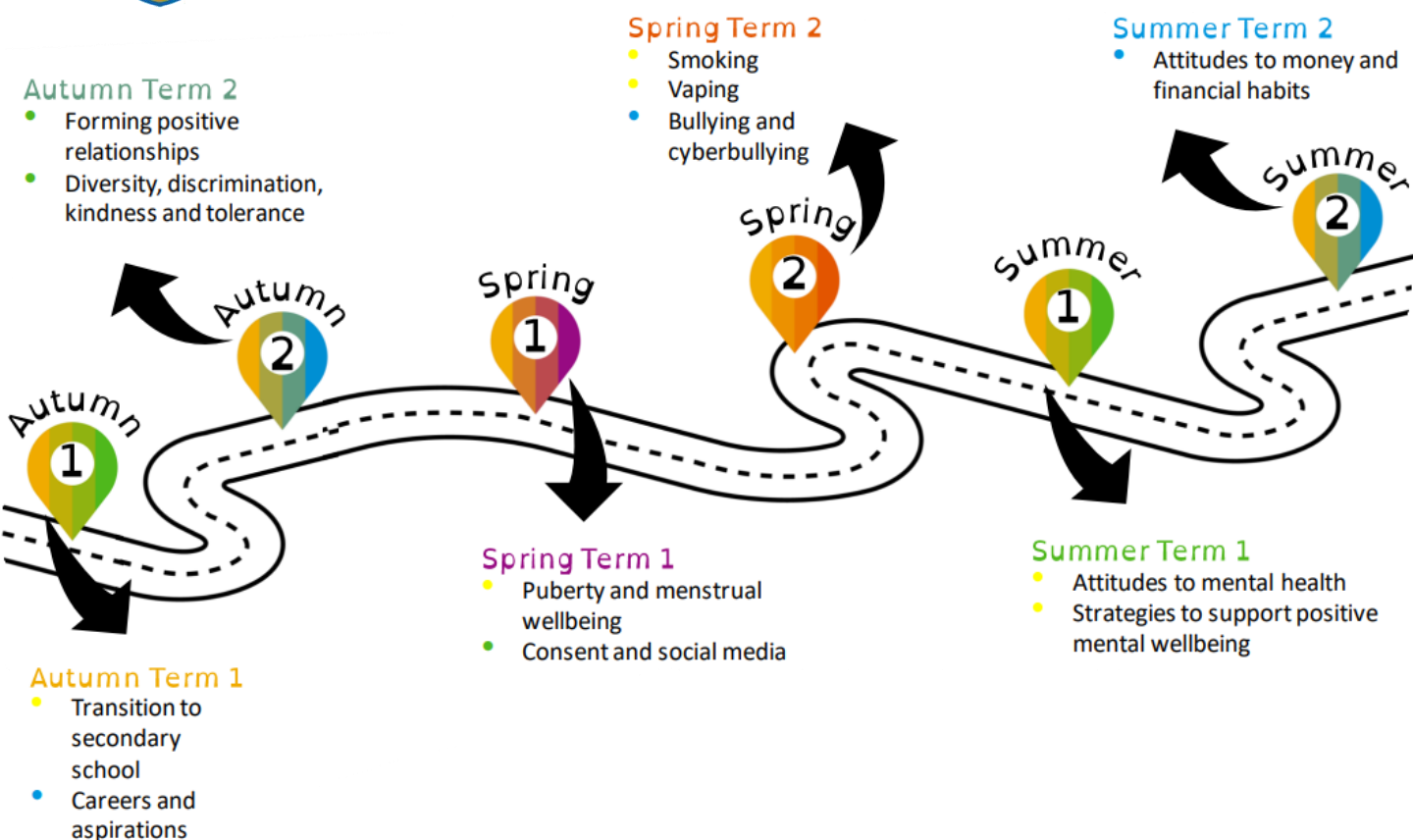




Year 7 Personal Development



The learning journey above shows the order in which topics are delivered in Year 7 Personal Development sessions. They are delivered by the Year 7 Form Tutors 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. We have also included content sources and signposting for each unit.

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.



Personal Development

UVHS - Victoria Values

Relationships

Health & Wellbeing

Living In The Wider World

What will Year 7 be learning about in Personal Development in Autumn Term 1?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Autumn Term 1	Transition To Secondary School (Health & Wellbeing Strand)	- Identify practical strategies to cope with new and challenging situations - Recognise our different emotions when facing changes and problems - Take advantage of our everyday opportunities to build skills and support our confidence - Prepare ourselves to learn in a new environment, including forming new friendships, understanding new rules and adjusting to a new environment - What resilience is, and who to turn to if we need to talk to someone - The UVHS Welcome Wallet and Wellbeing Button
	Careers And Aspirations (Living In The Wider World Strand)	- Recognise that job roles and opportunities in life can carry gender stereotypes, and to confidently challenge these despite expectations from family or our cultural background - Identify our future aspirations and learn how to set goals in order to achieve them - Learn about different options and routes to take to pursue academia, apprenticeships, work and training - Understand that we will all come across difficult decisions to make, such as subject choices, and the importance of taking our time to plan for our futures - Use the Barclays LifeSkills program to set goals and actionable targets - Identify what I like, what I am good at and what are transferable skills

Signposting & Content Sources For These Units:

National Careers Service
Helping you take the next step

Starting Secondary School
with BBC Bitesize



bbc.com/startingsecondaryschool



brook

Life Skills
BARCLAYS

PSHE
ASSOCIATION



childline

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



YOUNGMINDS
fighting for young people's mental health

What will Year 7 be learning about in Personal Development in Autumn Term 2?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Autumn Term 2	Forming Positive Relationships (Relationships Strand)	- Identify the qualities of positive friendships - Describe strategies for dealing with challenges in friendships including toxic relationships - Learn about how behaviour impacts relationships - Explain where and how to access support and help, including from professionals
	Diversity, Discrimination, Kindness And Tolerance (Relationships Strand)	- Understand a range of stereotypes relating to sex, gender, race, religion, sexual orientation and disability - Introduce The Equality Act 2010 and what Protected Characteristics are - Recognise the damaging impact of stereotyping, discrimination and prejudice - Recognise the importance of promoting inclusivity, kindness and tolerance - Identify sources of guidance and support

Signposting & Content Sources For These Units:





















What will Year 7 be learning about in Personal Development in Spring Term 1?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Spring Term 1	Puberty And Menstrual Wellbeing (Health & Wellbeing Strand)	- Define what puberty means and recap body changes. - Understand that periods, experiences and bodies are unique for each person. - Name at least 4 different products which people can use to manage their periods. - Identify ways to help someone manage their own menstrual cycle or support others. - Be proud that UVHS is Period Positive with free sanitary products in school toilets, in classrooms and offices, as well as emphasising the importance of male support and understanding - Understand where to go to ask for help and support with questions about our bodies.
	Consent And Social Media (Relationships Strand)	- Recognise what consent is. - Recognise consent applies to a range of everyday situations. - Practice and explore how to ask and respond for consent using verbal and non-verbal language and body language, understanding that consent can be withdrawn - Identify ways we can practise better consent in our social media use. - Describe where we can get support if we need it.

Signposting & Content Sources For These Units:



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





What will Year 7 be learning about in Personal Development in Spring Term 2?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Spring Term 2	Smoking (Health & Wellbeing Strand)	- Describe the reasons why some people smoke - Understand the harm smoking does to your health - Know who to ask for advice and where to look for guidance on resisting pressure to smoke - Use different strategies to resist pressure to smoke - The consequences of addiction
	Vaping (Health & Wellbeing Strand)	- What vaping is and why young people might vape - The impact of vaping - Nicotine and the impact of nicotine - The law regarding vaping - The environmental impact of vaping
	Bullying And Cyberbullying (Living In The Wider World Strand)	- Describe the meaning of bullying and cyberbullying, and the impact this can have on an individual - Explore challenging scenarios and appropriate responses - Explain where to seek support and advice on bullying and cyberbullying

Signposting & Content Sources For These Units:











What will Year 7 be learning about in Personal Development in Summer Term 1?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Summer Term 1	Attitudes To Support Mental Health (Health & Wellbeing Strand)	- Identify the link between physical and mental wellbeing - Describe strategies for improving physical and mental wellbeing - Explain ways to help those who need support with their physical or mental wellbeing
	Strategies To Support Mental Wellbeing (Health & Wellbeing Strand)	- Recognise that mental health is as important as physical health - Understand that our mental health is on a continuum, which can move dependent on different factors - Identify key strategies and techniques to support positive mental wellbeing - Know where to go for help if they or a friend is struggling with their mental wellbeing

Signposting & Content Sources For These Units:



World Health Organization



brook

childline

ONLINE, ON THE PHONE, ANYTIME



5 ways to wellbeing



What will Year 7 be learning about in Personal Development in Summer Term 2?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Summer Term 2	Attitudes To Money And Financial Habits (Living In The Wider World Strand)	- Have reflected on their own attitude to money and spending compared to others - Be able to prioritise needs and wants in different scenarios - Have calculated the potential cost implications of borrowing to purchase a big item

Signposting & Content Sources For This Unit:

















