



Year 7 Personal Development Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Celebrating Difference	Relationships	Changing Me	Being Me In My World	Healthy Me	Dreams and Goals
Knowledge Covered	Bullying Prejudice & Discrimination (positive and negative) Equality Act Bystanders Stereotyping Challenging influences Negative behaviour and attitudes Assertiveness	Characteristics of healthy relationships Consent Relationships and change Emotions within friendships Peer on peer abuse Rights and responsibilities Being discerning Assertiveness Sexting	Puberty changes Reproduction facts FGM, breast flattening/ironing Responsibilities of parenthood IVF Types of committed relationships Media and self-esteem Self-image Brain changes in puberty Factors affecting moods Sources of help and support	How all people are unique Differences & conflict My influences Gateway emotions Belonging to a group Peer pressure Peer on peer abuse Online safety Sexting Consequences Online legislation	Stress and anxiety Managing mental health Physical activity and mental health Effects of substances Legal consequences Nutrition Sleep Vaccination and immunisation Importance of information on making health choices	Celebrating success Identifying goals Employment Learning from mistakes overcoming challenges Planning skills Safe & unsafe choices Substances Gangs Knives Exploitation Emergency first aid
RE	RE / Religious studies education is embedded into form time 'Cultural Champion' and 'Personal Development' sessions and highlighted throughout the PD curriculum. Students in Y7 will also complete the response to feedback on HSB called 'Student Safeguarding Training'.					

Key Stage 3 Curriculum Information

PERSONAL DEVELOPMENT LEAD:

chris.smith2@bulwellacademy.org.uk



Topic	Celebrating Difference	Relationships	Changing Me	Being Me In My World	Healthy Me	Dreams and Goals
Online Resources	<p>princes-trust.org.uk/help-for-young-people/tools-resources/building-confidence/being-assertive</p> <p>goodchoicesgoodlife.org/choices-for-young-people</p> <p>unicef.org/innovation/stories/breaking-gender-stereotypes</p> <p>amnesty.org/en/latest/education/2016/03/three-education-activities-for-young-people-to-challenge-discrimination</p> <p>bullying.co.uk</p> <p>childline.org.uk</p>	<p>nspcc.org.uk/youtube.com/watch?v=u7Nii5w2Fal</p> <p>mind.org.uk/information-support/</p> <p>thinkuknow.co.uk/</p> <p>princes-trust.org.uk/help-for-young-people/tools-resources/building-confidence/being-assertive</p>	<p>healthforteens.co.uk/growing-up/puberty/</p> <p>childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/female-circumcision-fgm-cutting</p> <p>nhs.uk/conditions/ivf/</p> <p>kidshealth.org/en/parents/nine-steps.html</p> <p>respectyourself.org.uk</p> <p>mind.org.uk/information-support/for-children-and-young-people/useful-contacts/</p>	<p>unicef.org/what-we-do/un-convention-child-rights</p> <p>mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people</p> <p>thinkuknow.co.uk/11_13</p> <p>childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting</p>	<p>mentalhealth.org.uk/your-mental-health/getting-help</p> <p>nhs.uk/conditions/stress-anxiety-depression/reduce-stress</p> <p>talktofrank.com/</p> <p>nhs.uk/livewell/Pages/Livewellhub.aspx</p>	<p>realisingdreams.co.uk/about</p> <p>youngminds.org.uk/</p> <p>talktofrank.com/get-help/worried-about-a-friend#why-do-people-do-drugs</p> <p>nspcc.org.uk/preventing-abuse/keeping-children-safe/staying-safe-away-from-home/gangs-young-people</p> <p>redcross.org.uk/first-aid</p>



Year 8 Personal Development Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Relationships	Changing Me	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me
Knowledge Covered	Positive relationship with self Social media and relationship with self Negative self-talk Managing a range of relationships Peer on peer abuse Personal space Online etiquette, online privacy Bullying and personal safety Social media issues and the law Coercion, unhealthy balance of power in relationships & sources of support	Types of close intimate relationships Physical attraction Love Legal status of relationships Behaviours in healthy and unhealthy romantic relationships Pornography & sexuality Alcohol and risky behaviour	Self-identity, influences, family and identity Stereotypes, personal beliefs and judgements Managing expectations First impressions Respect for the beliefs of others (inc. Religious beliefs, marriage & Protected characteristic) Active listening	Positive change made by others How positive behaviour affects feelings of wellbeing Social injustice, inequality, community cohesion and support Multiculturalism, diversity, race and religion Stereotypes Prejudice LGBT+ bullying, peer on peer abuse hate crime fear & emotions Stand up to bullying Organ and blood donation	Long-term goals, skills, qualifications & careers Money and happiness Ethics and mental wellbeing Budgeting, variation in income, positive and negative impact of money Online safety and legal responsibilities Gambling issues	Long-term physical health Responsibility for own health Dental health Stress triggers and help tips Substances and mood Legislation associated with substances Exploitation and substances County lines Medicine, vaccinations & immunisation
RE	RE / Religious studies education embedded into form time 'Cultural Champion' and 'Personal Development' sessions and highlighted throughout the PD curriculum. Students in Y8 will also complete the response to feedback on HSB called 'Student Safeguarding Training'.					

Key Stage 3 Curriculum Information

PERSONAL DEVELOPMENT LEAD:

chris.smith2@bulwellacademy.org.uk



Topic	Relationships	Changing Me	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me
Online Resources	<p>ChildLine: 0800 1111</p> <p>Family Lives: 0808 800 2222</p> <p>The Mix: 0800 808 4994</p> <p>saferinternet.org.uk/</p> <p>childline.org.uk/</p> <p>ceop.police.uk/safety-centre/</p> <p>mind.org.uk/</p> <p>http://www.thinkuknow.co.uk/</p>	<p>National sexual health helpline</p> <p>0300 123 7123</p> <p>healthforteens.co.uk/</p> <p>nhs.uk/</p> <p>nspcc.org.uk/</p> <p>nhs.uk/live-well/sexualhealth/where-can-i-get-sexualhealth-advice-now</p> <p>healthforteens.co.uk/sexual-health</p> <p>nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-abuse</p>	<p>barnardos.org.uk</p> <p>unicef.org.uk/what-we-do/un-convention-child-rights</p> <p>equalityhumanrights.com/en</p>	<p>equalityhumanrights.com/en</p> <p>equalityhumanrights.com/en/advice-and-guidance</p> <p>annefrank.org/en</p> <p>gov.uk/guidance/equalityact-2010-guidance</p> <p>equalityhumanrights.com/en/equality-act/protectedcharacteristics</p> <p>citizensadvice.org.uk</p> <p>bulliesout.com/need-support/young-people/lgbt-bullying</p> <p>gov.uk/bullying-at-school/bullying-a-definition</p> <p>localtrust.org.uk/</p> <p>mentalhealth.org.uk/</p>	<p>realisingdreams.co.uk/about</p> <p>http://www.young-money.org.uk/</p> <p>http://www.internetmatters.org/</p> <p>http://www.saferinternet.org.uk/</p> <p>moneyadvice.service.org.uk/en/articles/how-to-help-teenagers-manage-their-money</p>	<p>familydoctor.org/teenagers-how-to-stay-healthy</p> <p>nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums</p> <p>mentalhealth.org.uk/</p> <p>themix.org.uk/</p> <p>talktofrank.com/</p> <p>nhs.uk/conditions/antibiotics/</p>



Year 9 Personal Development Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Relationships	Changing Me	Being Me In My World	Celebrating Difference	Healthy Me	Dreams and Goals
Knowledge Covered	Healthy relationships Power and control in intimate relationships Risk in intimate relationships Importance of sexual consent Assertiveness skills Sex and the law Pornography and stereotypes Contraception choices Age of consent Family planning Consequences of unprotected sex STIs, support and advice services	Mental health stigma Triggers Support strategies, managing emotional changes Resilience and how to improve it Reflection on importance of sleep in relation to mental health Reflection on changes, benefits of relaxation	Perceptions about intimate relationships Consent Sexual exploitation Peer approval, peer on peer abuse Grooming, radicalization, county lines Risky experimentation Positive and negative self-identity Groups, influences, social media Abuse and coercion, coercive control	Protected characteristics Equality Act Phobic and racist language Legal consequences of bullying and hate crime Sexism, ageism, positive and negative language, banter, peer on peer abuse, bullying in the workplace, direct and indirect discrimination, harassment, victimisation. Prejudice, discrimination and stereotyping	Misperceptions about young peoples' health choices Physical and psychological effects of drugs and alcohol Alcohol and the law Alcohol and drug poisoning Addiction Smoking & vaping Drug classification, supply and possession legislation Emergency situations First aid, CPR Substances and safety Sources of advice and support	Personal strengths Health goals SMART planning The world of work Links between body image and mental health Non-financial dreams and goals Mental health and ill health Media manipulation Self-harm, self esteem, stigma, anxiety disorders, eating disorders, depression
RE	RE / Religious studies education embedded into form time 'Cultural Champion' and 'Personal Development' sessions and highlighted throughout the PD curriculum. Students in Y9 will also complete the response to feedback on HSB called 'Student Safeguarding Training'.					



Topic	Relationships	Changing Me	Being Me In My World	Celebrating Difference	Healthy Me	Dreams and Goals
Online Resources	<p>youngminds.org.uk</p> <p>childline.org.uk</p> <p>respectyourself.org.uk</p> <p>princes-trust.org.uk/help-for-young-people/toolsresources/building-confidence/being-assertive</p> <p>familylives.org.uk</p> <p>relate.org.uk</p> <p>brook.org.uk</p> <p>lgbt.foundation</p> <p>nhs.uk/conditions/contraception</p>	<p>headmeds.org.uk/</p> <p>themix.org.uk/</p> <p>goodchoicesgoodlife.org/choices-for-young-people</p> <p>nhs.uk/Livewell/Childrensleep/Pages/teensleptips.aspx</p> <p>nhs.uk/LiveWell/sleep/Pages/sleep-home.aspx</p>	<p>National sexual health helpline 0300 123 7123 (free)</p> <p>healthforteens.co.uk/</p> <p>nhs.uk/livewell/sexual-health/where-can-i-get-sexual-health-advice-now</p> <p>gov.uk/government/publications/protecting-children-from-radicalisation-the-prevent-duty</p> <p>ukyouth.org/who-we-are</p> <p>consentiseverything.com/</p>	<p>equalityhumanrights.com/</p> <p>anti-bullyingalliance.org.uk</p> <p>bullying.co.uk/</p> <p>hchildline.org.uk/</p> <p>internetmatters.org/</p> <p>saferinternet.org.uk/</p> <p>equalityhumanrights.com/</p> <p>equalityhumanrights.com/en/equality-act-2010/what-equality-act</p> <p>childline.org.uk/</p> <p>nsppc.org.uk/</p> <p>sophielancasterfoundation.com/</p> <p>equalityhumanrights.com/en/equality-act/protected-characteristics</p>	<p>youngminds.org.uk</p> <p>nhs.uk/change4life</p> <p>nhs.uk/livewell/Pages/Livewellhub.aspx</p> <p>drinkaware.co.uk</p> <p>talktofrank.com</p> <p>askthe.police.uk/content/@1.htm</p> <p>redcross.org.uk</p> <p>sja.org.uk</p> <p>nhs.uk/using-the-nhs/about-the-nhs</p> <p>bhf.org.uk</p> <p>tinyurl.com/y3rq75z3</p> <p>bbc.co.uk/radio1/advice</p> <p>themix.org.uk/drink-anddrugs</p>	<p>viacharacter.org/character-strengths</p> <p>positivepsychology.com/what-are-your-strengths</p> <p>youngminds.org.uk/</p> <p>mind.org.uk/information-support/for-young-people</p> <p>mentalhealth.org.uk/atoz/c/children-and-young-people</p> <p>centreformentalhealth.org.uk</p> <p>childrenssociety.org.uk</p>