

### Personal Development Overview 2022-23

Date		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year13
7 Sept	A	Intro into CPSHE	Health & Well Being	Conspiracy Theories & Extremist narratives		– Time Management		
14 Sept	B	getting to Know people	What is mental health?		Critical thinking & fake news			
21 <sup>h</sup> Sept	A	What is community?	Positive Body Image	Extremism		LGBT Rights across the world		
28 Sept	B	Financial Education	Healthy Eating & Cholesterol		What is a cult?			
5 Oct	A	Careers & Your Future	Child Abuse	What is terrorism?		Exam Stress & Relaxation		
12 Oct	B	Transition Points in your Life	Stress Management part 1		Exploring Britishness & British values			
19 Oct	A	Sleep & Relaxation	Types of Bullying	Proud to be British		Insta Life vs Real Life		
2 Nov	B	Why is politics important?	County Lines – What is it?		LGBT Rights & British Values			
9 Nov	A	How is our country run?	County Lines – Who is at risk?	the radicalisation process & counter terrorism		CV Writing		
16 Nov	B	Creating a Political Party	Online Safety – Cyber Bullying		What are Human rights?			
23 Nov	A	Elections & campaigning	Substance Misuse	Counter Terrorism		Personal Statement Writing		
30 Nov	B	Political debates & parliament	Grooming Girls & boys		Exploring Human rights			
7 Dec	A	Exploring inside parliament	Drugs Alcohol Safety	– Anti Semitism		Post 16 Options		
14 Dec	B	Who is PM	Child exploitation Online Protection		CSE/Child Abuse			
4 Jan	A	Avoiding Gangs	Employability Skills Practice	Introduction to drugs		Virtual Reality, Live Streaming		
11 Jan	B	Staying safe Online	Proud to be me – Careers		Screen time & safe use mobiles			
18 Jan	A	Online gaming & Fortnite	career Interests & Job ideas	Different types of addictions		Drugs NPS		
25 Jan	B	What is alcohol?	Self Esteem & the Media		Common types of mental			
1 Feb	A	What is smoking?	Labour Market Information	Drugs – cannabis products		Festivals & Drugs Nitrous Oxide		
8 Feb	B	Drugs E Cigs, vaping & Sisha	Exploring careers		Self Harm			
15 Feb	A	Consent & boundaries	Desert island Living	Drug Classifications		Substance Addiction		
1 March	B	Respect & relationships	Building a community		Suicide			
8 March	A	What makes a good friend	making decisions	Party Drugs		Online Reputation & Digital Footprint		

<b>15 March</b>	<b>B</b>	Friendships & managing them	Criminals, law & society		Suicide (thoughts & feelings)			
<b>22 March</b>	<b>A</b>	Being positive	law making in the UK	Illegal Drugs		Cosmetic Surgery		
<b>28 March</b>	<b>B</b>	Pressure & influence	prison, reform & punishment		Promoting emotional well being			
<b>19 Apr</b>	<b>A</b>	Multi Cultural Britain	Intro to RSE	Sexual consent & the law		Parenthood		
<b>26 Apr</b>	<b>B</b>	What is your identity?	Healthy relationships		Honour based Violence			
<b>3 May</b>	<b>A</b>	breaking Down Stereotypes in society	Dealing with conflict	FGM & the Law		Teenage Pregnancy advice		
<b>10 May</b>	<b>B</b>	Prejudice & Discrimination	Sexual orientation		Forced marriages			
<b>17 May</b>	<b>A</b>	Challenging Islamophobia	Gender Identity	Delaying sexual activity		Abortion laws, morals & ethics		
<b>24 May</b>	<b>B</b>	The Equality Act 2010	What Is Love?		Online gambling			
<b>7 June</b>	<b>A</b>	Introduction to puberty	Introduction to Contraception	Why have sex?				
<b>14 June</b>	<b>B</b>	Puberty girls Focus	Periods & Menstrual cycle		Social Media Validation			
<b>21 June</b>	<b>A</b>	Puberty Boys focus	– LGBT what is it?	Relationships & partners				
<b>28 June</b>	<b>B</b>	Puberty – personal Hygiene	Homophobia in school & society/ Supporting those that are LGBT		Modern day Slavery			
<b>5 July</b>	<b>A</b>	Assertive Consent	Coming Out	Pleasure & masturbation				
<b>12 July</b>	<b>B</b>	Growing Up & FGM	Challenging homophobia/ Transphobia		Cause of Knife Crime			