

**Year 7 Personal Development Autumn Term (7 lessons, once a fortnight)**

**Healthy Friendships and First Aid.**

NSPCC Talk Relationships 11-12yrs x3

1. To learn how to manage changing friendships, including the benefits and challenges of making new friends.
2. To learn how to manage online friendships positively.
3. To learn to recognise hurtful behaviours and strategies to manage these.

St John's Ambulance First Aid x 4

4. Basic Life Support
5. Allergies
6. Asthma
7. Head injuries

**Year 7 Personal Development Spring Term (6 lessons, once a fortnight)**

**Prejudice and discrimination**

**Democracy**

1. What is racism?
2. Race Cars
3. Gender stereotypes
4. Voting and democracy
5. Active citizenship
6. Social media – the highlights reel

<b>Year 7 Personal Development Summer term (7 lessons, once a fortnight)</b>
<b>Careers</b>
Careers
Please liaise with Jacqui Royse and Lou Leonard for this topic.

## **Year 8 Personal Development Autumn Term (7 lessons, once a fortnight)**

### **Positive Psychology.**

#### **Belonging and Identity**

##### Brainwaves

1. Science behind wellbeing
2. Understanding your strengths
3. Challenging negative thoughts / managing worry

##### Belonging and Identity

4. To learn about the factors that can affect feelings of belonging in a community.
5. To learn about the impact of stereotypes and bias.
6. To learn about the effects of discrimination and bullying and how to safely challenge them.
7. To learn how people can have different perspectives about values, and how to manage having different viewpoints constructively and respectfully.

## **Year 8 Personal Development Spring Term (6 lessons, once a fortnight)**

### **Cyber security**

#### **Critical thinking about consumer choices / active citizenship**

##### National Cyber Security Cyber Navigators

1. Protecting personal information
2. Managing devices and accounts
3. Identifying scams and sources of support

##### ACT SoL Buy Now!

1. How does advertising influence consumption? What are the environmental consequences?
2. Why do we keep buying? Consumerism, Waste and Corporate responsibility.
3. Votes at 16 – How does democracy work in the UK?

**Year 8 Personal Development Summer Term (7 lessons, once a fortnight)**

**Careers**

**Please liaise with Jacqui Royse and Lou Leonard for this topic**

**Year 9 Personal Development Autumn term (7 lessons, once a fortnight)**

**First Aid**

**Financial Harms**

**NB – for 2026-27 – use CEOPS online blackmail resources instead of first aid stuff - [Online blackmail education resource for 15-18 year olds](#)**

**First aid (Red Cross. First Aid Champions)**

1. Basic life support (a recap from last term)
2. Alcohol and first aid
3. Diabetes and first aid (Adam Bell foundation materials)

**Online Financial Harms**

4. To learn about financial harms online
5. To learn about influences, potential risks and consequences of online spending
6. To learn how to manage emotions, seek support and overcome barriers in relation to online financial harm.
7. 15<sup>th</sup> December – gambling prevention workshop.

**Year 9 Personal Development Spring Term (6 lessons, once a fortnight)**

**Careers**

**Please liaise with Jacqui Royse and Lou Leonard for this topic**

**Year 9 Personal Development Summer Term (7 lessons, once a fortnight)**

**Sustainability and the law / democracy / voting / navigating information online.**

**ACT SoL**

1. How sustainable is our future?
2. How can we take action on sustainability?
3. What laws exist to protect the environment?
4. Does every vote count?
5. Why should we vote?
6. Misinformation and the online debate
7. Help or harm – online groups

**Year 10 Personal Development Autumn term (7 lessons, once a fortnight).**

**Careers**

**Please liaise with Jacqui Royse and Lou Leonard for this topic.**

**Year 10 Personal Development Spring term (6 lessons, once a fortnight)**

**Financial Literacy**

**Revision skills**

**Money Matters**

1. Saving
2. Making the most of your money – spending and budgeting – legal rights
3. Borrowing and debt
4. Security and fraud

**How to Revise**

5. To understand the importance of active revision
6. To learn how to organise a revision schedule.  
To introduce a variety of different strategies for revision.

**Year 10 Personal Development Summer term (7 lessons, once a fortnight – but likely to be affected by mocks etc).**

**Democracy and citizenship**

The Day lessons

1. Is democracy the best system? Global perspectives on democracy.
2. Beyond the ballot box. How people create change.
3. Misinformation
4. AI at work. Hype vs reality
5. Deepfakes and democracy
6. Who stands for what. Understanding UK political parties.

**Year 11 Personal Development Autumn term (7 lessons, once a fortnight)**

**Careers**

**Please liaise with Jacqui Royse and Lou Leonard for this topic.**

**Year 11 Personal Development Spring Term (x6 lessons, once a fortnight)**

**Financial Literacy**

Flic resources

- 1) Take home pay
- 2) Budgeting
- 3) Saving
- 4) Investing
- 5) Insurance
- 6) Decision making game