Breaking Down Stereotypes 5. Learning Disabilities 6. Prejudice & Discrimination 7. Challenging Islamophobia	<u>Dangerous Society</u> 1. County Lines – what is it? 2. County Lines – who is at risk? 3. Substance Misuse 4. Cyberbullying 5. Online Grooming 6. Alcohol Safety 7. Child Exploitation & Online Protection PC Mike Wentworth: Law, Crime & Society
Year 9	<u>Challenges I could face growing up</u> 1. How self-esteem changes 2. What is a Penis? 3. What is a Vulva? 4. Bullying in all its forms 5. Dealing with Grief and Loss 6. Media and Airbrushing 7. Cancer Prevention & Healthy Lifestyles	<u>Contraception & STIs</u> 1. What are STIs? 2. Treating STIs and the Clinic 3. Contraception Explored 4. Contraception – Condoms 5. Contraception Explored Further 6. HIV and AIDS 7. HIV and AIDS, Prejudice & Discrimination	<u>Raising Awareness of Legal and Illegal Drugs</u> 1. What is a Drug? 2. Different Substance Addictions 3. Cannabis Products 4. Drug Classifications 5. Party Drugs & Illegal Drugs 6. The War on Drugs 7. Volatile Substance Abuse	<u>Sex, The Law and Consent</u> 1. Sexual Consent & The Law 2. FGM & The Law 3. Relationships & Partners 4. Domestic Abuse & Domestic Violence 5. Why have Sex? 6. Delaying Sexual Activity 7. Sexual Harassment & Stalking	<u>Equality & Diversity:</u> 1. Equality Act 2010 2. LGBTQ+ - What Is It? 3. LGBTQ+ Rights Across The World 4. Gender Equality 5. Ableism & Disability Discrimination 6. Removing the Barriers	<u>Prevent</u> 1. Conspiracy Theories 2. Forms of Extremism 3. What is Terrorism? 4. War & Conflict 5. The Radicalisation Process 6. How does Counter-Terrorism work? 7. Anti-Semitism in the UK

	Exploring Finance Workshop I Can Save A Life: First Aid Training	School Nurse: Contraception		Dorcas: FGM	7. Racism & Discrimination in Society	Wolverhampton City Council: PREVENT Ambassadors
Year 10	<u>Relationships, Respect & Modern Challenges</u> 1. What is Sextortion? 2. Dangers of Virginity Testing 3. Positive Male Role Models * Incels 4. Marriage vs Cohabitation & Civil Partnerships 5. Financial Abuse & Control in Relationships 6. Ending Relationships 7. Personal Safety Exploring Finance Workshop	<u>Healthy Minds, Safe Choices</u> 1. Child Sexual Abuse 2. Screen Time 3. Masculinity & Misogyny 4. Basic First Aid Skills 5. Self-Harm 6. Suicide (Thoughts & Feelings) 7. Promoting Emotional Wellbeing	<u>Violence, Crime and Seeking Safety</u> 1. Honour Based Violence 2. Forced Marriages & Breast Ironing 3. Online Gaming & Gambling 4. Social Media Validation 5. Modern Day Slavery 6. Keeping Your Data Safe 7. Causes of Knife Crime	<u>Risk & RSE</u> 1. Pleasure and Delaying Sexual Activity 2. Campaigning Against FGM 3. Sexting & Nudes 4. Online Pornography (Myths vs Reality) 5. Porn and Its Impact on Society 6. Unhealthy Relationships, Sexual Assault & Rape 7. Sexualisation of the Media School Nurse: STIs and Consent	<u>Religious Attitudes to Relationships & Families</u> 1. Religious teachings about human sexuality 2. Religious teachings about contraception 3. Religious teachings about abortion 4. Religious teachings about marriage 5. Religious teachings about divorce and remarriage 6. Religious teachings about families	<u>Exploring British Values</u> 1. Critical Thinking & Fake News 2. Hate Crime in the UK 3. British Values & Identity 4. Mutual Respect and Tolerance 5. Individual Liberty 6. What are Human Rights? 7. Democracy Explored Wolverhampton City Council: PREVENT Ambassadors
Year 11	<u>Justice, Ethics & Modern Society</u> 1. What is Justice? 2. Media Literacy & Digital Resilience 3. Grime Music & Violence 4. Moral & Ethical Decisions 5. Debating & Meaningful Discussions 6. Abortion Laws, Morals & Ethics Exploring Finance Workshop	<u>Adult Health</u> 1. Organ & Blood Donation 2. Teenage Pregnancy Choices 3. Mental Health Illnesses 4. Parenthood for Teenagers 5. Testicular & Prostate Cancer 6. Breast Cancer, Cervical Cancer & Screening 7. Love & Abuse School Nurse: Breast and Testicular Cancer	<u>Stay Safe & Stay Smart:</u> 1. Social Media vs Real Life 2. Screen Addiction & Studying 3. Online Misinformation 4. Targeted Advertising & Your Data 5. Cyber Flashing & Unsolicited Images 6. Upskirting 7. Peer on Peer Abuse in Schools	<u>Sexual Health:</u> 1. Peer on Peer Abuse 2. Fertility and What Impacts it 3. Alcohol, Parties & Bad Choices 4. Importance of Sexual Health 5. Revisiting STIs 6. Revisiting Contraception 7. Respect, Love & Relationships	Revision and Assessments	Revision and Assessments
Year 12	Life Beyond School	Health and Wellbeing	Staying Safe Online and Offline	Relationships and Sex Education	Celebrating Diversity and Equality	Rights, Responsibilities and British Values
	<u>Personal Finance</u> 1. Taxes and the UK 2. Banks, Building Societies and Money 3. Types of Unemployment (P45 and P60) 4. Different types of debt 5. Income and State Benefits	<u>Health and Wellbeing</u> 1. Exploring Health and Wellbeing 2. Cholesterol Levels and Healthy Consumption 3. Vaccinations and Immunity 4. Healthy Eating Habits 5. Dental Hygiene and Tooth Decay	<u>Drugs and Risks</u> 1. Alcohol Safety 2. Substance Misuse 3. Drugs and their Effects 4. Synthetic Cannabinoids 5. England and Wales drug Classifications 6. LSD Explored 7. MDMA and Ecstasy Explored	<u>Relationships and Sex Education</u> 1. Pornography and its impact on society 2. Fertility 3. Respect and Relationships 4. Importance of Sexual Health 5. Revisiting Contraception	<u>World Religions</u> 1. Christian Values and Practices 2. Jewish Values and Practices 3. Muslim Values and Practices 4. Buddhist Values and Practices	<u>Career Management</u> 1. University vs. World of Work 2. Writing a Cover Letter 3. UCAS Process 4. Student Finance 5. Alternatives to University 6. Confidentiality in the Workplace

	6. Role of Trade Unions and Employment Rights 7. Types of Insurance and Assurance UCAS: Student Finance Exploring Finance Workshop	6. Exploring Different Eating Disorders 7. Managing stress in daily situations and school Reflexions: Staying Mentally Healthy		6. Revisiting STI's 7. Respect and Relationships 8. Menstrual Charting and your Body School Nurse: Pregnancy and Breastfeeding	5. Hindu Values and Practices 6. Sikh Values and Practices	7. Budgeting at University R Osborne: 6 th Form Finance Talk
Year 13	<u>Personal Finance</u> 1. Payment Methods 2. Budgeting 3. Borrowing Money and Risks 4. Value for Money and Making It 5. Understanding Foreign Currency 6. Supermarket Inflation 7. Calculating Foreign Exchange Rates UCAS: Student Finance Exploring Finance Workshop	<u>Positive Wellbeing</u> 1. Dealing with Depression 2. Stress and Performance 3. Dealing with Anxiety 4. Fears and Anxiety 5. Sleep Hygiene and Mental Health 6. Promoting Emotional Wellbeing 7. Resilience and Growing Up Reflexions: Staying Mentally Healthy	<u>Diversity, Safety and Health</u> 1. LGBT Equality in the UK 2. Toxic Masculinity 3. Carrying a Knife- Gangs 4. Dealing with my Anger 5. What is cancer? 6. Medical Ethics Stem Cells and Blood Donation	<u>Emotional Wellbeing</u> 1. Nature Nurture Mental Health 2. Looking after yourself 3. Physical Health 4. Improving Body Image 5. Stress Management Part 1 6. Stress Management Part 2 Kooth: Positive Mental Health during Exams	<u>Revision and Assessment</u>	<u>Revision and Assessment</u>

The school offers a personal development curriculum which follows the requirements of relationships, sex and health education as stipulated by the Department of Education. A link to the guidance for parents and carers can be found here: https://assets.publishing.service.gov.uk/media/5f2c2b988fa8f57ac88dc996/RSE_secondary_schools_guide_for_parents.pdf

External Speakers (highlighted in yellow)

The school offers a personal development curriculum that incorporates a range of external speakers who enrich our curriculum. The intended speakers are shown on the curriculum plan and communication sent home in advance of the session being delivered. This list is not exhaustive and is subject to change. We are constantly looking to increase the offer of external speakers and will update this curriculum overview accordingly.