

West Park School Personal Development Program of Study

	Autumn 1 Health and Wellbeing	Autumn 2 Relationships and Sexual Health	Spring 1 Careers Education	Spring 2 Health and Wellbeing	Summer 1 Relationships and Sexual Health	Summer 2 Living in the Wider World
7	<u>Physical and Mental Wellbeing</u> Transition to secondary school, mental health, and healthy coping strategies	<u>Identity and Community</u> Personal Identity, community bias and stereotypes, discrimination and protected characteristics, values and disagreement and diversity	<u>Introduction to Careers and All About Me</u> (Grow throughout life, Explore possibilities, Manage career, Create opportunities). What is a career, who am I, what am I good at, what do I enjoy doing?	<u>Healthy Living</u> First aid, personal safety, personal hygiene and food & sleep	<u>Building Positive Relationships</u> Friendship groups, healthy relationships and introduction to Consent.	<u>Budgeting</u> (Balance life and work, See the big picture). Budgeting, understanding financial vocabulary and financial products
8	<u>Social Media</u> Personal values in an online world, managing influence, algorithms and digital resilience	<u>Preventing Discrimination</u> Friendship and empathy, bullying and bystanders, friendship challenges, similarities, differences and peer influence.	<u>Personal Finance</u> (Balance life and work, See the big picture). Personal interests, challenges, CVs, Careers in the future	<u>Drugs and Alcohol</u> Types of drugs and consequences, effects of alcohol, impacts of vaping and smoking	<u>Respectful Relationships</u> Introduction to relationships, relationship values, online safety and avoiding assumptions.	<u>Employability Skills and Qualities</u> (Balance life and work, Create opportunities, Explore possibilities, Grow throughout life). Income tax, public services
9	<u>Mental Health</u> Anxiety, dealing with exam stress, eating disorders and coping strategies	<u>Healthy Relationships</u> Respectful behaviours teenage capacity for consent, coping with relationship breakups and consequences of teenage pregnancies	<u>Explore Careers Pathways</u> (Grow throughout life, Explore possibilities, Manage career, Create opportunities). My ambitions and making informed choices on GCSE choices. Links to Careers Pathways from choices.	<u>Making Healthy Choices</u> Cancer prevention, Vaping, Making Healthy Choices, Online Gambling and CPR	<u>Preventing Extremism</u> Valuing diversity, understanding extremism and radicalisation	<u>Life in the Workspace</u> (Balance life and work, See the big picture, Create opportunities, Explore possibilities). Workplace skills, employability, financial institutions, Labour Market Information and consumer rights.
10	<u>Balancing Life and Work</u> Time and sleep management; New challenges, reframing negative thinking	<u>Mature Relationships</u> The role of intimacy and pleasure in relationships, impact of pornography, pressure and coercion and managing conflicts in relationships.	<u>Post-16 Choices (Grow throughout life, Explore possibilities, Manage career).</u> (Balance life and work, Create opportunities, Explore possibilities, Grow throughout life). Routes and destinations	<u>Exploring Influence</u> Role Models, Gang influence—Causes and Sources of Support	<u>Tolerance and Discrimination</u> Recognising and challenging bullying behaviour	<u>See the Big picture (Citizenship)</u> UK government, criminal justice system, how does the law treat young offenders
11	<u>Mental Health</u> Mental Illness, dealing with grief, , Mental wellbeing	<u>Long-Term Relationships</u> Different types of long-term commitments, arranged marriages, and different types of parenting.	<u>Independent Living</u> (Balance life and work, See the big picture, Grow throughout life). Budgeting, mortgages and buying a house, Living away from home.	<u>Additional Lessons</u> Multiculturalism, British Values, Privilege		