



Personal Development – Overview of Curriculum 2020-2021

Core Themes	Year 7	Year 8	Year 9	Year 10	Year 11
<p>Relationships and Change</p> 	<p>Making relationships Team building Losing relationships Healthy and unhealthy relationships Empathy – what is it? Antibullying awareness Puberty and change in my body Emotions and change and how to deal with them. Different relationships and diversity Being kind – using respectful language</p>	<p>Healthy and Unhealthy relationships Antibullying awareness Different relationships and diversity Child Sexual Exploitation – LOTTIE Harassment Consent Sharing images and the law</p>	<p>Antibullying awareness Healthy and unhealthy relationships. Relationship and sexual education. Dealing with change Different relationships and diversity Consent Sexual Harassment</p>	<p>Antibullying Awareness Healthy and unhealthy relationships. Consent Sexual Harassment. Different relationships and diversity Sexting and consent. Sharing of nudes</p>	<p>Antibullying Awareness Healthy and unhealthy relationships Different relationships and diversity</p>
<p>Staying Healthy</p> 	<p>Personal health & hygiene Mental Health awareness Self esteem Body image and Media Healthy diet (Science) Extra curriculum – healthy body, healthy mind: e.g. Exmoor Challenge, clubs programme</p>	<p>Drugs and Alcohol Awareness Mental Health Awareness Extra curriculum – healthy body, healthy mind: e.g. Duke of Edinburgh</p>	<p>Body image. STIs Mental Health and coping strategies Self-harm and grief FGM Extra curriculum – healthy body, healthy mind: e.g. Duke of Edinburgh Pornography</p>	<p>Basic First Aid Mental health awareness. Drug and alcohol Awareness. Beach Safety Extra curriculum – healthy body, healthy mind: e.g. Duke of Edinburgh, Ten Tors</p>	<p>Basic First Aid Mental Health awareness. Revision strategies and mental health and stress management</p>
<p>Living in the wider world</p> 	<p>Diversity Careers and aspirations – STEM, Science Week Identity Being British Equality and Respect</p>	<p>Staying safe online Politics and Democracy in UK Role in society Aspirations and careers Law and Order</p>	<p>Careers in STEM Radicalisation The changing UK and immigration Moneywise Respect and Prevent Hate crime Free speech</p>	<p>Gambling Awareness Exam support (inc parents) Pornography Knife Crime Equality and Diversity – Steven Laurence Day Apprenticeship week</p>	<p>Exam support (inc parents) College visits/ Apprentices – online Apprenticeship week Career’s support 1:2:1</p>