



PERSONAL DEVELOPMENT KS3 Curriculum Plan

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 7	Relationships: Managing change and transition: Friendship challenges, bullying and bystanders, similarities, differences and peer influence, coercive friendships	Relationships: 'Step In' for Violence Against Women and Girls – Year 7. Health and Wellbeing: Navigating the challenges of growing up; puberty and the changing body; menstrual health and wellbeing.	Health and Wellbeing: Looking after my physical and mental wellbeing; benefits of physical activity, sleep and time outdoors; recognising and managing emotions.	Careers: Understanding of my own interests, skills and aspirations for the world of work.	Citizenship: What is citizenship and what are the Fundamental British Values? Financial Decision making: Making spending decisions, budgeting, getting a job	Personal Safety: Understanding and minimising risks, the risks of roads, water and railways. Knife crime education, first aid, and online safety. FGM Awareness.
Year 8	Relationships: Respecting diversity and promoting equality; protected characteristics; challenging stereotypes and prejudice	Relationships: 'Step In' for Violence Against Women and Girls' - Year 8. Relationships: What makes our relationships healthy or unhealthy. Recognising abuse; where to seek help	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	Careers: Exploring dream careers, job applications and future pathways Emotional Wellbeing: Mental health and emotional wellbeing, including body image and coping strategies	Citizenship: How citizens bring about change: Campaigning, Petitions, Changemakers, Select Committees.	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.



Year 9	Relationships: Protecting myself and others against extremism and exploitation; grooming, CSE and criminal exploitation; gangs and county lines; recognising who to trust	Relationships: 'Step In' for Violence Against Women and Girls – Year 9	Financial Education: Managing financial risk; gambling harms and addiction, cryptocurrency,	Careers: Preparing for KS4 and beyond Managing pressure and seeking support, exploring career interests.	Citizenship: The UK political system and democracy: The Civil Service, Comparison to other countries, direct and representative democracies.	Sex Education: Safely navigating intimate relationships; consent and the law; age of consent; contraception; STIs; the impact of pornography; where to access support and sexual health services. Online Harm: Sharing nudes, thinking critically about misogyny, understanding deepfakes
		Health and Wellbeing: Risks and consequences of substance use; legal and illegal drugs; alcohol and its effects; smoking, vaping and nicotine addiction. Mental health and wellbeing: Causes, symptoms, unhealthy coping strategies and where to seek help.				