



Personal Development KS3 Curriculum Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Relationships: Managing change and transition: Friendship challenges, bullying and bystanders, similarities, differences and peer influence, coercive friendships</p>	<p>Relationships: 'Step In' for Violence Against Women and Girls – Year 7.</p> <p>Health and Wellbeing: Navigating the challenges of growing up; puberty and the changing body; menstrual health and wellbeing; FGM awareness</p>	<p>Health and Wellbeing: Looking after my physical and mental wellbeing; benefits of physical activity, sleep and time outdoors; recognising and managing emotions.</p>	<p>Careers: Understanding of my own interests, skills and aspirations for the world of work.</p>	<p>Citizenship: What is citizenship and what are the Fundamental British Values?</p> <p>Financial Decision making: Making spending decisions, budgeting, getting a job</p>	<p>Personal Safety: Understanding and minimising risks, the risks of roads, water and railways. Knife crime education, first aid, and online safety.</p>
Year 8	<p>Relationships: Respecting diversity and promoting equality; protected characteristics; challenging stereotypes and prejudice</p>	<p>Relationships: 'Step In' for Violence Against Women and Girls'.</p> <p>Relationships: What makes our relationships healthy or unhealthy. Recognising abuse; where to seek help</p>	<p>Online Safety and Media Literacy: Evaluating trust and reliability online; risks & the law on sharing personal information and images; deepfakes and AI-generated content; social media age restrictions</p>	<p>Careers: Exploring dream careers, job applications and future pathways</p> <p>Emotional Wellbeing: Mental health and emotional wellbeing, including body image and coping strategies</p>	<p>Citizenship: How citizens bring about change: Campaigning, Petitions, Changemakers, Select Committees.</p>	<p>Financial Education: Managing monthly money and making informed financial decisions; online scams and fraud awareness, banking, how to use a bank card, how to manage debt.</p>
Year 9	<p>Relationships: Protecting myself and others against extremism and exploitation; grooming,</p>	<p>Relationships: 'Step In' for Violence Against Women and Girls.</p>	<p>Financial Education: Managing financial risk; gambling harms and addiction, cryptocurrency,</p>	<p>Careers: Preparing for KS4 and beyond Managing pressure and seeking support,</p>	<p>Citizenship: The UK political system and democracy: The Civil Service, Comparison to</p>	<p>Sex Education: Safely navigating intimate relationships; consent and the law; age of consent;</p>

	<p>CSE and criminal exploitation; gangs and county lines; recognising who to trust.</p>	<p>Health and Wellbeing: Risks and consequences of substance use; legal and illegal drugs; alcohol and its effects; smoking, vaping and nicotine addiction.</p> <p>Mental health and wellbeing: Causes, symptoms, unhealthy coping strategies and where to seek help.</p>		<p>exploring career interests.</p>	<p>other countries, direct and representative democracies.</p>	<p>contraception and the risk of STIs.</p> <p>Online Harm: Sharing nudes, thinking critically about misogyny, understanding deepfakes</p>
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