



## Year 10 Personal Development Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Topic	Relationships	Changing Me	Being Me In My World	Relationships (Y11)	Healthy Me (Y11)	Being Me in My World (Y11)	
Knowledge Covered	Sustaining long-term relationships Intimacy Healthy relationship with self Attraction, love, lust Relationship choices, ending relationships safely and consequences of relationships ending e.g. bullying Peer on peer abuse Revenge porn Grief-cycle Impact on family Understanding love Fake news Pornography	Impact of societal change on young people <b>Role of media on societal change</b> <b>Reflection on change so far and how to manage it successfully</b> Decision making Sexual identity Gender Spectrum of sexuality Stereotypes in romantic relationships Sexual identity and risk Physical and emotional changes Family change, sources of support	Human rights, societal freedom Understanding safety in UK and beyond Ending relationships safely <b>Stages of grief, loss and bereavement</b> Peer on peer abuse Social media and culture Use of online data Threats to online safety Online identity Assessing and managing risk The law and social media Risk and emergency contacts Positive and negative relationships	Stages of intimate relationships Positive and negative connotations of sex Spectrum of gender and sexuality LGBT+ rights and protection under the Equality Act <b>“coming out” challenges</b> <b>LGBT+ media stereotypes</b> Peer on peer abuse Power, control and sexual experimentation <b>Forced marriage, honour-based violence, FGM and other abuses</b> Hate crime, sources of support	Managing anxiety and stress Exam pressure, concentration strategies, work-life balance Sexual health, hygiene, self-examination, STIs Sexual pressure Fertility issues Contraception Consent <b>Pregnancy facts and myths, pregnancy choices including adoption, abortion, bringing up a baby &amp; financial implications</b> Identifying a range of risks including rape and strategies for staying safe Expectations in relationships	Becoming an adult. Age limits and the law <b>Relationships and the law, consent, coercive control, peer on peer abuse, domestic abuse, honour-based, violence, arranged and forced marriages</b> The Equality Act 2010 The law on internet use and pornography Social media concerns, sexting Keeping safe, emergency situations, key advice First aid, scenarios and consequences	
	RE	RE / Religious studies education embedded into form time ‘Cultural Champion’ and ‘Personal Development’ sessions and highlighted throughout the PD curriculum. Students in Y10 will also complete the response to feedback on HSB called ‘Student Safeguarding Training’.					

# Key Stage 4 Curriculum Information

**PERSONAL DEVELOPMENT LEAD:**  
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Topic	Relationships	Changing Me	Being Me In My World	Relationships (Y11)	Healthy Me (Y11)	Being Me in My World (Y11)
Online Resources	<p>childline.org.uk/                      theproudtrust.org/                      childbereavementuk.org/                      youngminds.org.uk/                      refuge.org.uk/                      relate.org.uk/                      brook.org.uk/                      childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-porn                      refuge.org.uk/get-help-now/for-teenage-girls                      loverespect.co.uk/                      womensaid.org.uk/</p>	<p>youngminds.org.uk/                      realclimate.org/                      treehugger.com/                      headstogether.org.uk/copingwithchange                      actioncanadashr.org/beyond-basics-sneak-peek-gender-galaxy                      nhs.uk/live-well                      childline.org.uk/                      goodchoicesgoodlife.org/                      princes-trust.org.uk/                      skillsyouneed.com/</p>	<p>libertyhumanrights.org.uk/                      un.org/                      equalityhumanrights.com/en                      hrw.org/                      childbereavementuk.org/                      nhs.uk/                      centreformentalhealth.org.uk/publications/social-mediayoung-people-and-mentalhealth                      nspcc.org.uk/preventingabuse/keeping-children-safe/online-safety                      childline.org.uk/infoadvice/bullying-abuse-safety/online-mobile-safety/stayingsafe-online                      thinkuknow.co.uk/                      https://safe.met.police.uk/internet_safety/get_the_facts.html                      bbc.co.uk/webwise/guides/about-netiquette                      healthforteens.co.uk/sexual-health                      nhs.uk/live-well/sexualhealth/where-can-i-get-sexualhealth-advice-now                      nspcc.org.uk/what-is-childabuse/types-of-abuse/childsexual-abuse</p>	<p>National Sexual Health Helpline Free on 0300 123 7123                      healthforteens.co.uk/                      brook.org.uk/                      gettingiton.org.uk/                      teenhealthsource.com/                      stonewall.org.uk/                      genderedintelligence.co.uk/                      transunite.co.uk/                      outlife.org.uk/                      preventionplatform.co.uk/                      citizensadvice.org.uk/                      nationalfgmcentre.org.uk/                      karmanirvana.org.uk/                      nspcc.org.uk/</p>	<p>talktofrank.com/                      youngminds.org.uk/                      nhs.uk/conditions/sexually-transmitted-infections-stis                      thinkuknow.co.uk/                      nspcc.org.uk/                      bpas.org/                      nhs.uk/conditions/pregnancy-and-baby/nhs-pregnancy-journey                      safeline.org.uk/                      rapecentre.org.uk/youngpeople.php                      actionaid.org.uk/aboutus/what-we-do/violenceagainst-women-and-girls-vawg</p>	<p>lawstuff.org.uk/at-what-age-can-i                      parentzone.org.uk/article/how-old-does-your-child-have-be                      fullfact.org/law/legal-agelimits                      healthforteens.co.uk/                      nspcc.org.uk/                      nationaldahelpline.org.uk/                      https://mensadvice.org.uk/                      English National Domestic Violence Helpline 0808 2000 247                      nhs.uk/                      talktofrank.com/                      childline.org.uk/                      nspcc.org.uk/                      emergency-live.com/                      morethanjustsurviving.com/                      get-licensed.co.uk/                      redcross.org.uk/</p>



## Year 11 Personal Development Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 & 2
Topic	Tutor time – Cultural Champions and ‘Personal Development’		Tutor time – Cultural Champions and ‘Personal Development’ ‘Dreams and Goals’ Jigsaw Unit		
RE	RE / Religious studies education embedded into form time ‘Cultural Champion’ and ‘Personal Development’ sessions and highlighted throughout the PD curriculum  Students in Y11 will also complete the response to feedback on Harmful Sexual Behaviour called ‘Student Safeguarding Training’		RE / Religious studies education embedded into form time ‘Cultural Champion’ and ‘Personal Development’ sessions and highlighted throughout the PD curriculum  <b><u>Dreams and Goals:</u></b> Anxiety, solution focused thinking, sleep, relaxation, Aspiration on; career, finances, budgeting, borrowing, relationships, Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skill set, employment, education and training options, long-term relationship dreams and goals, parenting skills and challenges, resilience, what to do when things go wrong		
Online Resources			<a href="http://youngminds.org.uk/">youngminds.org.uk/</a> <a href="http://talktofrank.com/">talktofrank.com/</a> <a href="http://themix.org.uk/">themix.org.uk/</a> <a href="http://moneyadviceservice.org.uk/">moneyadviceservice.org.uk/</a> <a href="http://citizensadvice.org.uk/">citizensadvice.org.uk/</a> <a href="http://wearencs.com/">wearencs.com/</a> <a href="http://dofe.org/realisingdreams.co.uk/about">dofe.org/realisingdreams.co.uk/about</a> <a href="http://nesta.org.uk/six-jobs-for-2030">nesta.org.uk/six-jobs-for-2030</a> <a href="http://themix.org.uk/">themix.org.uk/</a> <a href="http://familylives.org.uk/">familylives.org.uk/</a> <a href="http://relate.org.uk/">relate.org.uk/</a> <a href="http://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself">youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself</a> <a href="http://realisingdreams.co.uk/about">realisingdreams.co.uk/about</a>		