

Personal Development Overview 2024-25

Date		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year13
4 Sept	A	Assembly in Coombe Hall				Post 16 Options	Professionalism	Study Skills
11 Sept	B	Intro to CPSHE	Health & well being					
18 Sept	A	Getting to know people	What is mental health?	Introduction to drugs/ Different types of addictions	Critical thinking & fake news	Exam Stress & Relaxation	Goal setting	Online Safety
25 Sept	B	What is community	Positive Body Image					
2 Oct	A	Careers & your future	Healthy eating	Drugs – cannabis products	What is a cult?	Time Management	Gangs	Study Skills
9 Oct	B	Sleep & relaxation	Child abuse					
16 Oct	A	Financial education	Stress management	Drug Classifications	Exploring Britishness & British values	LGBT Rights across the world	Gangs continued	Buying/ Renting houses and consumer rights
23 Oct	B	Transition Points	Types of bullying					
6 Nov	A	Avoiding gangs	County Lines	Party Drugs/ Illegal Drugs	LGBT Rights & British Values	Insta Life vs Real Life	Professionalism in the work place and school	Professionalism (Pt 2)
13 Nov	B	Staying safe online	Substance misuse					
20 Nov	A	Online gaming & fortnite	Cyber bullying	Self-esteem changes	CSE/Child abuse	Peer on peer bullying	Driving awareness	Cancer awareness
27 Nov	B	What is alcohol	Grooming girls & boys					
4 Dec	A	What is smoking	Alcohol safety	HBT Bullying in all forms	Screen time & safe use mobiles	Respect & relationships	Sexual Health	Discrimination and travel safety
11 Dec	B	eCigs/vaping/sisha	Child exploitation online protection					
18 Dec	A	Energy drinks	Yr 9 Conspiracy theories & extremist narratives	Cancer prevention – Healthy Lifestyles	Common types of mental health	Alcohol & bad choices		
8 Jan	B	Consent & Boundaries	Extremisim					
15 Jan	A	Respect & relationships	What is terrorism	HIV & AIDS and AIDS prejudice & discrimination	Self-harm/suicide	Fertility & what impacts it	Mental Health	Trial exams
22 Jan	B	What makes a good friend	Proud to be British					
29 Jan	A	Friendships & managing them	The radicalisation process	Sexual harassment & stalking	Promoting emotional well being	Parenthood	Relationships and Trans rights	Water Safety/ First Aid (rotation)
5 Feb	B	Being positive	Counter terrorism					
12 Feb	A	Pressure & influence	Anti semitism	Qualifications & Pathways/KS4 options	Sexting, nudes & dick pics	Teenage Pregnancy advice	Revision techniques and study skills	<u>Mental Health</u>
26 Feb	B	Multi cultural Britian	Intro into RSE					
5 March	A	What is your identity	Dealing with conflict	Jobs & opportunities	Porn lesson 1	Abortion laws, morals & ethics	Drugs and Alcohol	Water safety/ first aid (rotation)
12 March	B	The Equality Act	Sexual orientation & Gender ID					
19 March	A	Breaking down stereotypes	What is love?	Diversity/Equality & stereotyping	Sexualisation & the media	Importance of sexual health	Bias propaganda and CV writing	Water safety/ first aid (rotation)
26 March	B	Prejudice & Discrimination	Intro into contraception					

2 April	A	Challenging Islamophobia	LGBT what is it?	Business Structures	Domestic Abuse & Violence	Revisit contraception & STI's		Driving awareness
9 April	B	Introduction to puberty	Homophobia in school/supporting LGBT					
30 Apr	A	Puberty – girls focus	Challenging homophobia & transphobia	Sexual consent & the law	Relationships, sexual abuse & rape	Respect & relationships	Healthy Relationships	Rape and consent
7 May	B	Puberty – girls focus	Coming out					
14 May	A	Personal hygiene	Careers interest & job ideas	FGM & the Law	Honour based Violence	Drugs NPS/ Festivals & drugs & nitrous oxide	Next steps (university, UCAS and apprenticeships)	
21 May	B	Assertive consent	LMI					
4 June	A	Growing up & FGM	Skills & qualities	Delaying sexual activity	Forced marriages		Personal Statements	
11 June	B	Careers Yr 7 Personal Qualities and skills	Making decisions about KS4/Option Subjects					
18 June	A	Careers Yr 7 Careers & Your Future	Qualifications and pathways	Why have sex?	Social Media Validation		Personal Statements and next steps	
25 June	B	Drama – British Values	Drama					
2 July	A	Drama – British Values	Drama	Relationships & partners	Modern day Slavery			
9 July	B	Drama – British Values	Drama					
16 July	A	Drama – British Values	Drama	Pleasure & masturbation	Cause of Knife Crime			

- For Year 7 & 8, please follow the set programmes for your form, not this one. Your programmes are set by date this year due to drama coming into CPSHE sessions so they don't match up with what is on here.

Rights & Responsibilities	
Celebrating Difference & Equality	
RSE	
Staying safe on & off line	
Health & Well Being	
Life Beyond School/Careers	