

Personal Development - Curriculum Plan

	Relationships and Sex Education (RSE)	Mental Wellbeing and Health Education	Careers and Critical Skills	Citizenship and British Values	Online Safety
7 PD - Tuesday P1 Lessons Form Tutors	Topic 1 - Developing Respectful Relationships Topic 1 - L1 - Transition - Getting to know your form, getting organised, getting to know your form, advice from peer mentors, CRGS mindset and resilience. Topic 1- L2 - What is PD? Topic 1 - L3 - What makes a good friend? Respectful relationships Topic 1 - L4 - Consent, boundaries, and privacy. Judge when a family, friend, intimate or other relationship is unsafe Topic 1 - L5 - The roles and responsibilities of parents with respect to raising children. Judge when a family, friend, intimate or other relationship is unsafe Topic 1 - L6 - What is harmful sexual behaviour? The law surrounding the creation of AI sexual images Topic 1 - L7 - Stereotypes, prejudice and discrimination - Protected Characteristics and how to challenge Topic 1 - L8 - Stereotypes, prejudice and discrimination - Sexism, racism and homophobia, where to go to for support - How to evaluate their impact on other people and treat others with kindness and respect, including in public spaces and including strangers. Pupils should understand the legal rights and responsibilities regarding equality, and that everyone is unique and equal	Topic 3 - Mental Wellbeing, Health and First Aid Topic 3 -L1 -Changing Adolescent Body Puberty - Key facts about puberty, the changing adolescent body Topic 3 - L2 - The benefits of a healthy lifestyle, physical exercise, food, oral health and impact on mental wellbeing Topic 3 - L3 - Mental Health Concerns Topic 3 - L4 - Basic First Aid - St Johns Pathway - Severe allergic reactions Topic 3 - L5 - Basic First Aid - St Johns Pathway - Asthma Topic 3 - L6 & L7 - Basic First Aid - St Johns Pathway - primary survey, the recovery position, and CPR, and how to use an AED. Topic 3 - L8 - Basic First Aid - St Johns Pathway - Bleeding	Topic 4 - Thinking about my skills linked to careers Topic 4 - L1 - The Importance of Education Topic 4 - L2 - Personal Qualities and Skills Topic 4 - L3 - Futuristic Careers and AI Topic 4 - L4 - Different Ways of Working (In-person, Hybrid, Remote) Topic 4 - L5 - My Dream Job	Topic 5 - Living in Britain Topic 5 - L1 - Rules in Society Topic 5 - L2 - British Values -Democracy and Rule of Law Topic 5 - L3 - Fundamental British Values and examples of how Great Britain ensures them Topic 5 - L4 - The functions and uses of money in society	Topic 2 - Keeping Myself Safe Online Topic 2 - L1 - Rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts. Online risks grooming and where to go to for help Topic 2 - L2 -Recognise the benefits influencers can bring to society but also how to avoid the negatives which can also be associated with them, including targeted advertising. Topic 3 - L3 -The effect of their online actions on others and expectation of behaviour online and the impact of positive and negative content. The importance of keeping personal information private and not to provide material to others that they wouldn't want shared further Topic 3 - L4 - Benefits of rationing time spent online. Identifying and reporting harmful online behaviours and accessing support
7 PD - Lessons with specialist	Topic 1 - All About Me - Well-being, Staying Safe & Living a Successful Life L4 - To know characteristics of healthy and unhealthy friendships and I know how to manage conflict L4 - The practical steps pupils can take and skills they can develop to support respectful and kind relationships L4 - Skills for ending relationships or friendships with kindness and managing the difficult feelings that endings might bring, including disappointment, hurt or frustration. L5 - The different types of bullying	Topic 1 - All About Me - Well-being, Staying Safe & Living a Successful Life L1 - To know different ways to look after your mental health and wellbeing. To know the impact of positive and negative self-talk L2 To know the changes that happen for boy and girls during puberty and how this can impact body image and emotions L3 - To know different ways to build my self-esteem and where to go to for support if my self-esteem is low L7 - About the benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact	Topic 1 - All About Me - Well-being, Staying Safe & Living a Successful Life L9 - To explain the difference between a growth and fixed mindset L10 - Metacognition - Describe the "AGES" model in relation to learning. Explore different evidenced based revision strategies		Topic 1 - All About Me - Well-being, Staying Safe & Living a Successful Life L7 - To know how to protect yourself online. To be aware of online dangers, such as harmful content, grooming and where to get support L8 - To know what my digital footprint is and why it is important to think before I post online. To know the difference between private and public online spaces

	(including online bullying), the impact of bullying, the responsibilities of bystanders to report bullying and how and where to get support L6 - To know how to increase their personal safety	of positive and negative content online on their own and others' mental and physical wellbeing			
8 PD - Tuesday P1 Lessons Form Tutors	Topic 5 - Developing Respectful Relationships Topic 5 - L1 - Pride Month - LGBTQ+ and equality Topic 5 - L2 - Misogyny Topic 5 - L3 - That some types of behaviour within relationships are criminal, what constitutes sexual harassment and consent why these are always unacceptable	Topic 1 - Looking After My Health & Mental Wellbeing and First Aid Topic 1 - L1 - To consider how we can support our own mental health and ourselves and others when experiencing anxiety Topic 1 - L2- The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online. Topic 1 - L3 - To demonstrate an awareness of how in today's world we may feel lonely and the impact this can have on our mental health. Topic 4 L1- The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn Topic 4 - L2 - Healthy eating and exploring the health risks associated with energy drinks Topic 4 - L3 - First Aid - Head injuries Topic 4 - L4 - First Aid - Choking Topic 4 - L5 - First Aid - Sepsis	Topic 2 - Exploring Careers Topic 2 - L1 - How are the subjects you are studying preparing you for your future? Topic 2 - L2 - How can you use Unifrog to begin investigating career options that may suit your interests? Topic 2 - L3 - How can careers develop over time? Topic 2 - L4 - What are the challenges and rewards of work? Topic 2 - L5 - What are the challenges and rewards of work? Topic 2 - L6 - Will there be more Green Jobs in the future?	Topic 3 - Understanding how Government Works Topic 3 - L1-National Government - The difference between government and parliament Topic 3 -L2 - How do elections work? Topic 3 -L3 - What do political parties do? Topic 3 - L4 - What do MP's do? Topic 3 -L5 - How are laws made? Topic 3 -L6 - How can we influence those in power? Topic 3 - L7- Debating Skills - Should voting age be reformed?	Topic 1 - Online Harms Topic 1 - L2- The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image). How people may curate a specific image of their life online. Topic 1 - L3- To demonstrate an awareness of how in today's world we may feel lonely and the impact this can have on our mental health. Topic 5 - L2 - Online Misogyny
8 PD - Rotation lessons with specialist	Topic 1 - Relationships L1 - Identifying healthy and unhealthy behaviours in relationships and how to cope with conflict L2 - To know what peer pressure is and describe ways to respond to peer pressure L3 - To define stereotypes, prejudice and discrimination and know the law relating to the Protected Characteristics under the Equality Act 2010 L4 - To know what constitutes a hate crime, examples, and how to respond L5 - To be able to identify unhealthy relationships, such as coercive control, domestic abuse and stalking L6 - To understand the diversity of family structures and their value in society. (nuclear, blended, single-parent, same-sex parents) L7 - To understand legal rights around marriage, civil partnerships, cohabitation and divorce L8 - To understand the five stages of grief and develop some strategies to cope with loss L9 - To recognise warning signs and risks of grooming and exploitation, including county lines and knife crime know where to seek support L10- To evaluate the impact of screen time on mental health and learn strategies to manage it. Focus on the dangers of, Echo Chambers, Filter Bubbles, Online Challenges and Chat Bots				
9 PD - Tuesday P1 Lessons Form Tutors	Topic 4 Careers - Relationships - Keeping Safe and the Law Topic 4 - L1- Sexual Consent Topic 4 - L2- To know that That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail. Topic 4 - L3- Deep Fakes and sextortion	Topic 1 - Looking After My Health & Mental Wellbeing Topic 1 - L1 - The BASICS - Target setting Topic 1 - L2 - Dealing with emotions and how to change unhealthy coping strategies Topic 1 - L3 -Taking care of my own physical health, personal hygiene, prescription drugs, accessing services, such as pharmacists and GP's and when to	Topic 2 - Careers - My Options Topic 2 - L1 How much money do you really need? Topic 2 - L2 - What is Lancashire's labour market like compared to the UK? Will you always live locally? Topic 2 - L3 - Decision Making: Choosing what to study at KS4 Topic 2 - L4 - What are the main	Topic 5 -Mutual Respect & Tolerance and the Law Topic 5 - L1 - Mutual Respect & Tolerance - Equality Act 2010 Topic 5 - L2 - Mutual Respect & Tolerance of different religions and cultures Topic 5 - L3 - Racism Topic 5 - L4 -Hate Crimes Topic 5 - L5 - Courts system in the UK	Topic 3 - Online Harms Topic 3 - L1 - The impact of viewing harmful content. The serious risks of viewing online content that promotes self-harm and suicide Topic 3 - L2 - The impact of viewing harmful content. The serious risks of viewing online content that promotes violence

		use A&E. The concept of Gillick competence. That the legal age of medical consent is 16 Topic 1 - L4 - Unhealthy coping strategies - Self-harm Topic 1 - L5 - Unhealthy coping strategies - eating disorders, and the need to seek help as soon as possible Topic 1 - L7 - To know the dangers of sunbed use	learning pathways after KS4? Topic 2 - L5 -Do I have to work for somebody else? Topic 2 - L6 -How can you use Unifrog to explore career options that might suit your personality?	Topic 5 - L6 -The age of criminal responsibility Topic 5 - L7 - Anti-social behaviour	Topic 3 - L3 - The impact of viewing harmful content - Misinformation
9 PD - Lessons with specialist Please note: For L3 L6 L7 and L9, parents may request that their child be withdrawn in accordance with the school’s RSE policy. Any request must be discussed with the school in line with the procedures set out in the RSE policy.	Topic 2 - Relationships and Sex Education L1 - To understand attributes of healthy relationships and identify signs of unhealthy or abusive relationships L2 -To recognise criminal behaviours in relationships abuse types: domestic, physical, emotional, sexual, stalking and blackmail L3 - To know that there are different types of intimacy: intellectual, physical, spiritual and emotional. To know what constitutes as a healthy and unhealthy, intimate sexual relationship, including the role of consent and trust and boundaries within a relationship L4 - To understand legal and personal meanings of consent L5 - To understand benefits of delaying sexual activity and develop assertiveness skills. L6 - To know different types of contraception, uses, and access to sexual health services L7 - To know different types of STI , symptoms, treatment, and accessing sexual health services L8 - To understand factors affecting fertility and know how the menopause effects women L9 - Pregnancy, parenthood, adoption, abortion and miscarriage L10 - - To understand laws, risks, and support for sharing explicit images including AI images and sextortion L11 - To understand pornography laws and recognise the dangers, such as, addiction, unrealistic expectations, and safety issues			Topic 1 - Health Education - Drugs Education L1 - To know the different classifications of drugs (A B and C, legal and illegal) explain the law relating to supply, procession and use L2 - To understand what addiction is, the different types, its causes, and treatment options. L3 - To describe the effects of smoking tobacco, e-cigarettes/vapes, and cannabis and know where people can seek help L4 - To know the risks of cannabis edibles and nicotine pouches and to know what to do in an emergency response L5 - I know the laws, effects, and risks of alcohol use and misuse. L6 - To describe risky behaviours related to alcohol misuse and to know what spiking is and ways that I can protect myself L7 - To understand the dangers of NPS, and nitrous oxide and know the legal status of these substances L8 - To recognise signs of exploitation and knife crime, and know how to seek help and report concerns	
10 PD - Tuesday P1 Lessons Form Tutors	Topic 4 - Relationships and Sex Education Topic 4- L1- Age gap relationships and the law Topic 4 - L2 - Reporting issues of consent Topic 4 - L3 - Alcohol and the link with risky sexual behaviour	Topic 1 - Looking After My Mental Wellbeing and Basic First Aid Topic 1 - L1 - Welcome Back - BASICS Targets Topic 1 - L2 - Self-care Topic 1 - L3 - Social Anxiety Disorder Topic 1 - L4 - First aid - Bone, muscle and joint injuries Topic 1 - L5 -Basic First Aid - Chest pains Health Topic 1 - L6 -Basic First Aid - Strokes Topic 1 - L7 - Checking yourself - Breast Cancer, Cervical Cancer & Testicular Cancer Topic 1 - L8 - Obesity in the UK - cholesterol and obesity Topic 5 - L1 - To know how to cope with stress Topic 5 - L2 - Misogyny and the impact Topic 5 - L3 - Social Dilemma	Topic 2 - Careers - Opportunities Topic 2- L1 - Will AI change the world of work Topic 2 - L2 - Is voluntary work of value?	Topic 3 - Citizenship Topic 3- L1- Media Freedom Topic 3- L2 - The difference between democratic and non-democratic governments Topic 3- L3 - The UK’s international relations - local, regional and international governance and the United Kingdom’s relations with the rest of Europe, the Commonwealth, the United Nations and the wider world	Topic 5- Online Harms Topic 5 - L1 - Gambling Topic 5 - L2 - Targeted advertising Topic 5 - L3 - Online lending

10 PD - Lessons with specialist	Criminal Behaviours in Relationships L1 - To know the different types of committed stable relationships and the signs of abusive relationships L2 - To know the physical and emotional damage which can be caused by female genital mutilation (FGM), virginity testing and hymenoplasty, where to find support, and the law around these areas. L3 - To know how to recognise forced marriage and honour-based abuse and where to seek support L4 - To know what sexual harassment is, its consequences, and where to seek support	Mental Wellbeing and Health Education L1 - To know how to reframe negative thinking patterns L2 - To know how to recognise signs and symptoms of mental ill-health such as depression and anxiety and understand when and where to seek help L3 - To understand factors affecting male mental health, explore male suicide and the impact of societal stereotypes. To know ways to support men in expressing emotions and seeking help L4 - To understand causes and triggers of unhealthy coping strategies like self-harm and eating disorders, recognise healthy coping methods, and know how to seek help	Careers L1 - To know what careers suit my interests. To use the Careers library and Subject library on Unifrog to find careers and subjects suited to their interests L2 – To evaluate each career type and explain which they believe is right for them L3 - To know how to apply for a job and create my own CV L4 – To know how personal branding can help or hinder recruitment and update my CV accordingly	Preventing Extremism L1 - To define extremism, terrorism, and radicalisation and understand the legal implications L2 - To understand how extremists groom individual's links to incel culture and where to seek help L3 - To understand the UK's counter-terrorism strategy and the Prevent duty L4 - To understand how to spot fake news and the importance of critical thinking	Religion and Medical Ethics L1 - To analyse why we make an 'ethical' decision when dealing with medical issues L2 - What is the system of organ donation in the UK? What are some of the ethical debates surrounding organ donation? L3 - To investigate the moral and religious implications of organ donation L4 - To know what stem cell research is and explain some of the religious arguments for and against stem cell research
11 PD - Tuesday P1 Lessons Form Tutors		Topic 1 - Looking After My Health & Mental Wellbeing Topic 1 - L1 - Welcome Back - BASICS Targets Topic 1 - L2 - Ambition Topic 1 - L3 - Supporting people with MH issues Topic 1 - L4 - Resilience - memory and exam stress	Topic 3 - Careers and Finance L1 - To know the key features of a payslip, including income deductions and calculation of gross and net income L2 - To understand different methods of saving money and how to distinguish between essential and non-essential expenditure for effective money management L3 - To understand the difference between renting and owning property, including how mortgages work and the renting process L4 - To identify different types of financial scams, understand their characteristics, and take steps to prevent becoming victims Careers - Professional Relationships L5 - Professional relationships L6 - Employer Expectations	Topic 4 - Citizenship - My Rights Topic 4 - L1 - Societal Expectations preventing freedom of choice Topic 4 - L2 - Criminal and Civil law Topic 4 - L3 - Registering to vote Topic 4 - L5- Human Rights Topic 5 - L6- Freedom of Speech	Topic 2 - Online Safety Topic 2 - L1 - Online behaviour linked to jobs. plagiarism and cheating Sexual images/ AI sexual images discussed by the Sexual Health Nurse
11 PD - Lessons with specialist	Relationships and Sex Education NHS Sexual Health Service - L1 - To understand the legal definition of consent, the practical importance of consent, and the consequences of sexual activity without consent. To know the law and image sharing, the dangers of pornography and sextortion NHS Sexual Health Service - L2 - To understand the purpose, types, and effectiveness of contraception methods, including how condoms protect against	Mental Wellbeing and Health Education L1 - To understand the science behind stress responses and learn effective strategies to manage exam stress and promote relaxation L2 - To understand how media and digital editing contribute to unrealistic body images, to recognise the impacts of Body Dysmorphic Disorder (BDD) L3 - To understand the differences between cosmetic and aesthetic procedures, evaluate their positive and negative effects,	Careers L1 –To know my Post 16/18 choices - Identify pros and cons of full-time education, employment, and apprenticeships L2 – To understand work-life balance and its impact on responsibilities and wellbeing L3 –To know how to manage money when you are working. To Know what a budget is and create a personal budget based on a chosen career	Religion and Medical Ethics L1 - To describe the concepts of Sanctity of Life, Quality of Life, and Value of Life. Express and justify opinions on the value and quality of life L2 - To understand different types of euthanasia and the legal status in the UK and explain religious attitudes towards euthanasia L3 - To understand what abortion is and the legal framework in Great Britain and evaluate pro-life and pro-choice arguments L4- To explain different religious views on abortion	

	sexually transmitted infections (STIs) To know the symptoms and treatments of common STI's, to know how to use a condom correctly	and explore the social and personal influences behind the desire to change physical appearance L4- To understand the effects and legal consequences of illegal drug use in the UK and learn how to respond safely and effectively in drug-related emergency situations	salary L4 – To know key employment rights in the UK and their importance for workers	
--	--	---	---	--