



Year 7 Personal Development

Autumn Term 2

- Forming positive relationships
- Diversity, discrimination, kindness and tolerance

Spring Term 2

- Smoking
- Vaping
- Bullying and cyberbullying

Summer Term 2

- Attitudes to money and financial habits

Autumn 1



Autumn 2



Spring 1



Spring 2



Summer 1



Summer 2



Autumn Term 1

- Transition to secondary school
- Careers and aspirations

Spring Term 1

- Puberty and menstrual wellbeing
- Consent and social media

Summer Term 1

- Attitudes to mental health
- Strategies to support positive mental wellbeing

What will we be covering?

- Health & Wellbeing
- Relationships
- Living In The Wider World



Personal Development
UVHS - Victoria Values



Year 8 Personal Development

- Autumn Term 2**
- Healthy behaviours in relationships
 - Gender and stereotypes

- Spring Term 2**
- Alcohol
 - Drugs

- Summer Term 2**
- Understanding the components of good health

- Spring Term 1**
- Social media
 - Body image in the digital world
 - Puberty and society

- Summer Term 1**
- Promoting emotional wellbeing

- Autumn Term 1**
- Personal strengths for employment
 - Basic life support

- What will we be covering?**
- Health & Wellbeing
 - Relationships
 - Living In The Wider World





Year 9 Personal Development

Autumn Term 2

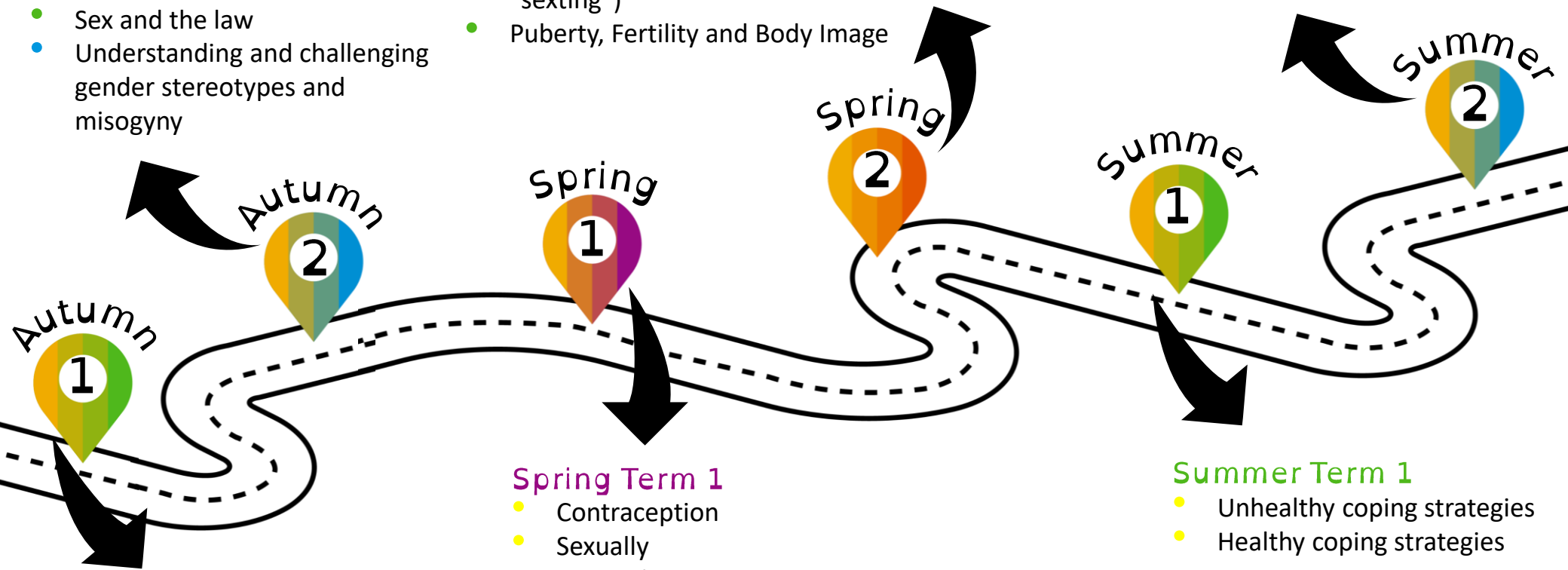
- Consent
- Sex and the law
- Understanding and challenging gender stereotypes and misogyny

Spring Term 2

- Sexual exploitation
- Youth Produced Sexual Imagery (including "sexting")
- Puberty, Fertility and Body Image

Summer Term 2

- Pornography



Autumn Term 1

- The journey to your career
- Different types of relationships

Spring Term 1

- Contraception
- Sexually Transmitted Infections (STIs)

Summer Term 1

- Unhealthy coping strategies
- Healthy coping strategies

What will we be covering?

- Health & Wellbeing
- Relationships
- Living In The Wider World





Year 10 Personal Development

Autumn Term (With your form tutor in PM registration)

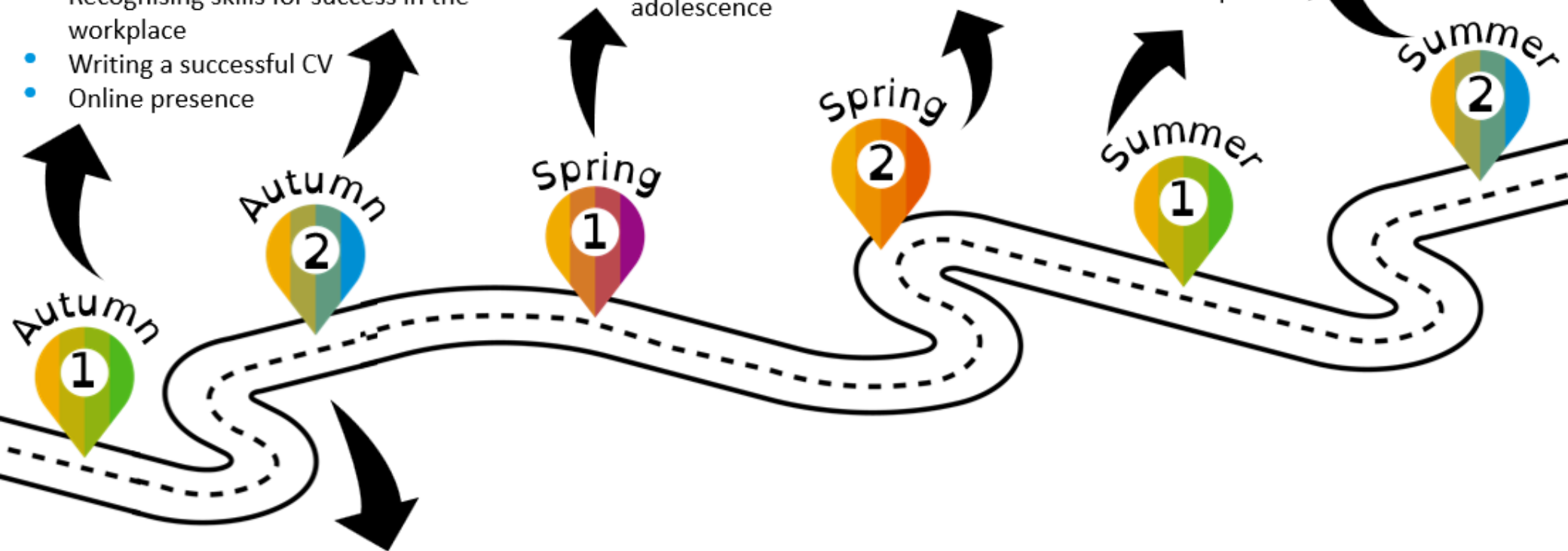
- Recognising skills for success in the workplace
- Writing a successful CV
- Online presence

Spring Term (With your form tutor in PM registration)

- Relationships and equality
- Challenges of moving through adolescence

Summer Term (With your form tutor in PM registration)

- Gambling behaviours and managing impulsivity
- Post KS4 options



Carousel Lesson (With A Personal Development Teacher)

- Sex, pressure and risk taking behaviour
- Pregnancy choices
- Roles and responsibilities of parents
- Sexual orientation and stereotypes
- Understanding sexual harassment and sexual violence
- Reframing negative thinking

What will we be covering?

- Health & Wellbeing
- Relationships
- Living In The Wider World



Year 11 Personal Development

