



Personal Development Days

Key topics covered throughout the year						
Year 7	Health & Wellbeing Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Living in the wider world Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Relationships Diversity Diversity, prejudice, and bullying	Health & Wellbeing Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Relationships Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Living in the wider world Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Living in the wider world Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Health & Wellbeing Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Living in the wider world Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Relationships Discrimination Discrimination in all its forms, including racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Health & Wellbeing Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Relationships Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
Year 9	Living in the wider world Employability skills Employability and online presence	Relationships Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Health & Wellbeing Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Living in the wider world Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Relationships Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Health & Wellbeing Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid





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Topics covered throughout the year						
Year 10	Health & Wellbeing Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Living in the wider world Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Relationships Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Health & Wellbeing Exploring influence The influence and impact of drugs, gangs, role models and the media	Relationships Addressing extremism and radicalisation Communities, belonging and challenging extremism	Living in the wider world Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Living in the wider world Next steps Application processes, and skills for further education, employment and career progression	Health & Wellbeing Building for the future Self-efficacy, stress management, and future opportunities	Relationships Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Health & Wellbeing Independence Responsible health choices, and safety in independent contexts	Relationships Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

