

PERSONAL DEVELOPMENT PLANNING DOCUMENT 2022/23

	M1 - Health & Wellbeing	M2 - Living in the Wider World	M3 - Relationships	M4 - Health & Wellbeing	M5 - Relationships	M6 - Living in the Wider World
Year 7	<p>FOCUS: Transition and safety - Transition to secondary school and personal safety in and outside school, including first aid (ENL)</p> <p>Week 1: how to identify, express and manage their emotions in a constructive way Week 2: how to manage the challenges of moving to a new school Week 3: how to establish and manage friendships Week 4: how to improve study skills Week 5: BHM - Proud to Be Campaign Week 6: BHM Week 7: BHM / how to identify personal strengths and areas for development Week 8: BHM / personal safety strategies and travel safety, e.g. road, rail and water (NB: 1st aid taught in PE in M2/3 - St John's Ambulance)</p>	<p>FOCUS: Developing skills and aspirations how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity</p> <p>SESSIONS: 3X 15 MINS per week Week 1. about a broad range of careers and the abilities and qualities required for different careers Week 2. about equality of opportunity Week 3. how to challenge stereotypes, broaden their horizons and how to identify future career aspirations Week 4. about the link between values and career choices Week 5. problem solving scenarios Week 6. Summary of learning linked to outcomes</p>	<p>FOCUS: Diversity about identity, rights and responsibilities about living in a diverse society</p> <p>SESSIONS: 3X 15 MINS per week Week 1: How to challenge prejudice, stereotypes and discrimination Week 2: The signs and effects of all types of bullying, Week 3: Cyberbullying - what is it, the effects Week 4: How to respond to bullying of any kind, including online Week 5: How to support others who may be being bullied</p>	<p>FOCUS: Health and puberty how to make healthy lifestyle choices including diet, dental health, physical activity and sleep</p> <p>SESSIONS: 3X 15 MINS per week Week 1: how to manage influences relating to caffeine, smoking and alcohol Week 2: how to manage physical and emotional changes during puberty Week 3: personal hygiene Week 4: how to recognise and respond to inappropriate and unwanted contact Week 5: FGM and how to access help and support</p>	<p>FOCUS: Relationships - Self-worth, romance and friendships (including online) and relationship boundaries</p> <p>SESSIONS: 3X 15 MINS per week Week 1: how to develop self-worth and self-efficacy Week 2: about qualities and behaviours relating to different types of positive relationships Week 3: how to recognise unhealthy relationships Week 4: how to recognise and challenge media stereotypes Week 5: how to evaluate expectations for romantic relationships Week 6: about consent, and how to seek and assertively communicate consent</p>	<p>FOCUS: : Financial decision making - Saving, borrowing, budgeting and making financial choices</p> <p>SESSIONS: 3X 15 MINS per week Week 1: how to make safe financial choices Week 2: about saving, spending and budgeting Week 3: how to manage risk-taking behaviour Week 4: about ethical and unethical business practices and consumerism Week 5 & 6: maths based finance challenges including an inter tutor group competition</p>
Careers Content	What is the labour market?	What is the difference between skills and qualifications? What is the mean salary in the UK?	What are career fields?	Which career fields are in demand?	How does school prepare you for work?	How does the national labour market compare with the local labour market? Why is it important to have high aspirations?

<p>Year 8</p>	<p>Drugs and alcohol - Alcohol and drug misuse and pressures relating to drug use (ENL)</p> <p>Week 1: about medicinal and recreational drugs AND the over-consumption of energy drinks Week 2: about the relationship between habit and dependence Week 3: how to use over the counter and prescription medications safely Week 4: how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes Week 5: BHM - Proud to Be Campaign Week 6: BHM Week 7: BHM / how to manage influences in relation to substance use Week 8: how to recognise and promote positive social norms and attitudes</p>	<p>FOCUS: Equality of opportunity in careers and life choices, and different types and patterns of work</p> <p>SESSIONS: 3X 15 MINS per week</p> <p>Week 1: about equality of opportunity in life and work Week 2: how to challenge stereotypes and discrimination in relation to work and pay Week 3&4: about employment, self-employment and voluntary work Week 5&6: how to set aspirational goals for future careers and challenge expectations that limit choices</p> <p>DEPARTMENT: Language Acquisition DEADLINE: MONDAY 18TH OCTOBER NOON</p>	<p>FOCUS: Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p> <p>SESSIONS: 3X 15 MINS per week</p> <p>Week 1: how to manage influences on beliefs and decisions, group-think and persuasion Week 2: how to develop self-worth and confidence Week 3: about gender identity, transphobia and gender-based discrimination Week 4: how to recognise and challenge homophobia and biphobia Week 5: how to recognise and challenge racism and religious discrimination</p> <p>DEPARTMENT: English DEADLINE: MONDAY 6TH DECEMBER NOON</p>	<p>FOCUS: Mental health and emotional wellbeing, including body image and coping strategies</p> <p>SESSIONS: 3X 15 MINS per week</p> <p>Week 1: about attitudes towards mental health Week 2: how to challenge myths and stigma Week 3: daily wellbeing AND how to manage emotions Week 4: how to develop digital resilience Week 5: about unhealthy coping strategies (e.g. self harm and eating disorders) AND healthy coping strategies</p> <p>DEPARTMENT: Language Acquisition with RTY support & resources DEADLINE: MONDAY 31ST JANUARY NOON</p>	<p>FOCUS: Identity and relationships - Gender identity, sexual orientation, consent, 'sexting' and an introduction to contraception</p> <p>SESSIONS: 3X 15 MINS per week</p> <p>Week 1: the qualities of positive, healthy relationships AND how to demonstrate positive behaviours in healthy relationships Week 2: about gender identity and sexual orientation Week 3: about forming new partnerships and developing relationships AND about the law in relation to consent Week 4: that the legal and moral duty is with the seeker of consent AND how to effectively communicate about consent in relationships Week 5: about the risks of 'sexting' and how to manage requests or pressure to send an image Week 6: about basic forms of contraception, e.g. condom and pill</p> <p>DEPARTMENT: MATHS (with CS for week 5 and Science for week 6) DEADLINE: MONDAY 21ST MARCH NOON</p>	<p>FOCUS: Digital literacy - Online safety, digital literacy, media reliability, and gambling hooks</p> <p>SESSIONS: 3X 15 MINS per week</p> <p>Week 1: about online communication AND how to use social networking sites safely Week 2: how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation WEEK 3: how to respond and seek support in cases of online grooming WEEK 4: how to recognise biased or misleading information online AND how to critically assess different media sources WEEK 5: how to distinguish between content which is publicly and privately shared and about age restrictions when accessing different forms of media and how to make responsible decisions WEEK 6: how to protect financial security online WEEK 7: how to assess and manage risks in relation to gambling and chance-based transactions</p> <p>DEPARTMENT: Computer Sci, DT & Arts. (week 4 work with English) DEADLINE: MONDAY 16TH MAY NOON</p>
<p>Careers Content</p>	<p>What are the different career pathways (FE, HE, Apprenticeship)?</p>	<p>What is a vocational pathway?</p>	<p>What is an academic pathway?</p>	<p>What career options are suited to each pathway?</p>	<p>How can I find information on different career paths?</p>	<p>What are some career choice stereotypes we need to challenge?</p>

Year 9	<p>Peer influence - Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation AND substance use and gangs (ENL)</p> <p>Week 1: how to distinguish between healthy and unhealthy friendships Week 2: how to assess risk and manage influences, including online Week 3: about 'group think' and how it affects behaviour AND how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively Week 4: how to manage risk in relation to gangs AND about the legal and physical risks of carrying a knife Week 5: BHM/ Proud to Be campaign Week 6: BHM/ Week 7: BHM/ about positive social norms in relation to drug and alcohol use Week 8: BHM/ about legal and health risks in relation to drug and alcohol use, including addiction and dependence</p>	<p>FOCUS: Setting goals Learning strengths, career options and goal setting as part of the GCSE options process</p> <p>SESSIONS: 3X 15 MINS per week</p> <p>Week 1: different types of employment and career pathways Week 2: transferable skills, abilities and interests Week 3: how to manage feelings relating to future employment Week 4: how to work towards aspirations and set meaningful, realistic goals for the future Week 5: about GCSE and post-16 options Week 6: how to demonstrate strengths AND skills for decision making</p>	<p>FOCUS: Respectful relationships - Families and parenting, healthy relationships, conflict resolution, and relationship changes</p> <p>SESSIONS: 3X 15 MINS per week</p> <p>Week 1: about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering Week 2: about positive relationships in the home and ways to reduce homelessness amongst young people Week 3: about conflict and its causes in different contexts, e.g. with family and friends Week 4: conflict resolution strategies Week 5: how to manage relationship and family changes, including relationship breakdown, separation and divorce AND how to access support services</p>	<p>FOCUS: Healthy lifestyle</p> <p>SESSIONS: 3X 15 MINS per week</p> <p>Week 1: about the relationship between physical and mental health AND about balancing work, leisure, exercise and sleep Week 2: how to make informed healthy eating choices Week 3: how to manage influences on body image Week 4: to make independent health choices Week 5: to take increased responsibility for physical health, including testicular self-examination</p>	<p>FOCUS: Intimate relationships - Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p> <p>SESSIONS: 3X 15 MINS per week</p> <p>Week 1: about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex Week 2: about myths and misconceptions relating to consent AND the continuous right to withdraw consent and capacity to consent Week 3: about STIs, effective use of condoms and negotiating safer sex Week 4: about the consequences of unprotected sex, including pregnancy WEEK 5: the portrayal of relationships in the media and pornography might affect expectations WEEK 6: how to assess and manage risks of sending, sharing or passing on sexual images WEEK 7: how to secure personal information online</p>	<p>FOCUS: Employability and online presence</p> <p>SESSIONS: 3X 15 MINS per week</p> <p>Week 1: young people's employment rights and responsibilities Week 2: skills for enterprise and employability Week 3: how to give and act upon constructive feedback Week 4: how to manage their 'personal brand' online Week 5: habits and strategies to support progress Week 6: how to identify and access support for concerns relating to life online Week 7: careers based inter tutor activity</p>
Careers Content	What different qualifications can you obtain at school (GCSE, BTEC, A-level, NVQ)?	Which options subjects link to which careers?	Which options subjects link to which careers?	What is the EBacc and why is it important?	How can we close the gender gap in STEM?	How can we close the gender gap in STEM?

Year 10	<p>FOCUS: Mental health and ill health, stigma, safeguarding health, including during periods of transition or change (ENL)</p> <p>Week 1: how to manage challenges during adolescence week 2: how to reframe negative thinking Week 3: strategies to promote mental health and emotional wellbeing Week 4: about the signs of emotional or mental ill-health AND how to access support and treatment Week 5: BHM Proud to BE Campaign Week 6: BHM Week 7: BHM / about the portrayal of mental health in the media Week 8: BHM / how to challenge stigma, stereotypes and misinformation</p>	<p>FOCUS: Financial decision making how to effectively budget and evaluate savings options</p> <p>SESSIONS: 3X 15 MINS per week Week 1: how to prevent and manage debt, including understanding credit rating and pay day lending Week 2: how data is generated, collected and shared, and the influence of targeted advertising Week 3: how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling Week 4: strategies for managing influences related to gambling, including online Week 5: about the relationship between gambling and debt Week 6: about the law and illegal financial activities, including fraud and cybercrime AND how to manage risk in relation to financial activities</p>	<p>FOCUS: Healthy relationships - Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p> <p>SESSIONS: 3X 15 MINS per week Week 1: about relationship values and the role of pleasure in relationships Week 2: about myths, assumptions, misconceptions and social norms about sex, gender and relationships about the opportunities and risks of forming and conducting relationships online Week 3: how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours* about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent Week 4: how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support Week 5: how to recognise and challenge victim blaming AND about asexuality, abstinence and celibacy</p>	<p>FOCUS Exploring influence - The influence and impact of drugs, gangs, role models and the media</p> <p>SESSIONS: 3X 15 MINS per week Week 1: about positive and negative role models AND how to evaluate the influence of role models and become a positive role model for peers Week 2: about the media's impact on perceptions of gang culture Week 3: about the impact of drugs and alcohol on individuals, personal safety, families and wider communities AND how drugs and alcohol affect decision making (touched on it Science Y8 M 3/4) Week 4: how to keep self and others safe in situations that involve substance use AND how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime Week 5: exit strategies for pressurised or dangerous situations AND how to seek help for substance use and addiction</p>	<p>FOCUS: Addressing extremism and radicalisation about communities, inclusion, respect and belonging</p> <p>SESSIONS: 3X 15MINS per week Week 1: about the Equality Act, diversity and values Week 2: about how social media may distort, mis-represent or target information in order to influence beliefs and opinions Week 3: how to manage conflicting views and misleading information Week 4: how to safely challenge discrimination, including online Week 5: how to recognise and respond to extremism and radicalisation Week 6 & 7: work with I&S on citizenship project planning</p>	<p>FOCUS: Work experience - Preparation for and evaluation of work experience and readiness for work</p> <p>SESSIONS: 3X 15MINS per week Week 1: how to evaluate strengths and interests in relation to career development Week 2: about opportunities in learning and work Week 3: strategies for overcoming challenges or adversity AND about responsibilities in the workplace Week 4: how to manage practical problems and health and safety AND how to maintain a positive personal presence online Week 5/6: work experience (or earlier) Week 7: how to evaluate and build on the learning from work experience</p>
Careers Content	Types of work experience placements available	How to research possible work experience placements	How to contact employers	What skills do I need for certain professions?	What is the difference between a CV and a cover letter?	What makes a great team player?

Year 11	M1 - Health & Wellbeing	M2 - Living in the Wider World	M3 - Relationships	M4 - Health & Wellbeing	M5 - Relationships
	<p>Building for the future :</p> <p>Self-efficacy, stress management, and future opportunities</p> <p>Week 1: how to manage the judgement of others and challenge stereotyping</p> <p>Week 2: how to balance ambition and unrealistic expectations</p> <p>Week 3: how to develop self-efficacy, including motivation, perseverance and resilience</p> <p>Week 4: how to maintain a healthy self-concept</p> <p>Week 5: about the nature, causes and effects of stress as well as stress management strategies, including maintaining healthy sleep habits</p> <p>Week 6: about positive and safe ways to create content online and the opportunities this offers / how to balance time online</p>	<p>Next steps : Application processes, and skills for further education, employment and career progression</p> <p>Week 1: Effective revision techniques and strategies JRE and RGA</p> <p>Week 2: How to use feedback constructively when planning for the future and how to set and achieve SMART targets</p> <p>Week 3: Options post-16 and career pathways</p> <p>Week 4: Application processes, including writing CVs, personal statements and interview technique</p> <p>Week 5: How to maximise employability, including managing online presence and taking opportunities to broaden experience and about rights, responsibilities and challenges in relation to working part time whilst studying</p> <p>Week 6: how to manage work/life balance</p>	<p>Communication in relationships:</p> <p>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p> <p>Week 1: about core values and emotions</p> <p>Week 2: about gender identity, gender expression and sexual orientation</p> <p>Week 3: how to communicate assertively. how to communicate wants and needs</p> <p>Week 4: how to handle unwanted attention, including online and how to challenge harassment and stalking, including online</p> <p>Week 5: about various forms of relationship abuse</p> <p>Week 6: About unhealthy, exploitative and abusive relationships and how to access support in abusive relationships and how to overcome challenges in seeking support</p>	<p>Independence:</p> <p>Responsible health choices, and safety in independent contexts</p> <p>Week 1: how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads)</p> <p>Week 2: emergency first aid skills and how to assess emergency and non-emergency situations and contact appropriate services</p> <p>Week 3: about the links between lifestyle and some cancers and about the importance of screening and how to perform self examination</p> <p>Week 4: about vaccinations and immunisations and about registering with and accessing doctors, sexual health clinics, opticians and other health services</p> <p>Week 5: how to manage influences and risks relating to cosmetic and aesthetic body alterations and about blood, organ and stem cell donation</p>	<p>Families</p> <p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p> <p>Week 1: Different types of families and changing family structures</p> <p>Week 2: how to evaluate readiness for parenthood and positive and parenting qualities</p> <p>Week 3: fertility, including how it varies and changes and pregnancy, birth and miscarriage</p> <p>Week 4: unplanned pregnancy options, including abortion, adoption and fostering</p> <p>Week 5: how to manage change, loss, grief and bereavement</p> <p>Week 6: about 'honour based' violence and forced marriage and how to safely access support</p>
Useful links for resources	Every Mind matters				