




Personal Development Programme

Term	Transition	Key Stage 3 (8 and 9)
1	<p>Identity - Being Me in the World</p> <ul style="list-style-type: none">- What is personal development and who am I as a Hamilton School Student? Who am I? Me and my identity- Who am I in relation to others? Healthy & unhealthy relationships and peer pressure. Who am I online? Online safety- Diversity- Stereotypes- Standing up for what is right – challenging bullying and discrimination	<p>Identity – Being Me in My World</p> <ul style="list-style-type: none">- My Identity- The influence of family on self-identity- Defining stereotypes- First impressions may lead to judgements that may be misinformed- Faiths and Beliefs – understanding the range of faiths and beliefs, appreciating others’ faiths and beliefs- Peer approval- Consent- Recognising and reporting coercive behaviour
2	<p>Careers</p> <ul style="list-style-type: none">- Beginning my Career Journey- Set up of Unifrog- Exploring my future- Careers Library- STEAM subjects- Enterprise Challenge- Enterprise Challenge Presentations	<p>Celebrating Difference</p> <ul style="list-style-type: none">- Prejudice and Discrimination- Injustice – giving examples of social injustice- Inequality – describing what inequality means in the UK- Bullying – different types of bullying, including LGBTQ- How I can make a difference – developing my self-confidence and integrity- Protected characteristics
3	<p>Looking After Me</p> <ul style="list-style-type: none">- Making healthy choices- Taking responsibility for me – physical check-ups sun safety, vaccinations, etc- Mental Health – Naming and articulating emotions- Mental Health 2 – Misconceptions, coping strategies and triggers- Online safety- First aid	<p>Dreams and Goals</p> <ul style="list-style-type: none">- Careers and long-term goals- What money can’t buy – the positive and negative roles that money can play in society- Dreams for Life – accept helpful feedback and reject unhelpful criticism- Mental health and mental illness- The price of life – budgeting and keeping track of spending- Media manipulation and mental health

4	<p>Maintaining & Developing Healthy Relationships</p> <ul style="list-style-type: none"> - Difference between healthy & unhealthy relationships - Personal Space - Conflict management & resolution - Negotiation - Debating challenge preparation - Debating challenge 	<p>Healthy Me</p> <ul style="list-style-type: none"> - Supporting healthy choices - Risk and Substances - Risk taking and group behaviour - Protecting physical health - Life-saving skills and first aid - Understanding about vaccinations - Healthy choices and peer pressure - Drugs, tobacco, vaping and alcohol - Mental health first aid
5	<p>Careers</p> <ul style="list-style-type: none"> - Looking ahead and transition points - Who is my inspiration? - Careers prep lesson 1 - Careers prep lesson 2 - Careers presentations 	<p>Relationships</p> <ul style="list-style-type: none"> - Equality in relationships and recognising imbalances of power - Healthy relationships - Recognising personal space - Understanding coercion, control and power - Assertiveness and saying no - Pornography and its impact - Contraception and consequences of unprotected sex - Staying safe in the online world
6	<p>Citizenship</p> <ul style="list-style-type: none"> - Democracy in the UK - Liberty & responsibility - How does parliament work? - Elections & voting - When ordinary citizens become extraordinary - Community project plan - Community project pitches 	<p>Changing Me</p> <ul style="list-style-type: none"> - Different types of relationships - Mental health and addiction - Alcohol and addiction - Exploring feelings about sexuality - The importance of sleep - Developing resilience - Self-expression

Personal Development Programme

Term	Year 10	Year 11
1	<p>Identity – Being me in my World</p> <ul style="list-style-type: none"> - Liberty and safety – freedoms in society - The different stages of grief and where to get support - The impact of social media – positive and negative - Identify threats to online safety - Managing risk 	<p>Identity - Being me in My World</p> <ul style="list-style-type: none"> - Becoming an adult - The law post 16 - Legislation relating to sex and relationships - Coercive control, sexual harassment and sexual violence - The law around possession and supply of alcohol, tobacco, drugs and other substances - The consequences of viewing pornography - Knowing the steps to take in an emergency situation
2	<p>Celebrating Difference</p> <ul style="list-style-type: none"> - Equality: What does it mean in the UK? - Equality in the workplace - The benefits of living in a multi-cultural society - Power in relationships and the consequences of the misuse of power - Challenging inequality 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> - Creating CV & covering letter - Interview, recruitment & selection process - Job descriptions & company research - Managing anxiety and overwhelm - Budgeting and understanding the consequences of debt - Considering long term goals - Revision techniques
3	<p>Dreams and Goals</p> <ul style="list-style-type: none"> - Respecting and nurturing important relationships to reach goals - Identifying connections between physical health and achieving goals - Understanding the importance of a work/life balance - Using Unifrog - Researching colleges and apprenticeships 	<p>Healthy Me</p> <ul style="list-style-type: none"> - Recognising & responding to manipulation, persuasion or coercion - Pornography - Peer pressure and consent - Choices available in relation to contraception, fertility and pregnancy

<p>4</p>	<p>Healthy Me</p> <ul style="list-style-type: none"> - Understanding a range of factors affecting physical and mental health - Understanding diseases and their causes - Understanding mental health disorders - Sexual health, including STIs - Safe sex and contraception 	<p>Relationships</p> <ul style="list-style-type: none"> - Looking after yourself in challenging times - Intimate relationships - Understanding gender and sexuality - ‘Coming out’, the media and LGBTQ+ - Recognising an imbalance of power within an intimate relationship - Harmful and illegal cultural and social practices, including FGM, breast ironing - Know how to report a crime
<p>5</p>	<p>Relationships</p> <ul style="list-style-type: none"> - Identifying long-term relationships and how to sustain them - Understanding the choices in relationships, including how to end them - The benefits of healthy relationships - Social media and ‘fake news’ - Understanding coercion and identifying patterns associated with abusive relationships 	
<p>6</p>	<p>Changing Me</p> <ul style="list-style-type: none"> - Changes in society - Managing choice and decision making - Identifying risk and managing personal safety - Stereotypes and exploring relationships - Physical and emotional changes - Budgeting and managing money 	