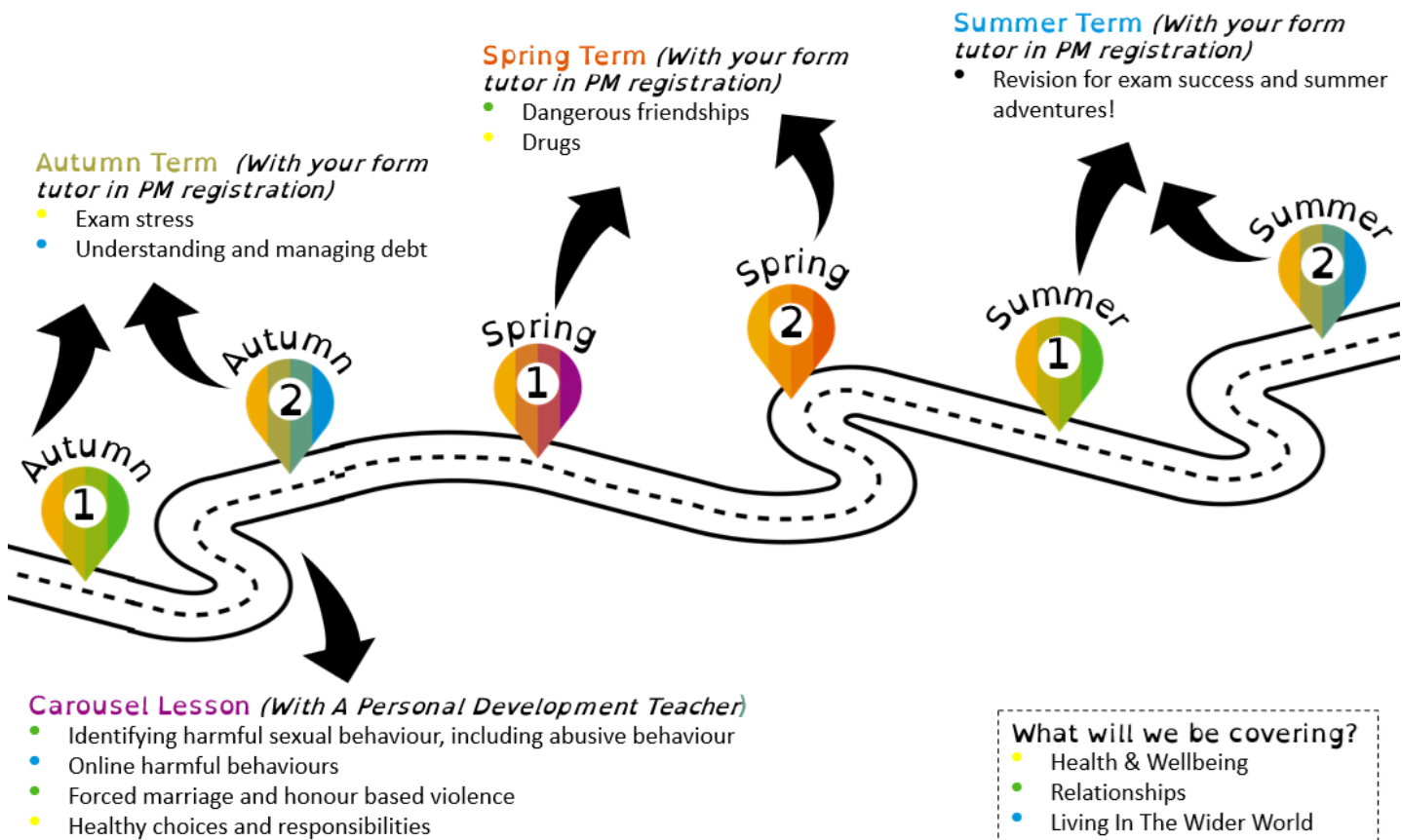




Year 11 Personal Development



The learning journey above shows the order in which topics are delivered in Year 11 Personal Development sessions. They are delivered by both the Y11 Form Tutors, and a Personal Development teacher, alongside assemblies, awareness weeks, career events, drop down sessions and extra curricular activities and guest speakers. The following pages give an enhanced breakdown of what is covered in each topic, and students have a copy of this in the front of their knowledge booklets. All pupils at UVHS complete an end of topic multiple choice quiz and have the opportunity to give additional feedback on what they would like to see in their Personal Development program. We have also included content sources and signposting for each unit at the end of this document.



What will we be learning about in Personal Development in Y11?

Carousel lesson with your Personal Development Teacher

Relationships

Health & Wellbeing

Living In The Wider World

With?	When?	Topic	Content Summary
My Personal Development Teacher	1 Term Block On Rotation	Identifying Harmful, Sexual Behaviour Including Abuse	• Consent recap • 6 different forms of abuse • Abusive relationships and our rights • Appropriate interactions • Sexual harassment • Victim blaming • Domestic violence
		Online Harmful Behaviour	• The dangers of misinformation • The importance of diversity and inclusion • Misogyny and misandry • Being an active by stander and allyship • The manosphere and incel culture • Extremist behaviour and radicalisation
		Forced Marriage, Honour-based Violence And FGM	• What is a forced marriage and why do they still happen around the world? • What is honour based violence? • What is female genital mutilation? Why does this happen? What is breast ironing?
		Healthy Choices And Responsibilities	• What is Gillick competence, and how does this impact the health services you can access? • Barrier method contraception recap • When would you go to a Pharmacist, a GP or call 999? • Why are regular dental health checks and vaccination schedules important? • How does health screening keep us safe? • How does self screening empower us to look after our own health?

What will we be learning about in Personal Development in Y11?

Delivered in PM Registration with your form tutor

Relationships

Health & Wellbeing

Living In The Wider World

With?	When?	Topic	Content Summary
My Form Tutor	Autumn Term	Exam Stress	- What is exam stress, what are the signs, and how can you look after yourselves as well as revise? - Why is sleep so important? - What are the consequences of poor sleep individually and for businesses? - Which revision strategies work best for you?
		Understanding And Managing Debt	- How do you spend money? - What happens when you borrow money? - What is interest and compound interest? - What is included on a pay slip? - How do pensions work? - What are our consumer rights? - What are digital financial assets? - What is a credit rating ? - What is planned an unplanned spending?
	Spring Term	Drugs	- What are the risks of taking drugs, how do they effect the user and lead to addiction? - Why do people start to use drugs? How does this impact them? - What are internal and external influences? - What are the risks associated with vapes? - What support and advice is available to them?
		Dangerous Friendships	- What makes a gang different to a friendship group? - Why do some people fill the need to carry a knife? Is there ever an acceptable scenario to carry a weapon? - What is modern slavery? - What does it mean to be a responsible driver or read user? (Including pedestrians) - What is ghost broking in relation to car insurance? - How can you keep yourself whilst travelling? - Why is self induced asphyxia and non-fatal strangulation so dangerous? - What is methanol poisoning?
	Summer Term	- Revision to support exam success! - Start your summer plans!	

What content sources and signposted services do we use in Y11 Personal Development?

THE BEN KINSELLA TRUST



National
Careers
Service

PROSPECTS @brook



BBC
Bitesize

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

REPORT
REMOVE

Nude image of you online?
We can help take it down.

UCAS

THINK
U
KNOW
.co.uk

BBC
BITESIZE
CAREERS

LifeSkills

Created with BARCLAYS



PSHE
ASSOCIATION



NatWest

Quizlet



THE MIX

mind

MyStudyLife

YOUNG MINDS

MoneySense
Making sense of money



NHS



KARMA NIRVANA

Supporting victims of honour-based abuse
and forced marriage

Something's
not right

SENECA

ORCHID
FIGHTING MALE CANCER

unifrog



CoppaFeel!
breast cancer awareness

RAPE
CRISIS
England & Wales



World Health
Organization



VIOLENCE AGAINST
WOMEN & GIRLS



shout
85258



free • 24/7 • confidential
runaway
helpline

Office for
National Statistics



The Equality Act 2010

FRANK
drinkaware

Threat to your safety
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GOVERNMENT
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preventing
VULNERABLE
Understanding
strategy
SAFEGUARDING



koeth

HM Government