Your Personal Development Learning Journey

Y11

PD Lesson Focus:

Health and Wellbeing - Self-Efficacy, Stress Management, Opportunities, Revision and Independence.

Living in the Wider World - Work Experience, Applications, Post 16 Pathways, Apprenticeships, Advice, Guidance and Career Progression

Relationships - Personal Values, Assertive Communication, Relationship Challenges, Abuse, Parental Responsibilities, Pregnancy, Marriage, Forced Marriage and Honour Based Violence.

Y10

PD Lesson Focus:

Health and Wellbeing - Mental Health, Ill Health, Stigma, Safeguarding Our Own Health, Influences and Impact of Drugs, Gangs, Role Models and The Media

Living in the Wider World - Financial Decisions, Debt, Gambling, Advertising, World of Work Readiness.

Relationships - Relationship and Sex Expectations , Extremism, Radicalisation, Communities, Belonging, Religious Experiences.

Y9

PD Lesson Focus:

Health and Wellbeing - Peer Influence, Substances, Gangs, Exploitation, Healthy/Unhealthy Friendships, Diet, Exercise, Lifestyles and Life Choices.

Living in the Wider World - Career Options, Goal Setting, Post 16 Pathways, Employability Skills and Online Presence

Relationships - Respectful Relationships, Conflict Resolution, Relationship Changes, Sex Education, Consent, Contraception, STIs, Intimate Relationships and Sex In The Media.

Y8

PD Lesson Focus:

Health and Wellbeing - Drugs, Alcohol, Peer Pressure, Emotional Wellbeing, Body Image and Coping Strategies.

Living in the Wider World - Equality, Community, Careers, Types of Work, Digital Literacy, Online Safety, Gambling

Relationships - Discrimination, Hate Crime, Racism, Homophobia, Biphobia, Transphobia, Gender Identity, Sexual Orientation, and Contraception.

Y7

PD Lesson Focus:

Health and Wellbeing - Transition, Personal Safety, First Aid, Healthy Routines, Puberty, Unwanted Contact and FGM.

Living in the Wider World - Careers, Teamwork, Enterprise, Aspirations, Finances.

Relationships - Diversity, Prejudice, Bullying, Self Worth, Romance, Relationships and Boundaries.