



The Hyndburn Academy

The best in everyone™

Part of United Learning

Personal Development Days KS3 2025-2026

	PDD1	PDD2	PDD3	PDD4	PDD5
Year 7	<p>Health & Wellbeing Transition and safety Transition to secondary school and personal safety in and outside school, including first aid</p> <p>Relationships Building relationships Self-worth, romance and friendships (including online) and relationship boundaries</p>	<p>Relationships Diversity Introduction to Democracy Diversity, prejudice, and bullying My Aspire/Future Schools Mental Health</p>	<p>Health & Wellbeing Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p>Living in the wider world Financial decision making Saving, borrowing, budgeting and making financial choices</p>	<p>Living in the wider world Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations</p>
Year 8	<p>Living in the wider world Digital literacy Online safety, digital literacy, media reliability, and gambling hooks</p>	<p>Health & Wellbeing Drugs and alcohol Alcohol and drug misuse and pressures relating to drug Use Sleep Anti Bullying My Aspire</p> <p>House of Lords and social change</p>	<p>Living in the wider world Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p>Health & Wellbeing Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies</p> <p>Relationships Discrimination Discrimination in all its forms, including racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p>Relationships Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>



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	PDD1	PDD2	PDD3	PDD4	PDD5
Year 9	<p>Health & Wellbeing Substance Use Vaping, Mental Health Drugs and their Effects Managing risks Managing Influences</p>	<p>Relationships Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes Mental Health My Aspire Making and shaping laws</p>	<p>Health & Wellbeing Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, and gang exploitation Health & Wellbeing Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p>Living in the wider world Setting goals Learning strengths, career options and goal setting as part of the GCSE options process Employability and online presence</p>	<p>Relationships Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>



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Personal Development Days KS4 2025-2026

	PDD1	PDD2	PDD3	PDD4	PDD5
Year 10	<p>Health & Wellbeing Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p> <p>Online harassment</p>	<p>Living in the wider world Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p> <p>Living in the wider world Work experience Preparation for and evaluation of work experience and readiness for work</p>	<p>Living in the wider world Work experience Preparation for and evaluation of work experience and readiness for work</p>	<p>Health & Wellbeing Exploring influence The influence and impact of drugs, gangs, role models and the media</p> <p>Petitions and social change</p>	<p>Relationships Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p> <p>Addressing extremism and radicalisation Communities, belonging and challenging extremism</p> <p>Relationships Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>
Year 11	<p>Living in the wider world Next steps Application processes, and skills for further education, employment and career progression</p> <p>Agreed</p>	<p>Health & Wellbeing Building for the future Self-efficacy, stress management, and future opportunities</p> <p>Health & Wellbeing Independence Responsible health choices, and safety in independent contexts</p>	<p>Relationships Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>		