

Personal Development Overview 2022- 2023

	Careers – Next Steps	Living in the Wider World & Careers	Relationships, Health & Community	Wellbeing & SMSC	British Values/Global Awareness
Year 7	Unifrog: <ul style="list-style-type: none">Interests & Personality profiles.Explore Careers LibraryRecording activitiesIdentify skills & competenciesPost 16 choices – Dream Jobs	<ul style="list-style-type: none">Skills, aspirations and employabilityEmployer EngagementLabour Market Information (LMI) workshopResilience strategies and personal qualitiesEnterprise and entrepreneur skillsFinance: social and moral issues	<ul style="list-style-type: none">Friendships & respecting boundaries (consent)Peer pressure & respectSafety in relationshipsSelf-esteem & self-worthFamily relationshipsContraception and parenthoodPuberty & managing changeSmoking, vaping, drugs alcohol & tobacco	<ul style="list-style-type: none">Managing own wellbeing – physical activity, sleep, diet.Managing emotions and conflictFirst aid/personal safetyEsafetyLoss and bereavement	<ul style="list-style-type: none">Intro. To British Values & protected characteristics (Equality Act 2010)Intro to democracy – decision making through the democratic process, voting & elections, legal systems in the UKRespect and tolerance: BullyingRespect: Challenging stereotypes, prejudice and discriminationFGM and Forced MarriageStudy of faith/beliefs and celebrating diversityDebating on topical current affairs
Year 8	Unifrog: <ul style="list-style-type: none">Careers LibraryUnderstand career terminologyLinking career areas to motivators and definitions of successCreate a CVCommunication skillsEvidencing competencies and skills	<ul style="list-style-type: none">Exploring future pathwaysEmployer EngagementApprenticeships and Further/ Higher EducationPositive mind-set and transferable skillsDecisions on moneyFire SafetyFinance (incl. budgeting skills)Transferable Skills & Positive MindsetLabour Market Information (LMI) workshop	<ul style="list-style-type: none">Healthy RelationshipsLaw and sexual consentSending explicit imagesManaging relationshipsTypes of relationshipsContraception and STIsParenthood	<ul style="list-style-type: none">Safe relationshipsDrugs, alcohol and vapingMental Health – stigmaFirst Aid/personal safetyEsafety – sharing images, digital footprint.Self -esteem and social mediaMental Health difficultiesDealing with rejectionPeer pressure and gangs	<ul style="list-style-type: none">Rule of Law: Antisocial behaviourRule of Law: Radicalisation & extremismRule of Law: Criminal Justice SystemFamily lawLiberty/Freedom: Diversity in relationshipsBAME and LGBTQ+ awareness and achievementsRule of Law: Radicalisaton and ExtremismStudy of faith/beliefs and celebrating diversityDebating on topical current affairs
Year 9	Unifrog: <ul style="list-style-type: none">Personal interests & link to potential careers.Exploring GCSE ChoicesCareers Library to research top three careersExplore leadership and teamwork skillsTalking about activitiesActivities, skills & competencies	<ul style="list-style-type: none">Exploring future pathways – option choicesGoal mappingEmployer EngagementCommunication skillsPersonal finance – (incl. gambling, online gaming and debt)Labour Market Information (LMI) workshop	<ul style="list-style-type: none">Peer Pressure – county linesDomestic abuseDangerous relationshipsSexual attraction & diversityImpact of media on relationshipsConsent and risky behaviourExpectations of sex and relationship valuesContraception, STI, unplanned pregnancy	<ul style="list-style-type: none">Esafety (incl. online safety, pornography)Mental Health – stigmaAbuse, Exploitation, harassment, blackmail, groomingBody image and mediaEating disordersUse of drugsUnhealthy and Healthy coping strategiesSelf- examination & screeningResilience	<ul style="list-style-type: none">Mutual respect in relationshipsRule of Law: Role of parliament and the monarch.Respect: LGBTQ+ - rights, marriageLiberty: Gender stereotyping in careersStudy of faith/beliefs and celebration of cultural festivalsDebating on topical current affairs – gangs, knife crime, county lines
Year 10	Unifrog: <ul style="list-style-type: none">Explore work experience optionsCommunicating with employersCreate CV and cover letterResearch careers linked to personality	<ul style="list-style-type: none">Career Aspirations – alumni engagementEmployer EngagementPersonal finance – (incl. saving and tax)Road SafetyPreparing for work experienceRights in the work placeLabour Market Information (LMI) workshop	<ul style="list-style-type: none">Readiness for sexual relationshipsLegal status of relationshipsPornography and revengeRelationships valuesHealthy relationshipsSexual harassment – supportConsent and risky behaviour	<ul style="list-style-type: none">Esafety- (incl. pornography, explicit images)Mental health – confidence and coping strategiesPersonal safetyLife changesWider risks of drugs/alcoholPregnancy and parenting	<ul style="list-style-type: none">Use of media in democracies – portrayal and biasRespect: BystandersEquality Act 2010 & workLiberty: Awareness of global Human Rights abusesStudy of faith/beliefsDebating on topical current affairs
Year 11	Unifrog: <ul style="list-style-type: none">Explore Post 16 choices and create short-list of optionsExplore Level 3 qualificationsExplore Subjects LibraryConsider broad range of apprenticeshipsGreen careersManage workload and wellbeing with the Know How Library1:1 Careers Guidance	<ul style="list-style-type: none">Interview skillsRevision strategies and exam skillsPreparing for HE/FEEmployer EngagementUse of personal dataPersonal Finance – (incl. ret, mortgages)Labour Market Information (LMI) workshop	<ul style="list-style-type: none">Abusive relationshipsPeer influenceConsent, rape & sexual abuseBullying & body shamingLink between sexual relationships and mental and physical healthRelationship types and sexuality	<ul style="list-style-type: none">Sexual healthSleep, diet & exerciseMedia and beauty perceptionsFirst Aid and personal safetyBlood, organ & stem cell donationMindfulness and healthy coping strategies	<ul style="list-style-type: none">Democratic processes – political partiesTolerance and respect: Multi-cultural BritainRule of Law: Right wing extremismStudy of faith/beliefsHuman Rights awarenessDebating on topical current affairsRule of law: forms of punishment and legal institutions/CJS
Year 12	Unifrog: <ul style="list-style-type: none">Social media and the world of workGoal settingExploring interests via MOOC, Subjects Library and Read, Watch, Listen ToolExplore Post 18 pathwaysMake Post 18 shortlistsExplore features of apprenticeshipsDevelop Personal Statements and Post 18 applications1:1 Careers Guidance	<ul style="list-style-type: none">Global job marketStudent FinancePost 18 OptionsPersonal StatementUCAS / University lifeThe media and job applications (LinkedIn etc.)Labour Market Information (LMI) workshop	<ul style="list-style-type: none">Bullying and harassmentIntimacy and different types of relationshipPersonal safetySexual ConsentUnplanned pregnancies and seeking supportManage and end relationships respectfully	<ul style="list-style-type: none">EsafetyBody ImageSexual HealthContraception an STIsPersonal safety – driving, getting home safely, spikingFirst aidHealthy lifestyles - diet on a budget, sleep, exercise, phone addiction, energy drinksRecognising common Mental Health issues	<ul style="list-style-type: none">Overview of British ValuesProtected characteristics and the Equality Act 2010Study of faith/beliefs: Freedom of speech vs other freedoms/rights (religion, sexuality)Debating on topical current affairsChallenging prejudice and discriminationFreedom of expression
Year 13	Unifrog: <ul style="list-style-type: none">Create applications listDevelop Personal StatementsExplore employers' use of assessment centresInterview success and presentation skillsRevision skills and study schedules	<ul style="list-style-type: none">Personal Finance (incl. wage slips & pensions)Post 18 options (incl. L3 apprenticeships)Personal StatementLevel 3 ApprenticeshipsUniversity life/life skillsTrade unions & consumer rightsInterview / Employability skillsLabour Market Information (LMI) workshop	<ul style="list-style-type: none">Sexual assault & abuseSexual consent and the lawForming/maintaining relationshipsPreparing for independenceHormonal changes and the impact on individuals and relationshipsPregnancy and parenthood	<ul style="list-style-type: none">EsafetyAlcohol/drugs and risky behaviourManaging stress & anxietyHealthy lifestyles – screening, Meningitis and freshers fluPersonal safety- Sun safetySexual Health	<ul style="list-style-type: none">Debating on topical current affairsFreedom of expressionHow citizens influence lawStudy of faith/beliefs and topics that arise in the 21st CenturyHow norms and values are formed – the foundation of our laws and rulesLegal rights and responsibilities when travelling abroad