

Personal Development Overview 2025-26

	Careers	Living in the wider world	Relationships, Health & Community	Wellbeing & SMSC	British Values/Global Awareness
Year 7	Unifrog: - Interests & Personality profiles. - Explore Careers Library - Recording activities - Identify skills & competencies - Post 16 choices – Dream Jobs	- Skills, aspirations and employability - Employer Engagement - Labour Market Information (LMI) workshop - Resilience strategies and personal qualities - Enterprise and entrepreneur skills	- 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	- Managing own wellbeing – physical activity, sleep, diet. - Managing emotions and conflict - First aid/personal safety - Esafety - Loss and bereavement	- 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: - Careers Library - Understand career terminology - Linking career areas to motivators and definitions of success - Create a CV - Communication skills - Evidencing competencies and skills	- 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	- Healthy Relationships - Law and sexual consent - Sending explicit images - Managing relationships - Types of relationships - Contraception and STIs - Parenthood	- 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	- 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: - 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	- Exploring future pathways – option choices - Goal mapping - Employer Engagement - Communication skills - Personal finance – (incl. gambling, online gaming and debt)	- 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	- 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	- 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: - Explore work experience options - Communicating with employers - Create CV and cover letter - Research careers linked to personality	- Career Aspirations – alumni engagement - Employer Engagement - Personal finance – (incl. saving and tax) - Preparing for work experience - Rights in the work place	- Readiness for sexual relationships - Legal status of relationships - Pornography and revenge - Relationships values - Healthy relationships - Sexual harassment – support - Consent and risky behaviour	- 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	- 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: - 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	- 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)	- Abusive relationships - Peer influence - Consent, rape & sexual abuse - Bullying & body shaming - Link between sexual relationships and mental and physical health - Relationship types and sexuality	- Sexual health - Sleep, diet & exercise - Media and beauty perceptions - First Aid and personal safety - Blood, organ & stem cell donation - Mindfulness and healthy coping strategies	- 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: - 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	- Global job market - Student Finance - Post 18 Options - Personal Statement - UCAS / University life - The media and job applications (LinkedIn etc.)	- Bullying and harassment - Intimacy and different types of relationship - Personal safety - Sexual Consent - Unplanned pregnancies and seeking support - Manage and end relationships respectfully	- 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	- 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: - Create applications list - Develop Personal Statements - Explore employers' use of assessment centres - Interview success and presentation skills - Revision skills and study schedules	- Personal Finance (incl. wage slips & pensions) - Post 18 options (incl. L3 apprenticeships) - Personal Statement - Level 3 Apprenticeships - Trade unions - Consumer rights - Interview / Employability skills	- 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	- 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	- 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