



Overview of Personal Development 2023-24

(To be supplemented with content covered in weekly assemblies – see separate document)

Week Beginning	Year 7	Year 8	Year 9	Year 10	Year 11
04/09/ 23	Introduction to Personal Development	Living in the Wider World and Careers: Careers Skills: Entrepreneurs	Health and Wellbeing: Responsibility for own Physical Health	Session 1: Living in the Wider World and Careers: Criminal Justice System Session 2: Anti-social Behaviour	Session 1: Living in the Wider World and Careers: GCSE revision and study skills
11/09/ 23	Living in the Wider World and Careers: Budgeting	Careers Skills: Teamwork	Alzheimer's	Session 1: County Lines Session 2: Money Laundering	Session 1: Action Planning Plus Y11 Careers Survey (link in ppt) Session 2: The Careers Hub – 6 th Forms
18/09/ 23	Making Ethical Financial Decisions	Careers: Communication Skills	Alcohol Awareness	Session 1: Overt and Covert Racism Session 2: Fake News and Critical Thinking	Session 1: Exploring courses and qualifications Session 2: Independent living



25/09/ 23	Savings and Loans	STEM Careers	Drugs and the Law	Session 1: The Right Career for Me Session 2: CV	Session 1: Labour Market Information Session 2: Preparing for job interviews
02/10/ 23	Financial Transactions	Self Confidence and Goals	Vaccinations, organ and blood donation stem cells and hygiene	Session 1: Careers in STEM Session 2: Preparing for Work Experience	Session 1: Health and safety at work Session 2: Trade Unions
09/10/ 23	Tax and National Insurance	Managing my behaviour to achieve	Acid attacks	Session 1: Rights and Responsibilities Session 2: International Women's Day	Session 1: Action Plan Session 2: Globalisation
16/10/ 23	Financial Exploitation	Young people's employment rights and responsibilities	Self-harm	Session 1: Managing Time Effectively Session 2: Presence Online and Careers	Session 1: Multiculturalism (British Values) Session 2: Right-wing extremism
23/10/ 23	Aspirations and Exploring your own interests', traits and skills	Emotional Literacy: Self Awareness	Body Image	Session 1: World of Possibilities Session 2: World of Work	Session 1: Internet Safety: The Dark Web Session 2: Cybercrime and online fraud



Half Term Holiday					
06/11/23	Times of Change and Achievements	Mindfulness	STIs	Session 1: Budgeting Session 2: Interview Skills	Session 1: How does privilege affect us? Session 2: Contractual Terms
13/11/23	A Helping Hand and What Are Successful Careers?	Who are the radical groups?	Endometriosis	Session 1: Action Plan Session 2: Homelessness	Session 1: Assessment of Living in the Wider World and Careers Health and Wellbeing Session 2: Obesity and body positivity
20/11/23	Lifelong Skills and This is Me	Prejudice and discrimination: Religion	Assessment of Health and Wellbeing and Feedback Survey	Session 1: Assessment of Living in the Wider World and Feedback Survey	Section 1: Fertility and Reproductive Health Session 2: Healthy Pregnancy
27/11/23	World in 2030 and Creative Skills	Assessment of Living in the Wider World and Feedback Survey	Relationships: Guest Speaker – Rebecca Jennings - focusing on STIs, teenage pregnancy, and pornography	Religious Studies Session 1 and 2: The purpose of families	Session 1: Unplanned Pregnancy Session 2: STIs
04/12/23	Personal Development and Target Setting and Routes into Work	Health and Wellbeing: Vaping, Nicotine and Addiction	Readiness for sexual intimacy	Session 1 and 2: Marriage	Session 1: Menopause Session 2: CPR
11/12/23	Assessment of Living in the Wider World and Feedback Survey	Cancer Awareness	Session 1: Teenage Pregnancy	Session 1 and 2: Polygamy	Session 1: Risk taking and decision making Session 2:



			<p>Session 2: Exploring your own interests</p>		Gambling and online gambling
18/12/23	<p>Health and Wellbeing: The importance of self-esteem</p>	Unhealthy coping strategies	<p>Session 1: The dangers of pornography</p> <p>Session 2: Personal traits</p>	<p>Session 1 and 2: Temporary Marriage</p>	<p>Session 1: Bullying and body shaming</p> <p>Session 2: Assessment of Health and Wellbeing</p>
Christmas Holidays					
08/01/24	Wants and Needs		<p>Session 1: Miscarriage</p> <p>Session 2: Skills for life</p>	<p>Session 1 and 2: Interfaith Marriage</p>	<p>Session 1: Digital Footprints</p> <p>Session 2: Personal Safety</p>
15/01/24	How can we keep good mental health and recognise symptoms of depression?	Gambling	<p>Session 1: Child Sexual Exploitation</p> <p>Session 2: Enterprise</p>	<p>Session 1 and 2: Divorce</p>	<p>Session 1: Types of Relationship</p> <p>Session 2: Consent, rape and sexual harassment</p>
22/01/24	Emotional Literacy – How can I control my anger?	Mindset	<p>Session 1: Abusive Relationships</p> <p>Session 2: Making informed decisions</p>	<p>Session 1 and 2: Adultery</p>	<p>Session 1: What makes good sex?</p> <p>Session 2: Dangers of Pornography</p>



29/01/ 24	Puberty – what can I expect, what’s normal and why does it happen?	Responsibility for own Physical Health	<p>Session 1: The LGBTQAI+ Community</p> <p>Session 2: Problem Solving</p>	<p>Session 1 and 2: Beliefs in Great Britain</p>	<p>Session 1: Readiness for Sexual Intimacy</p> <p>Session 2: Sexting and image share danger</p>
05/02/ 24	Periods, the menstrual cycle and PMS – what do I need to know?	Dealing With Emotions	<p>Session 1: Human Rights Trafficking</p> <p>Session 2: Guidance for choosing your options</p>	<p>Session 1 and 2: Evil and Suffering</p>	<p>Session 1: Relationship Break-ups</p> <p>Session 2: Parenthood</p>
Half Term Holiday					
19/02/ 24	FGM	Stress	Assessment of Relationships and Feedback Survey	<p>Session 1 and 2: Creation</p>	<p>Session 1: Fostering</p> <p>Session 2: Assessment of Relationships</p>
26/02/ 24	Personal Hygiene	Assessment of Health and Wellbeing and Feedback Survey	<p>Living in the Wider World and Careers: Who are UNICEF and how do they help around the world?</p>	<p>Session 1 and 2: Jesus Incarnation’</p>	<p>Religious Studies</p> <p>Session 1 and 2: Humanism and Purpose of Life</p>
04/03/ 24	Assessment of Health and Wellbeing and Feedback Survey	Guest Speaker – Loudmouth – focusing on harmful sexual behaviours, sexual harassment, sexual assault, misogyny, consent and pornography	How and why does the UK help people in other countries?	<p>Session 1 and 2: Sin and Salvation</p>	<p>Session 1 and 2: Environmental Responsibility</p>



11/03/ 24	Relationships Maintaining genuine friendships and avoiding toxic ones	Relationships: Consent	What is sustainability and how can we personally live in a more sustainable way?	Session 1 and 2: Eschatology	Session 1 and 2: Origin of Life
18/03/ 24	Different Types of Family	Contraception	How does the law deal with young offenders?	Session 1 and 2: Equality	Session 1: Speciesism Session 2: Euthanasia
Easter Holidays					
08/04/ 24	Romance, love, new feelings and teen relationships	Sexting and image share danger	Taking control of my future	Session 1 and 2: Gender Equality	Session 1 and 2: The meaning of life
15/04/ 24	Dangers of Sexting	Brook Recorded Session	Employability – Applying and preparing for the world of work	Session 1 and 2: Same-sex Relationships	Session 1: Life After Death Session 2: Nature of God



22/04/ 24	Consent	Sexual Harassment	Session 2:	Session 1 and 2: Religious Views about Sex Religious Studies ends	Session 1: Nature and role of the Trimurti Session 2: The Eternal Self
29/04/ 24	Sexual Harassment	Domestic Conflict	Interpersonal skills	Session 1: Forced and Arranged Marriages Session 2: Harassment and Stalking	Session 1: Nature and Purpose of Human Life Religious Studies ends Session 2: Passport
06/05/ 24 Bank Holid ay – only 1 sessio n	Loss	Stereotypes and Prejudice: Disability	Work skills, enterprise and the work environment	Session 1: Same-sex Relationships Session 2: Gender and Trans Identity	GCSEs
13/05/ 24	Bullying or banter – what is and what isn't acceptable?	Homophobia – LGBT discrimination around the world	CV Planning	Session 1: Sexism Session 2: Equality Act	GCSEs



20/05/ 24	How can we prevent online bullying?	How can we avoid online groomers?	Labour Market Information	Session 1: Sexual Harassment Session 2: Assessment of Relationships and Feedback Survey	GCSEs
Half Term Holiday					
03/06/ 24	How can we keep safe and positive relationships?	Female Body Image	Equality Act – link to workplace	Session 1: Health and Wellbeing: Managing tough times: change, grief and bereavement Session 2: Suicide	GCSEs
10/06/ 24	Managing pressure to join a gang	Equality Act	Stereotypes and Discrimination in the Workplace	Session 1: Managing Social Anxiety Session 2: Social Media and Self-esteem	GCSEs
17/06/ 24	What is online radicalisation and why is it a problem?	Guest Speaker - DECCA	Brook Recorded Session	Session 1: Screen Time Session 2: Tattoos and Piercings	GCSEs



24/06/ 24	Guest Speaker – Loudmouth – focusing on bullying, homophobic bullying, online safety, resilience, sexual harassment and sexist bullying.	Brook Recorded Session	Guest Speaker - DECCA	Session 1: Binge Drinking Session 2: FGM	GCSEs
01/07/ 24	Passport	Passport	Passport	Passport	Left school
08/07/ 24	Assessment of Relationships, Feedback Survey and Last Week Reflection	Assessment of Relationships and Feedback Survey	Assessment of Living in the Wider World Feedback Survey and Last week Reflection	Assessment of Health and Wellbeing and Feedback Survey	Left school
15/07/ 24	End of term bits	End of term bits	End of term bits	End of term bits	Left school