

PERSONAL DEVELOPMENT @ SRPA

INTRODUCTION

Our programme of study sets out learning opportunities for each key stage, in three core themes: Health and Wellbeing, Relationships, and Living in the Wider World. The programme includes

- **A long term plan** for the year across all year groups
- **Separate grids** for each year group, setting out learning objectives for each half-term
- **Links to resources** (both PSHE Association resources and resources carrying the Association's Quality Mark) that support each module.

COVERING THE STATUTORY CONTENT

Although the programme is organised under different headings from those used in the content grids of the Department for Education's statutory guidance on [Relationships Education and RSE and Health education](#), each programme covers all of the statutory requirements for each phase, within a comprehensive PSHE education programme.

SEX AND RELATIONSHIPS EDUCATION (SRE)

Across all year groups, SRE is in age appropriate topics, with some of these lessons delivered by specialist SRE teachers. We use high-quality materials and sex is always discussed in the context of a healthy and safe relationship.

USING THE PROGRAMME

Each programme begins with an overview of suggested content for each year group, for each half term. This is followed by more detailed grids for each year group, setting out broad learning objectives for each half term block and a list of links to relevant PSHE Association lessons and other appropriate resources.

Our provision considers the needs of our pupils, the ethos of the school, the local community and local environment in which the school is situated. British Values and citizenship opportunities are referenced through our programme.

All personal development sessions follow one of these three themes of **Health and Wellbeing**, **Relationships** and **Living in the Wider World (Careers, PSHE)**.

For year 7 to Year 10:

- Term 1 and 4 **Health and Wellbeing**
- Term 2 and 6 **Living in the wider world**
- Term 3 and 5 **Relationships**

Year 11, 12 and 13 have a term 5 Stress Buster term to support health and wellbeing around examination sessions:

- Term 1,4 and 5 **Health and Wellbeing**
- Term 2 and 6 **Living in the wider world**
- Term 3 **Relationships**

Students in KS3 will study each theme for 6-8 PD lessons with KS4 and 5 having 3-4 lessons. This will allow R2L tutors to cover learning challenges for each unit. Towards the end of each term, students reflect on their learning for the unit covered. Short assessment tasks will demonstrate students learning, understanding and development.

R2L tutors will give feedback before reflections are updated on Unifrog. This can be completed in lesson time or as a home learning task. R2L tutors will report on personal development for their R2L group using the A2L descriptors, with all students aspiring to achieve expert learner.

	Autumn 1 R2L Health & wellbeing	Autumn 2 ASPIRATIONS Living in the wider world	Spring 1 ENGAGEMENT Relationships	Spring 2 EFFORT Health & wellbeing	Summer 1 STUDY SKILLS Relationships	Summer 2 ALL TOGETHER Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence
Year 10	Transition and Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication(including in relation to contraception & sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

YEAR 7 – MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Quality Assured resources to support planning
Autumn 1 Health & wellbeing	<p>Transition and safety</p> <p>Transition to secondary school and personal safety in and outside school, including first aid</p> <p>PoS refs: H1, H2, H30, H33, R13, L1, L2</p>	<ul style="list-style-type: none"> • how to identify, express and manage their emotions in a constructive way • how to manage the challenges of moving to a new school, including VLE, email and working from home • how to establish and manage friendships • how to improve study skills • how to identify personal strengths and areas for development • personal safety strategies and travel safety, e.g. road, rail and water • how to respond in an emergency situation • basic first aid 	<p>RiseAbove – Dealing with change</p> <p>British Red Cross – First Aid</p> <p>British Heart Foundation – Call Push Rescue</p>
Autumn 2 Living in the wider world	<p>Developing skills and aspirations</p> <p>Careers, teamwork and enterprise skills, and raising aspirations</p> <p>CDI: SD1,CE1</p> <p>PoS refs: R15, R39, L1, L4, L5, L9, L10, L12</p>	<ul style="list-style-type: none"> • how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices 	<p>Bank of England - EconoME</p> <p>Barclays - Life Skills</p>
Spring 1 Relationships	<p>Diversity</p> <p>Diversity, prejudice, and bullying</p> <p>PoS refs: R3, R38, R39, R40, R41</p>	<ul style="list-style-type: none"> • about identity, rights and responsibilities • about living in a diverse society • how to challenge prejudice, stereotypes and discrimination • the signs and effects of all types of bullying, including online • how to respond to bullying of any kind, including online • how to support others 	<p>RiseAbove – Bullying and cyberbullying</p> <p>Childnet – Crossing the line</p>

<p>Spring 2</p> <p>Health & wellbeing</p>	<p>Health and puberty</p> <p>Healthy routines, influences on health, puberty, unwanted contact, and FGM</p> <p>PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34</p>	<ul style="list-style-type: none"> • how to make healthy lifestyle choices including diet, dental health, physical activity and sleep • how to manage influences relating to caffeine, smoking and alcohol • how to manage physical and emotional changes during puberty • about personal hygiene • how to recognise and respond to inappropriate and unwanted contact • about FGM and how to access help and support 	<p>PSHE Association - The Sleep Factor</p> <p>Medway Public Health Directorate – Relationships and Sex Education</p> <p>Freedom Charity - FGM and Forced Marriage</p> <p>FORWARD - FGM Schools Resource Pack</p> <p>RiseAbove - Puberty RiseAbove- Sleep</p> <p>Betty - it's perfectly natural</p>
<p>Summer 1</p> <p>Relationships</p>	<p>Building relationships</p> <p>Self-worth, romance and friendships (including online) and relationship boundaries</p> <p>PoS refs: H1, R2, R9, R11, R13, R14, R16, R24</p>	<ul style="list-style-type: none"> • how to develop self-worth and self-efficacy • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate consent 	<p>PSHE Association - Teaching about consent</p> <p>Medway Public Health Directorate – Relationships and Sex Education</p> <p>NSPCC - Making sense of relationships</p> <p>RiseAbove – Forming positive relationships</p> <p>BBFC- Making choices: sex, relationships and age ratings Diana Award & ASOS - #MySenseOfSelf</p>
<p>Summer 2</p> <p>Living in the wider world</p>	<p>Financial decision making</p> <p>Saving, borrowing, budgeting and making financial choices</p> <p>PoS refs: H32, L15, L16, L17, L18 CDI: CM4,CM6,CM8</p>	<ul style="list-style-type: none"> • how to make safe financial choices • about ethical and unethical business practices and consumerism • about saving, spending and budgeting • how to manage risk-taking behaviour 	<p>Barclays - Life Skills</p> <p>Bank of England - EconoME</p>

YEAR 8 – MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Quality Assured resources to support planning
Autumn 1 Health & wellbeing	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	<ul style="list-style-type: none"> • about medicinal and recreational drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes 	RiseAbove - Smoking RiseAbove - Alcohol *The PSHE Association will be releasing a drug and alcohol education programme in summer 2020
Autumn 2 Living in the wider world	Community and Careers Equality of opportunity in careers and life choices, and different types and patterns of work CDI:SD2,CE2,CE3 PoS refs: R39, R41, L3, L8, L9, L10, L11, L12	<ul style="list-style-type: none"> • about equality of opportunity in life and work • how to challenge stereotypes and discrimination in relation to work and pay • about employment, self-employment and voluntary work • how to set aspirational goals for future careers and challenge expectations that limit choices 	Barclays - Life Skills
Spring 1 Relationships	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia PoS refs: R39, R40, R41, R3, R4, R42, R43	<ul style="list-style-type: none"> • how to manage influences on beliefs and decisions • about group-think and persuasion • how to develop self-worth and confidence • about gender identity, transphobia and gender-based discrimination • how to recognise and challenge homophobia and biphobia • how to recognise and challenge racism and religious discrimination 	GEO - Anti-homophobic, biphobic and transphobic bullying project Dimensions - #ImwithSam

<p>Spring 2</p> <p>Health & wellbeing</p>	<p>Emotional wellbeing</p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p> <p>PoS refs: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24</p>	<ul style="list-style-type: none"> • about attitudes towards mental health • how to challenge myths and stigma • about daily wellbeing • how to manage emotions • how to develop digital resilience • about unhealthy coping strategies (e.g. self harm and eating disorders) • about healthy coping strategies 	<p>PSHE Association - Mental Health and Emotional Wellbeing Movember - Happier, healthier, longer</p> <p>RiseAbove – Dealing with change</p> <p>Rise Above – Online stress and FOMO</p> <p>Media Smart - Body Image and Advertising</p> <p>Diana Award & ASOS - #MySenseOfSelf</p>
<p>Summer 1</p> <p>Relationships</p>	<p>Identity and relationships</p> <p>Gender identity, sexual orientation, consent, 'sexting' and an introduction to contraception</p> <p>PoS refs: H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32</p>	<ul style="list-style-type: none"> • the qualities of positive, healthy relationships • how to demonstrate positive behaviours in healthy relationships • about gender identity and sexual orientation • about forming new partnerships and developing relationships • about the law in relation to consent • that the legal and moral duty is with the seeker of consent • how to effectively communicate about consent in relationships • about the risks of 'sexting' and how to manage requests or pressure to send an image • about basic forms of contraception, e.g. condom and pill 	<p>PSHE Association - Teaching about consent</p> <p>Medway Public Health Directorate – Relationships and Sex Education</p> <p>NSPCC - Making sense of relationships</p> <p>BBFC- Making choices: sex, relationships and age ratings GEO - Anti-homophobic, biphobic and transphobic</p>
<p>Summer 2</p> <p>Living in the wider world</p>	<p>Digital literacy</p> <p>Online safety, digital literacy, media reliability, and gambling hooks</p> <p>CDI: CM2,CM4,CM6</p> <p>PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27</p>	<ul style="list-style-type: none"> • about online communication • how to use social networking sites safely • how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation • how to respond and seek support in cases of online grooming • how to recognise biased or misleading information online • how to critically assess different media sources • how to distinguish between content which is publicly and privately shared • about age restrictions when accessing different forms of media and how to make responsible decisions • how to protect financial security online • how to assess and manage risks in relation to gambling and chance-based transactions 	<p>Cifas - Anti-Fraud Education</p> <p>Childnet – Crossing the line</p> <p>Childnet – Trust Me</p> <p>RiseAbove – Online stress and FOMO</p> <p>RiseAbove – Body image in a digital world</p> <p>National Crime Agency - Exploring Cybercrime</p> <p>BBFC - Making choices: sex, relationships and age ratings</p>

YEAR 9 – MEDIUM-TERM OVERVIEW

Half term	T o	In this unit of work, students learn...	Quality Assured resources to support planning
Autumn 1 Health & wellbeing	<p>Peer influence, substance use and gangs</p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p> <p>PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47</p>	<ul style="list-style-type: none"> • how to distinguish between healthy and unhealthy friendships • how to assess risk and manage influences, including online • about 'group think' and how it affects behaviour • how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively • to manage risk in relation to gangs • about the legal and physical risks of carrying a knife • about positive social norms in relation to drug and alcohol use • about legal and health risks in relation to drug and alcohol use, including addiction and dependence 	<p>Medway Public Health – Gangs: Managing risks and staying safe</p> <p>Home Office #knifefree</p> <p>RiseAbove – Alcohol</p> <p>NaCTSO – Run, hide, tell</p> <p>*The PSHE Association will be releasing a drug and alcohol education programme in summer 2020</p>
Autumn 2 Living in the wider world	<p>Setting goals</p> <p>Learning strengths, career options and goal setting as part of the GCSE options process</p> <p>CDI: SD3, CE4, CM1, CM5, CM6, CM7, CM8</p> <p>PoS refs: L2, L3, L6, L7, L8, L9, L11, L12, L13, L14</p>	<ul style="list-style-type: none"> • about transferable skills, abilities and interests • how to demonstrate strengths • about different types of employment and career pathways • how to manage feelings relating to future employment • how to work towards aspirations and set meaningful, realistic goals for the future • about GCSE and post-16 options • skills for decision making 	<p>Barclays - Life Skills</p>
Spring 1 Relationships	<p>Respectful relationships</p> <p>Families and parenting, healthy relationships, conflict resolution, and relationship changes</p> <p>PoS refs: H2, R1, R6, R19, R21, R22, R23, R35, R36</p>	<ul style="list-style-type: none"> • about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering • about positive relationships in the home and ways to reduce homelessness amongst young people • about conflict and its causes in different contexts, e.g. with family and friends • conflict resolution strategies • how to manage relationship and family changes, including relationship breakdown, separation and divorce • how to access support services 	<p>Cumbria Council - Tackling homelessness</p> <p>Coram Life Education – Adoptables Schools Toolkit</p> <p>GEO - Anti-homophobic, biphobic and transphobic bullying project</p>

	<p>Healthy lifestyle</p> <p>Diet, exercise, lifestyle balance and healthy choices, and first aid</p> <p>PoS refs: H3, H14, H15, H16, H17, H18, H19, H21</p>	<ul style="list-style-type: none"> • about the relationship between physical and mental health • about balancing work, leisure, exercise and sleep • how to make informed healthy eating choices • how to manage influences on body image • to make independent health choices • to take increased responsibility for physical health, including testicular self-examination • how to administer CPR 	<p>PSHE Association - The Sleep Factor</p> <p>RiseAbove- Sleep RiseAbove – Exam stress</p> <p>RSPH & the Health Foundation - Health from here to where Samaritans - DEAL</p> <p>Movember - Happier, healthier, longer</p> <p>Teenage Cancer Trust – What is cancer?</p> <p>Coppafeel! – Breast cancer awareness</p>
<p>Summer 1 Relationships</p>	<p>Intimate relationships</p> <p>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p> <p>PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21</p>	<ul style="list-style-type: none"> • about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex • about myths and misconceptions relating to consent • about the continuous right to withdraw consent and capacity to consent • about STIs, effective use of condoms and negotiating safer sex • about the consequences of unprotected sex, including pregnancy • how the portrayal of relationships in the media and pornography might affect expectations • how to assess and manage risks of sending, sharing or passing on sexual images • how to secure personal information online 	<p>PSHE Association - Teaching about consent</p> <p>Medway Public Health Directorate – Relationships and Sex Education</p> <p>Home Office & GEO - Disrespect NoBody</p> <p>NSPCC -Making sense of relationships</p> <p>BBFC- Making choices: sex, relationships and age ratings</p>
<p>Summer 2 Living in the wider world</p>	<p>Employability skills</p> <p>Employability and online presence</p> <p>PoS refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27</p>	<ul style="list-style-type: none"> • about young people’s employment rights and responsibilities • skills for enterprise and employability • how to give and act upon constructive feedback • how to manage their ‘personal brand’ online • habits and strategies to support progress • how to identify and access support for concerns relating to life online 	<p>Cifas -Anti-Fraud Education</p> <p>Bank of England - EconoME</p> <p>Barclays - Life Skills</p>

YEAR 10 – MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Quality Assured resources to support planning
Autumn 1 Health & wellbeing	<p>Mental health</p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p> <p>PoS refs: H2, H5, H6, H7, H8, H9, H10</p>	<ul style="list-style-type: none"> • how to manage challenges during adolescence • how to reframe negative thinking • strategies to promote mental health and emotional wellbeing • about the signs of emotional or mental ill-health • how to access support and treatment • about the portrayal of mental health in the media • how to challenge stigma, stereotypes and misinformation 	<p>PSHE Association - Mental Health and Emotional</p> <p>Wellbeing Movember - Happier, healthier, longer</p> <p>Alzheimer's Society - Creating a dementia-friendly generation</p> <p>Samaritans - DEAL</p>
Autumn 2 Living in the wider world	<p>Financial Decision Making</p> <p>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p> <p>PoS refs: H25, R38, L16, L17, L18, L19, L20, L25</p>	<ul style="list-style-type: none"> • how to effectively budget and evaluate savings options • how to prevent and manage debt, including understanding credit rating and pay day lending • how data is generated, collected and shared, and the influence of targeted advertising • how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling • strategies for managing influences related to gambling, including online • about the relationship between gambling and debt • about the law and illegal financial activities, including fraud and cybercrime • how to manage risk in relation to financial activities 	<p>Cifas – Anti Fraud Education</p> <p>Demos & GambleAware - Resilience to gambling</p> <p>National Crime Agency - Exploring Cybercrime</p>
Spring 1 Relationships	<p>Healthy relationships</p> <p>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p>	<ul style="list-style-type: none"> • about relationship values and the role of pleasure in relationships • about myths, assumptions, misconceptions and social norms about sex, gender and relationships • about the opportunities and risks of forming and conducting relationships online • how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours 	<p>PSHE Association - Teaching about consent</p> <p>NSPCC – Making sense of relationships Home</p> <p>Offic& GEO - Disrespect NoBody</p> <p>Alice Ruggles Trust – Relationship</p>

	<p>PoS refs: R1, R2, R3, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31</p>	<ul style="list-style-type: none"> • about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent • how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support • how to recognise and challenge victim blaming • about asexuality, abstinence and celibacy 	
<p>Spring 2</p> <p>Health & wellbeing</p>	<p>Exploring influence</p> <p>The influence and impact of drugs, gangs, role models and the media</p> <p>PoS refs: H19, H20, H21, R20, R35, R36, R37</p>	<ul style="list-style-type: none"> • about positive and negative role models • how to evaluate the influence of role models and become a positive role model for peers • about the media's impact on perceptions of gang culture • about the impact of drugs and alcohol on individuals, personal safety, families and wider communities • how drugs and alcohol affect decision making • how to keep self and others safe in situations that involve substance use • how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime • exit strategies for pressurised or dangerous situations • how to seek help for substance use and addiction 	<p>Home Office #knifefree</p> <p>Medway Public Health - Gangs: Managing risks and staying safe</p> <p>*The PSHE Association will be releasing a drug and alcohol education programme in summer 2020</p>
<p>Summer 1</p> <p>Relationships</p>	<p>Addressing extremism and radicalisation</p> <p>Community cohesion and challenging extremism</p> <p>PoS refs: R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, L29</p>	<ul style="list-style-type: none"> • about communities, inclusion, respect and belonging • about the Equality Act, diversity and values • about how social media may distort, misrepresent or target information in order to influence beliefs and opinions • how to manage conflicting views and misleading information • how to safely challenge discrimination, including online • how to recognise and respond to extremism and radicalisation 	<p>PSHE Association – Inclusion, belonging and addressing extremism</p> <p>TrueTube - "Extremists' lesson plan</p>
<p>Summer 2</p> <p>Living in the wider world</p>	<p>Becoming 'work ready'</p> <p>Preparation for and evaluation of work experience and readiness for work</p> <p>PoS refs: H1, L1, L2, L3, L5, L7, L8, L9, L10, L11, L12, L13, L14, L15, L23</p> <p>CDI:SD1,SD2.CE1,CE2,CE4,CE5,CM2,CM3,CM5,CM6</p>	<ul style="list-style-type: none"> • how to evaluate strengths and interests in relation to career development • about opportunities in learning and work • strategies for overcoming challenges or adversity • about responsibilities in the workplace • how to manage practical problems and health and safety???? • how to maintain a positive personal presence online • how to evaluate and build on the learning from work experience NO work exp Year 10 	<p>Barclays - Life Skills</p>

YEAR 11 – MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Quality Assured resources to support planning
Autumn 1 Health & wellbeing	<p>Building for the future</p> <p>Self-efficacy, stress management, and future opportunities</p> <p>PoS refs: H2, H3, H4, H8, H12, L22</p>	<ul style="list-style-type: none"> • how to manage the judgement of others and challenge stereotyping • how to balance ambition and unrealistic expectations • how to develop self-efficacy, including motivation, perseverance and resilience • how to maintain a healthy self-concept • about the nature, causes and effects of stress • stress management strategies, including maintaining healthy sleep habits • about positive and safe ways to create content online and the opportunities this offers • how to balance time online 	<p>PSHE Association - Mental Health and Emotional Wellbeing</p> <p>PSHE Association - The Sleep Factor</p> <p>RiseAbove – Dealing with change</p> <p>RiseAbove – Exam stress</p>
Autumn 2 Living in the wider world	<p>Next Steps</p> <p>Application processes, and skills for further education, employment and career progression</p> <p>PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21</p> <p>CDI:SD3,CM1,CM2,CM5, CM8</p>	<ul style="list-style-type: none"> • how to use feedback constructively when planning for the future • how to set and achieve SMART targets • effective revision techniques and strategies • about options post-16 and career pathways • about application processes, including writing CVs, personal statements and interview technique • how to maximise employability, including managing online presence and taking opportunities to broaden experience • about rights, responsibilities and challenges in relation to working part time whilst studying • how to manage work/life balance 	<p>Barclays - Life Skills</p>
Spring 1 Relationships	<p>Communication in relationships</p> <p>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p> <p>PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32</p>	<ul style="list-style-type: none"> • about core values and emotions • about gender identity, gender expression and sexual orientation • how to communicate assertively • how to communicate wants and needs • how to handle unwanted attention, including online • how to challenge harassment and stalking, including online • about various forms of relationship abuse • about unhealthy, exploitative and abusive relationships • how to access support in abusive relationships and overcome challenges in seeking support 	<p>PSHE Association - Teaching about consent</p> <p>NSPCC - Making sense of relationships</p> <p>Alice Ruggles Trust – Relationship safety</p>

<p>Spring 2</p> <p>Health & wellbeing</p>	<p>Independence</p> <p>Responsible health choices, and safety in independent contexts</p> <p>PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24</p>	<ul style="list-style-type: none"> • how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) • emergency first aid skills including defibrillators • how to assess emergency and non-emergency situations and contact appropriate services • about the links between lifestyle and some cancers • about the importance of screening and how to perform self-examination • about vaccinations and immunisations • about registering with and accessing doctors, sexual health clinics, opticians and other health services • how to manage influences and risks relating to cosmetic and aesthetic body alterations • about blood, organ and stem cell donation 	<p>Movember - Happier, healthier, longer</p> <p>British Red Cross – First Aid</p> <p>British Heart Foundation – Call Push Rescue</p> <p>NaCTSO - Run, hide, tell</p> <p>Teenage Cancer Trust – What is cancer? Coppafeel! – Breat cancer awareness</p>
<p>Summer 1</p>	<p>Stress Buster</p>	<ul style="list-style-type: none"> • how to manage stress • how to balance work with wellbeing activities 	
<p>Personal Development Day Content Relationships</p>	<p>Families</p> <p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p> <p>PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33</p>	<ul style="list-style-type: none"> • about different types of families and changing family structures • how to evaluate readiness for parenthood and positive parenting qualities • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion • about adoption and fostering • how to manage change, loss, grief and bereavement • about ‘honour based’ violence and forced marriage and how to safely access support 	<p>PSHE Association – Family Life: Exploring relationships, marriage and parenting</p> <p>Freedom Charity - FGM and Forced Marriage</p>

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Health & wellbeing	Summer 2 Living in the wider world
Year 12	Transition and the A Level Mindset VESPA Research/Referencing visits Getting involved Enrichment A Level stress and maintaining a healthy work like balance	Active citizenship and next steps Inclusion, belonging and addressing extremism (religious and political) Recognising and responding to extremism and radicalization (Multiculturalism and women's rights) Workers' and students' rights Aspirations / work experience / Apprenticeships / UCAS	Healthy relationships Maintaining relationships Relationships and sex expectations Contraception and STIs	Mental health and potential dangers Stress, anxiety and depression Strategies to support positive mental health Legal and illegal addiction – Vaping and cannabis Eating disorders Gambling Driver awareness – 2F2S	Healthy lifestyle Healthy eating and exercise Lifestyle balance and healthy choices Responsible health choices (including body alterations and self-examination) Effective use of health services (blood/organ donation) First aid (CPR and defibrillators)	Employability Professionalism on social media Settling into the workplace Independent living skills day Interviews UCAS
	Maximising your potential Y12 review VESPA – review Making good choices	Finance Budgeting	Future relationships Relationships, marriage and parenting	Stress Busters Opt in sessions such as physical activities, cooking & baking, mindfulness, life skills	Stress Buster Opt in sessions such as physical activities, cooking & baking, mindfulness, life skills	

