



Subject: Personal Development

		Autumn 1 Me and my body	Autumn 2 Emotional wellbeing	Spring 1 Life cycles	Spring 2 Keeping safe	Summer 1 Living in the wider world	Summer 2 Taking responsibility for myself
K e y S t a g e 3	Year 7	<u>Growing Up</u> Navigating puberty and understanding identity	<u>Comparing Myself to Others</u> Healthy body image.	<u>Family</u> Diverse families, family changes and family relationships.	<u>Online Safety</u> Understanding the risks of life online.	<u>Animal Rights</u> Understanding how to help those who depend on me.	<u>Responsible for My Physical Health</u> Immunisations, skin, eyes, ears, feet, back diet and exercise. The NHS, tattoos and piercings.
	Year 8	<u>Body Expectations</u> Relationship values and expectations, gender identity and sexual orientation.	<u>Boundaries</u> Consent, controlling my feelings, appropriate / inappropriate touch.	<u>Family Function</u> Formalising relationships, separation, conflict.	<u>Online Safety</u> E-Safety and nudes.	<u>Human Rights</u> Stereotypes, prejudice, inclusive language, disability, visible differences.	<u>Responsible for Building Resilience</u> Stress, anger, jealousy, fear and extremism.
	Year 9	<u>How Others Treat My Body</u> Being “used,” respectful relationship behaviour, consent, grooming, underage sex and human rights	<u>Guarding My Mind</u> Ending relationships, media depictions of relationships, the law surrounding media content (BBFC regulations).	<u>Family Planning</u> Fertility and routes to parenthood, pregnancy outcomes, abortion and contraception.	<u>Online Safety</u> Sexual harassment and harmful sexual behaviour, rights, trust and values.	<u>My Rights</u> Laws and the rights of children, child abuse, the police and human rights.	<u>Responsible for My Influences</u> Drugs, alcohol, gangs, weapons, FGM and pressure groups.



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K e y S t a g e 4	Year 10	<p><u>How I Treat Other People's Bodies</u></p> <p>Self-image, the impact of pornography, communication, consent and managing break-ups.</p>	<p><u>Knowing What I Stand For</u></p> <p>Introduction to political ideologies (democracy, anarchy, theocracy, dictatorships, beliefs, values and attitudes.</p>	<p><u>Being a Spouse/Parent</u></p> <p>Long-term commitments, legal status of marriage, parenthood and parenting.</p>	<p><u>Abuse</u></p> <p>Consent, boundaries, reporting abuse and living responsibly.</p>	<p><u>Environmental Responsibility</u></p> <p>Caring for the environment, careers for change, sustainability, environmental law.</p>	<p><u>Responsible for My Emotional Health</u></p> <p>Understanding mood, self-doubt, motivation, stress, banks, saving and borrowing, budgeting and gambling.</p>
	Year 11	<p><u>What I Put in My Body</u></p> <p>Self-worth, addiction, substance abuse and risk, influence, getting help and support.</p>	<p><u>Making Better Choices</u></p> <p>Priorities, habits, will power, focus, goal setting, thought bias, SEMH toolkit, gender performativity, the male gaze.</p>	<p><u>My Role in a Family</u></p> <p>Maintaining committed relationships, safely ending relationships, contraception and STIs.</p>	<p><u>Protecting My Body</u></p> <p>Responsibilities and consequences, communicating wants and needs, unwanted, inappropriate and illegal behaviours.</p>	<p><u>Issues in My Local Community</u></p> <p>Choosing and researching a local issue, action planning, action and evaluation, different governments and parties, and the media</p>	