



## Personal Development Curriculum Overview

### 2026-2027

|                 | Year 7                                                                                                                                                                   | Year 8                                                                                                                                                                                                                                             | Year 9                                                                                                                                                                                                                                                         | Year 10                                                                                                                                                                                                                                           | Year 11                                                                                                                                                                                                                                                | Year 12                                                                                                                                                                                | Year 13                                                                                                                                                                            |
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| <b>Autumn 1</b> | <b>My Tomorrow</b><br><br>My Tomorrow<br>Identity and<br>Emotions<br>At What Cost?<br>My community<br>Proud to be me<br>Hopes and Desires<br>Conversation<br>Spaces      | <b>Equality, Diversity and British Values</b><br><br>What is your identity?<br>Multicultural Britain<br>Importance of Being Kind<br>Breaking down stereotypes<br>Learning Disabilities<br>Prejudice and Discrimination<br>Challenging Islamophobia | <b>Equality, Diversity and British Values</b><br><br>Equality Act 2010<br>LGBTQ+ What is it?<br>LGBTQ+ Rights across the world<br>Gender Equality<br>Ableism and Disability<br>Discrimination<br>Removing the barriers<br>Racism and Discrimination in Society | <b>Equality, Diversity and British Values</b><br><br>Critical Thinking and Fake News<br>Hate crime in the UK<br>British Values and Identity<br>Mutual Respect and Tolerance<br>Individual Liberty<br>What are Human Rights?<br>Democracy Explored | <b>Relationships and Sex Education</b><br><br>Peer on Peer Abuse<br>Fertility and What Impacts it<br>Alcohol, Parties and Bad Choices<br>Importance of Sexual Health<br>Revisiting STIs<br>Revisiting Contraception<br>Respect, Love and Relationships | <b>Work, Careers and Pathways</b><br><br>Preparation for the workplace<br>Being ambitious with my life goals<br>Alternative to University<br>Producing a CV<br>Job interview questions | <b>Employment and Responsibilities</b><br><br>Employment Rules<br>Professional Relationships<br>Professional Conduct<br>Bullying and Harassment in the Workplace<br>Trade Unionism |
| <b>Autumn 2</b> | <b>Personal Safety and Digital Awareness</b><br><br>Introduction to Tax<br>How does the Government use taxes?<br>Advertising Tricks:<br>How are we manipulated to spend? | <b>Personal Awareness and Digital Awareness</b><br><br>What is Loneliness?<br>Is it banter or bullying?<br>Peer pressure and its impacts<br>Personal Safety around water<br>Personal Safety in unfamiliar settings                                 | <b>Relationships and Sex Education</b><br><br>Sexual Consent and the law<br>FGM and the Law<br>Relationships and Partners<br>Domestic Abuse and Domestic Violence<br>Why have Sex?                                                                             | <b>Personal Awareness and Digital Awareness</b><br><br>What is sextortion?<br>Dangers of Virginity testing and hymenoplasty<br>Positive male role models and Incel Culture                                                                        | <b>Modern Dangers: Online and Offline</b><br><br>Virtual Reality and Live Streaming<br>Online Reputation and Digital Footprints<br>Group Chats and Anti-Bullying<br>Why is Vaping Popular but dangerous?                                               | <b>Bullying, Abuse and Discrimination</b><br><br>Gaslighting and emotional abuse<br>Coercion and controlling behaviour<br>Sharia Law and Honor-based violence                          | <b>Financial Choices</b><br><br>Budgeting at University<br>Exploring a Payslip<br>Consumer Rights<br>Being Financially Savvy<br>Problematic Gambling                               |

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|                 | Becoming a responsible citizen<br>How Deepfakes are being used in politics<br>How to avoid financial scams<br>Multicultural Britain                                                                                                                                 | Respect: Why women deserve it<br>Why sexist jokes are wrong                                                                                                                                                                                                                        | Delaying Sexual Activity<br>Sexual Harassment and Stalking                                                                                                                                                                                            | Marriage, Cohabitation Civil Partnerships<br>Ending Friendships/Relationships- How to do it in a kind way<br>Financial Abuse and Control in Relationships<br>Personal Safety in Public Spaces                                                                                                    | New Psychoactive Substances<br>Festivals and Nitrous Oxide<br>Substance Addiction                                                                                                                                                                                     | Child on Child abuse<br>Culture and Diversity                                                                                                                                                      |                                                                                                                                                                                          |
| <b>Spring 1</b> | <b>Relationships and Sex Education</b><br><br>Consent and Boundaries<br>Respect and Relationships<br>What makes a good friend?<br>Friendships and Online relationships<br>Being Positive<br>Pressure, Influence and Friends<br>What does it mean to be a man today? | <b>Relationships and Sex Education</b><br><br>Relationships and Sex Educations<br>Being yourself and self-love<br>Healthy Respectful Relationships<br>What is love?<br>Dealing with Conflict<br>Periods and Menstrual Cycle<br>Introduction to Contraception<br>Sexual Orientation | <b>Relationships and Sex Education</b><br><br>What are STI's?<br>Treating STI's and the Clinic<br>Contraception<br>Explored Contraception – condoms<br>Contraception explored further<br>HIV and AIDS<br>HIV and AIDS<br>Prejudice and Discrimination | <b>Relationships and Sex Education</b><br><br>Pleasure and Delaying Sexual Activity<br>Campaigning Against FGM<br>Sexting and Nudes<br>Online Pornography (Myths vs Reality)<br>Porn and its Impact on Society<br>Unhealthy Relationships, Sexual Assault and Rape<br>Sexualisation of the Media | <b>Healthy Bodies and Emotional Wellbeing</b><br><br>Organ and Blood Donation<br>Teenage Pregnancy Choices<br>Mental Health Illnesses<br>Parenthood for Teenagers<br>Testicular and Prostate Cancer<br>Breast Cancer, Cervical Cancer and Screening<br>Love and Abuse | <b>Healthy Lifestyles and Mental Health</b><br><br>Cancer and getting checked<br>Vaccines and immunisations<br>Healthy diet on a budget<br>Supporting others<br>Maintaining Positive mental health | <b>Forming Respectful Relationships</b><br><br>Importance of Family and Friends<br>Online Dating and Personal Safety<br>Avoiding Toxic Friendships<br>Power Differences in Relationships |

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| <b>Spring 2</b> | <b>Modern Dangers: Online and Offline</b><br><br>Avoiding gangs and criminal behaviour<br>Staying Safe Online<br>Online Gaming, Grooming and Addiction<br>Alcohol and Risk<br>Nicotine and Smoking<br>E-Cigs, Vaping and Shisha<br>Energy Drinks and Caffeine<br>Knife Crime and Safety | <b>Modern Dangers: Online and Offline</b><br><br>County Lines –What is it?<br>County Lines- Who is at Risk?<br>Substance Misuse<br>Cyberbullying<br>Online Grooming<br>Alcohol Safety<br>Child Exploitation and Online Protection | <b>Modern Dangers: Online and Offline</b><br><br>What is a Drug?<br>Different types of Addictions<br>Cannabis Products<br>Drugs Classifications<br>Party Drugs and Illegal Drugs<br>The War on Drugs<br>Volatile Substance Abuse | <b>Modern Dangers: Online and Offline</b><br><br>Honour Based Violence<br>Forced Marriage and Breast Ironing<br>Online Gambling and Gambling<br>Social Media Validation<br>Modern Day Slavery<br>Keeping Your Data Safe<br>Causes of Knife Crime | <b>Personal Awareness and Digital Awareness</b><br>Social Media Vs Real Life<br><br>Screen Addiction and Studying<br><br>Online Misinformation – How it spreads<br><br>Targeted Advertising and your data<br><br>Cyber Flashing and Unsolicited Images<br><br>Peer on Peer Abuse<br><br>Upskirting | <b>Media Literacy and Digital Resilience</b><br><br>Online Safety and Privacy<br><br>Online Reputation<br><br>Media Literacy and Digital Resilience<br><br>Extremism and Radicalisation        | <b>Sexual Health and Self Concept</b><br><br>Managing Life's Phases<br><br>Body Image and Pressure to Conform<br><br>Body Modifications<br><br>STI's<br><br>Importance of sexual health |
| <b>Summer 1</b> | <b>Healthy Bodies and Emotional Wellbeing</b><br><br>Introduction to Puberty<br>Girls puberty and periods<br>Boys Puberty<br>Personal Hygiene<br>Growing Up<br>Self- Esteem<br>Tooth Decay and Dental Health                                                                            | <b>Healthy Bodies and Emotional Wellbeing</b><br><br>Health and Wellbeing<br>What is Mental Health?<br>Positive Body Image<br>Child Abuse<br>Types of Bullying<br>Healthy Eating and Cholesterol<br>Stress Management             | <b>Healthy Bodies and Emotional Wellbeing</b><br><br>How Self-Esteem changes<br>Bullying in all its forms<br>Dealing with Grief and Loss<br>Media and Airbrushing<br>Cancer Prevention and Healthy Lifestyles                    | <b>Healthy Bodies and Emotional Wellbeing</b><br><br>Child Sexual Abuse<br>Screen Time<br>Masculinity and Misogyny<br>Basic First Aid Skills<br>Self-Harm<br>Suicide (Thoughts and Feelings)<br>Promoting Emotional Wellbeing                    |                                                                                                                                                                                                                                                                                                    | <b>Relationships, Values and Consent</b><br><br>Types of Relationships<br><br>Prejudice and Discrimination<br><br>Consent<br><br>Sexual Norms and Expectations<br><br>Consent Around The World |                                                                                                                                                                                         |

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| <b>Summer<br/>2</b> | <b>Equality, Diversity and British Values</b><br><br>Desert Island – Living<br>Building a community<br>Making Decisions<br>Criminals, Law and Society<br>How are Laws made?<br>Prison, Reform and Punishment | <b>Personal Safety and Digital Awareness</b><br><br>What are Deepfakes?<br>Deepfakes bullying<br>What is AI generated sexual imagery and the dangers of it<br>AI and Chat bots – dangers and scams<br>Algorithms and how they push content to us<br>AI- How is it changing the way we think?<br>Illegal online behaviours including drug and knife supply | <b>Personal Safety and Digital Awareness</b><br><br>Conspiracy Theories and Extremist Narratives<br>Forms of Extremism<br>What is Terrorism?<br>War and Conflict<br>The Radicalisation Process<br>How Does Counter Terrorism work?<br>Antisemitism | <b>Healthy Bodies and Emotional Wellbeing</b><br><br>What is a GP?<br>The role of pharmacists<br>Exploring Local Health care System<br>What is Antimicrobial Resistance?<br>Menstrual and Gynaecological Health<br>Healthy behaviours before, during and after pregnancy<br>Unhealthy Weight Gain and Associated Health Risks<br>Mock Preparation time |  | <b>Risks, Personal Safety and Drugs</b><br><br>Getting Home safely<br>Going Abroad and Safety<br>Basic First Aid<br>Organised Crime and Gangs<br>Drugs, Alcohol and Work Decisions<br>Drink Spiking and Drunk Drivers |  |

