

Personal Development Curriculum overview

<b>Year 7</b>	Autumn	Spring	Summer
Week 1	Transition and ATL	New year targets	5 ways to Wellbeing
Week 2	Change	Positivity and self worth	Mental health Awareness week
Week 3	Resilience	Children's Mental Health Week	Happiness
Week 4	Kindness	Respectful behaviours	Basic First Aid
Week 5	Anti-Bullying campaign	Harming others	Puberty
Week 6	Diversity- what is normal?	On-line safety	Healthy routines/unwanted contact /FGM
Week 7	Friendships and fallouts		

<b>Year 8</b>	Autumn	Spring	Summer
Week 1	Resilience	Marriage	Anxiety
Week 2	Digital resilience	Relationships and conflict	Mental health Awareness week
Week 3	Black History Month	Children's Mental health week	MH Coping strategies
Week 4	Respect	County Lines	Body image
Week 5	Anti-Bullying week	Personal safety/Vaping	Discrimination
Week 6	Self-esteem and confidence	Gender identity	Gaming and gambling addiction
Week 7	Stereotypes and prejudice		

<b>Year 9</b>	Autumn	Spring	Summer
Week 1	Aware project - mental health and stigma	Healthy relationships/sexual harassment	Body image
Week 2	Aware project - Stress on the brain	Grooming	Mental health awareness week
Week 3	Aware project - Specific illnesses	Children's Mental Health Week	Sexual Health
Week 4	Aware project - Recovery	Gangs	Men's mental health-manbox
Week 5	Anti-Bullying - Cyber	Addictive substances	Contraception
Week 6	Wellbeing	Homophobia / LGBT	First Aid
Week 7	Mindfulness		

<b>Year 10</b>	Autumn	Spring	Summer
Week 1	Positivity	Reflection and preparation	On-line profile
Week 2	Awareness and self care	Further Education	Mental Health Awareness week
Week 3	Social media influence	Children's Mental Health week	Financial choices
Week 4	Drugs and addiction	Sex and consent on-line	Managing Mental health
Week 5	Abuse in relationships	Impact of relationships	Communities
Week 6	Consent	Sexuality and gender identity	Pornography
Week 7	Grief and loss		

<b>Year 11</b>	Autumn	Spring	Summer
Week 1	Power of positive thinking	Goal setting	Communication skills
Week 2	Resilience and self efficacy	Planning revision	Mental health Awareness Week
Week 3	Revision strategies	Children's mental health week	Future plans - career
Week 4	Extremism	Mock prep/ exam anxiety	
Week 5	Exam anxiety	Healthy habits and sleep	
Week 6	Post 16 choices	Constructive criticism	
Week 7	Respectful relationships	Parental Responsibilities and pregnancy	