

Personal Development Overview 2025-26

	Careers	Living in the wider world	Relationships, Health & Community	Wellbeing & SMSC	British Values/Global Awareness
Year 7	Unifrog: <ul style="list-style-type: none"> Interests & Personality profiles. Explore Careers Library Recording activities Identify skills & competencies Post 16 choices – Dream Jobs 	<ul style="list-style-type: none"> Skills, aspirations and employability Employer Engagement Labour Market Information (LMI) workshop Resilience strategies and personal qualities Enterprise and entrepreneur skills 	<ul style="list-style-type: none"> Friendships & respecting boundaries (consent) Peer pressure & respect Safety in relationships Self-esteem & self-worth Family relationships Contraception and parenthood Puberty & managing change Smoking, vaping, drugs alcohol & tobacco 	<ul style="list-style-type: none"> Managing own wellbeing – physical activity, sleep, diet. Managing emotions and conflict First aid/personal safety Esafety Loss 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 UK Respect and tolerance: Bullying Respect: Challenging stereotypes, prejudice and discrimination FGM and Forced Marriage Study of faith/beliefs and celebrating diversity Debating on topical current affairs
Year 8	Unifrog: <ul style="list-style-type: none"> Careers Library Understand career terminology Linking career areas to motivators and definitions of success Create a CV Communication skills Evidencing competencies and skills 	<ul style="list-style-type: none"> Exploring future pathways Employer Engagement Apprenticeships and Further/ Higher Education Positive mind-set and transferable skills Decisions on money Finance (incl. budgeting skills) Transferable Skills & Positive Mindset 	<ul style="list-style-type: none"> Healthy Relationships Law and sexual consent Sending explicit images Managing relationships Types of relationships Contraception and STIs Parenthood 	<ul style="list-style-type: none"> Safe relationships Drugs, alcohol and vaping Mental Health – stigma First Aid/personal safety/ fire safety Esafety – sharing images, digital footprint. Self-esteem and social media Mental Health difficulties Dealing with rejection Peer pressure and gangs 	<ul style="list-style-type: none"> Rule of Law: Antisocial behaviour Rule of Law: Radicalisation & extremism Rule of Law: Criminal Justice System Family law Liberty/Freedom: Diversity in relationships BAME and LGBTQ+ awareness and achievements Rule of Law: Radicalisation and Extremism Study of faith/beliefs and celebrating diversity Debating on topical current affairs
Year 9	Unifrog: <ul style="list-style-type: none"> Personal interests & link to potential careers. Exploring GCSE Choices Careers Library to research top three careers Explore leadership and teamwork skills Talking about activities Activities, skills & competencies 	<ul style="list-style-type: none"> Exploring future pathways – option choices Goal mapping Employer Engagement Communication skills Personal finance – (incl. gambling, online gaming and debt) 	<ul style="list-style-type: none"> Peer Pressure – county lines Domestic abuse Dangerous relationships Sexual attraction & diversity Impact of media on relationships Consent and risky behaviour Expectations of sex and relationship values Contraception, STI, unplanned pregnancy 	<ul style="list-style-type: none"> Esafety (incl. online safety, pornography) Mental Health – stigma Abuse, Exploitation, harassment, blackmail, grooming Body image and media Eating disorders Use of drugs Unhealthy and Healthy coping strategies Self-examination & screening Resilience 	<ul style="list-style-type: none"> Mutual respect in relationships Rule of Law: Role of parliament and the monarch. Respect: LGBTQ+ - rights, marriage Liberty: Gender stereotyping in careers Study of faith/beliefs and celebration of cultural festivals Debating on topical current affairs – gangs, knife crime, county lines
Year 10	Unifrog: <ul style="list-style-type: none"> Explore work experience options Communicating with employers Create CV and cover letter Research careers linked to personality 	<ul style="list-style-type: none"> Career Aspirations – alumni engagement Employer Engagement Personal finance – (incl. saving and tax) Preparing for work experience Rights in the work place 	<ul style="list-style-type: none"> Readiness for sexual relationships Legal status of relationships Pornography and revenge Relationships values Healthy relationships Sexual harassment – support Consent and risky behaviour 	<ul style="list-style-type: none"> Esafety- (incl. pornography, explicit images) Mental health – confidence and coping strategies Personal safety – Road Safety Life changes Wider risks of drugs/alcohol Pregnancy and parenting 	<ul style="list-style-type: none"> Use of media in democracies – portrayal and bias Respect: Bystanders Equality Act 2010 & work Liberty: Awareness of global Human Rights abuses Study of faith/beliefs Debating on topical current affairs
Year 11	Unifrog: <ul style="list-style-type: none"> Explore Post 16 choices and create short-list of options Explore Level 3 qualifications Explore Subjects Library Consider broad range of apprenticeships Green careers Manage workload and wellbeing with the Know How Library 1:1 Careers Guidance 	<ul style="list-style-type: none"> Interview skills Revision strategies and exam skills Preparing for HE/FE Employer Engagement Use of personal data and how to portray yourself on social media platforms Personal Finance – (incl. ret, mortgages) 	<ul style="list-style-type: none"> Abusive relationships Peer influence Consent, rape & sexual abuse Bullying & body shaming Link between sexual relationships and mental and physical health Relationship types and sexuality 	<ul style="list-style-type: none"> Sexual health Sleep, diet & exercise Media and beauty perceptions First Aid and personal safety Blood, organ & stem cell donation Mindfulness and healthy coping strategies 	<ul style="list-style-type: none"> Democratic processes – political parties Tolerance and respect: Multi-cultural Britain Rule of Law: Right wing extremism Study of faith/beliefs Human Rights awareness Debating on topical current affairs Rule of law: forms of punishment and legal institutions/CJS
Year 12	Unifrog: <ul style="list-style-type: none"> Social media and the world of work Goal setting Exploring interests via MOOC, Subjects Library and Read, Watch, Listen Tool Explore Post 18 pathways Make Post 18 shortlists Explore features of apprenticeships Develop Personal Statements and Post 18 applications 1:1 Careers Guidance 	<ul style="list-style-type: none"> Global job market Student Finance Post 18 Options Personal Statement UCAS / University life The media and job applications (LinkedIn etc.) 	<ul style="list-style-type: none"> Bullying and harassment Intimacy and different types of relationship Personal safety Sexual Consent Unplanned pregnancies and seeking support Manage and end relationships respectfully 	<ul style="list-style-type: none"> Esafety Body Image Sexual Health Contraception an STIs Personal safety – driving, getting home safely, spiking First aid Healthy lifestyles - diet on a budget, sleep, exercise, phone addiction, energy drinks Recognising common Mental Health issues 	<ul style="list-style-type: none"> Overview of British Values Protected characteristics and the Equality Act 2010 Study of faith/beliefs: Freedom of speech vs other freedoms/rights (religion, sexuality) Debating on topical current affairs Challenging prejudice and discrimination Freedom of expression
Year 13	Unifrog: <ul style="list-style-type: none"> Create applications list Develop Personal Statements Explore employers' use of assessment centres Interview success and presentation skills Revision skills and study schedules 	<ul style="list-style-type: none"> Personal Finance (incl. wage slips & pensions) Post 18 options (incl. L3 apprenticeships) Personal Statement Level 3 Apprenticeships Trade unions Consumer rights Interview / Employability skills 	<ul style="list-style-type: none"> Sexual assault & abuse Sexual consent and the law Forming/maintaining relationships Preparing for independence Hormonal changes and the impact on individuals and relationships Pregnancy and parenthood 	<ul style="list-style-type: none"> Esafety Alcohol/drugs and risky behaviour Managing stress & anxiety Healthy lifestyles – screening, Meningitis and freshers flu Personal safety- Sun safety Sexual Health University life/life skills 	<ul style="list-style-type: none"> Debating on topical current affairs Freedom of expression How citizens influence law Study of faith/beliefs and topics that arise in the 21st Century How norms and values are formed – the foundation of our laws and rules Legal rights and responsibilities when travelling abroad