| PERSONAL DEVELOPMENT 26-27 | | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
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| Autumn 1 - 6 weeks | Topic | **Emotional wellbeing: managing change and transition** | **Decision making skills, to support a healthy lifestyle and wellbeing** | **CAREERS<br>Living in the Wider World<br>Aspirations and Options** | **Independence, health choices and wellbeing** | **CAREERS<br>Living in the Wider World** |
| | **Week 1** | Thriving in Secondary school | Food for thought - Making healthier food choices | Identifying interests and relating these to careers. | Food for thought - Study skills for KS4 | Post 16 Choices, choices |
| | **Week 2** | Goal setting | Maintaining dental health | Identifying interests continued | Physical activity - Making informed choices | Post 16 Choices, choices |
| | **Week 3** | Managing emotions and reactions | Being active for healthy lifestyles | GCSE Choices | Menstruation Matters - irregular and painful periods, absent period, PCOS, PMDD | Busting BTEC myths- what is a BTEC? |
| | **Week 4** | Developing positive thinking habits | Healthier sleep habits | GCSE Choices (continued) | Exploring blood, organ and stem cell donation | A level choices |
| | **Week 5** | Managing rumination and worry | Climate change and wellbeing | Careers library treasure hunt | Breast awareness - signs, symptoms and self-examination | A level Choices (continued) |
| | **Week 6** | Managing tension and stress | Navigating different views | Careers library treasure hunt (continued) | Body modifications | Subject Library Treasure hunt |
| Autumn 2-7 weeks | **Topic** | **Healthy and Unhealthy friendships, identifying and responding to bullying.** | **Belonging and Community** | **CAREERS<br>Living in the Wider World<br><br>Aspirations and Options** | **Navigating the online world** | **CAREERS<br>UNDERSTANDING THE WORLD OF WORK** |
| | **Week 1** | Introduction to consent | Identity and community | What makes a great leader? | How does AI affect our daily lives? | Revision Techniques Refresher/ flexibility due to mock exams |
| | **Week 2** | Friendship and empathy | Bias and Stereotypes | What makes a great leader? Continued. | What are the limitations of generative AI? | Introduction to apprenticeships |
| | **Week 3** | Bullying and bystanders | Discrimination and the protected characteristics | Your skills, your team, your future | How does generative AI affect our understanding of the world? | Introduction to apprenticeships (continued |
| | **Week 4** | Friendship challlenges | Values and constrictive disagreement | Your skills, your team, your future continued | How do chatbots affect relationships? | Coping with Changes, Leaving secondary school |
| | **Week 5** | Similarities, differences and peer influence | Diverse and supportive communities | Talking about your activities | HIV - treatment and living with the illness. | Coping with Changes, Leaving secondary school (continued) |
| | **Week 6** | Coercive friendships | Curious about conflict? | Talking about your activities continued. | Digital deception: Understanding deepfakes and manipulated images. | Green jobs |
| | **Week 7** | Year group contextual needs | Year group contextual needs | Flexiblity for disruption due to options process | Year group contextual needs | Green jobs (continued) |
| | | **CHRISTMAS** | | | | |
| Spring 1 - 6 weeks | **Topic** | **Families and changing relationships inc forced marriage** | **Online financial manipulation, algorithms and targeted content.** | **Situations involving alcohol, vapes and other substances** | **Friendship Diversity and challenging extremism** | **Safe relationships - exploring power and control, setting boundaries, managing conflict and break ups** |
| | **Week 1** | Committed relationships and family life - marriage, civil partnership and committed relationships | Click and pay: phones and financial risk | What's the problem with vaping? | Recognising and challenging bullying behaviour | Healthy and unhealthy relationships |
| | **Week 2** | Understanding changing relationships, divorce and separation including signs, help and support for forced marriage | Gaming, social media algorithms: The pressure to spend online | Exploring atttitudes | Recognising and challenging unhealthy attitudes to bullying behaviour | Power dynamics |
| | **Week 3** | Roles in the family | Money Matters: Seeking Help and Support | The law and managing risk | Radicalisation | Coercively controlled relationships inc DV |
| | **Week 4** | Change loss and grief | Revealing Reality: The business of influence | Smoking | Grooming and gangs | Exploitation |

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| | **Week 5** | Managing change, loss and grief | Feeding the algorithm | Alcohol and Cannabis | Preventing extremism | Break ups and boundaries |
| | **Week 6** | Family Courts | Anti-Fraud Education | Managing influence | Getting help | Getting help |
| **Half Term** | | | | | | |
| **Spring 2 - 5 weeks** | **Topic** | **Influences on relationships - including online and media influences** | **Healthy and Unhealthy relationships including harassment, image-sharing and gendered violence** | **Managing risk in relation to the law - helping students assess the ways they may be drawn into criminal behaviour.** | **Evaluating online content, understanding how harmful attitudes like misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.** | **Understand online financial harms, risks, manage spending safely, recognise and respond to financial exploitation.** |
| | **Week 1** | Healthy and unhealthy relationships | What is a healthy relationship? Consent | Serious and Organised crime | Revealing reality - All about the money? | Making money online |
| | **Week 2** | Managing conflict | Sexualised Media | Exploring cybercrime | Cani it be trusted? | Rights, risks and cryptocurrencies |
| | **Week 3** | Deciding what to watch | Safer online relationships - sharing of nudes | Causes of Cybercrime | The impact and spread of misogynistic narratives | Wanna bet? Controlled and uncontrolled online spending |
| | **Week 4** | Relationships on-screen | Sexual harassment and harmful sexual behaviour | Effects of Cybercrime | Safely challenging misogynistic beliefs and attitudes. | Financial exploitation online, factors, strategies and support |
| | **Week 5** | Managing challenging content | Preventing gender based violence | Run, Hide, Tell - Staying Safe | Develop self-awareness of your own choices | Money laundering and social engineering |
| **Easter** | | | | | | |
| **Summer 1 - 7 weeks** | **Topic** | **Living in the Wider World (CEIAG)**<br>**challenging stereotypes and developing skills for work** | **Living in the Wider World (CEIAG)**<br>**Theme- developing skills for enterprise and employability** | **Physical Health and Mental Wellbeing, developing skills to rehearse essential self-regulation strategies and apply them to new and complex situations.** | **Living in the Wider World (CEIAG)**<br>**Theme- experiences of work** | **Physical Health and Mental Wellbeing**<br>**Healthy choices and mental wellbeing** |
| | **Week 1** | Unifrog Launch sessions | Unifrog Launch sessions | Managing strong emotions | Unifrog Launch sessions | Mental health and wellbeing throughout life |
| | **Week 2** | Who am i? | What are my interests? | Managing distractions | Preparing to go on work experience' | Managing distractions |
| | **Week 3** | Who Am I? Continued | What are my interests? | Managing disappointments and setbacks | Preparing to go on work experience' | Changing thinking habits |
| | **Week 4** | Exploring possibilities- Dream jobs. | Job applications: superhero CVs | Unhealthy and healthy coping strategies | Reflecting on my career journey, past, present and future. | Managing stress and tension |
| | **Week 5** | What is a career?'- U | Job applications: superhero CVs | Managing the ending of relationships | Reflecting on my career journey, past, present and future. | The importance of sleep |
| | **Week 6** | What is a career? | Challenges and rewards of work. | Body modifications: Influences and self-expression | Work experience evaluation | Exam focus |
| | **Week 7** | Unifrog | Unifrog | Water safety recap | Unifrog | Exam focus |
| **Half Term** | | | | | | |
| **Summer 2 - 7 weeks** | **Topic** | **Living in the Wider World (CEIAG)**<br>**challenging stereotypes and developing skills for work** | **Living in the Wider World (CEIAG)**<br>**Theme- developing skills for enterprise and employability** | **Physical Health and Mental Wellbeing**<br>**Navigating online harms** | **Living in the Wider World (CEIAG)**<br>**Theme- experiences of work** | **Physical Health and Mental Wellbeing**<br>**Positive mental health** |
| | **Week 1** | What is an entrepreneur?' | Challenges and rewards of work. | Not just flirting | Exploring employer profiles- workplace culture. | Managing mental health |
| | **Week 2** | building positive relationships with others. | Creating the life you want | Feelings about sharing nudes | Exploring employer profiles- workplace culture. | Revision focus |
| | **Week 3** | What is a work life balance?' | Creating the life you want (continued) | Digital deception, understanding deepfakes and manipulated images | What type of career is best for me?' | Raising aspirations |
| | **Week 4** | balancing your life as a worker with your family, community and interests. | What does success mean to me' | Motivations and consequences | What type of career is best for me?'. | |
| | **Week 5** | Careers and the future | What does success mean to me' | Exploring personal harms | Wellbeing in the workplace- Unifrog lesson around balancing life and work | |

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| | **Week 6** | Paying attention to the wider world. | Careers and the climate' | Preparation for year 10 | Wellbeing in the workplace- Unifrog lesson around balancing life and work | |
| | **Week 7** | 'quick bites' on Unifrog. | Careers and the climate' | Preparation for year 10 | In person, Hybrid, and remote- what works best? | |

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