

Term	Transition	Key Stage 3 (8 and 9)
1	Identity - Being Me in the World <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 	Careers <ul style="list-style-type: none"> - What is Personal Development, log in and set up Unifrog - Challenging career stereotypes - Subjects and how they can fit into your career pathway - Choosing GCSE Options and exploring pathways - Enterprise Challenge - Enterprise Challenge Presentations
2	Careers <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 	Changes <ul style="list-style-type: none"> - Physical changes in puberty - Mental changes in puberty - Gender - Sexuality - Marriage & civil partnerships
3	Looking After Me <ul style="list-style-type: none"> - Making healthy choices - Taking responsibility for me – physical check up's sun safety, vaccinations, etc - Mental Health – Naming and articulating emotions - Mental Health 2 – Misconceptions, coping strategies and triggers - Online safety - First aid 	Relationships <ul style="list-style-type: none"> - Romantic and intimate relationships - Challenges in relationships - Relationships & the media - Consent & communications - Contraception - STI's
4	Maintaining & Developing Healthy Relationships <ul style="list-style-type: none"> - Difference between healthy & unhealthy relationships - Personal Space - Conflict management & resolution - Negotiation - Debating challenge preparation - Debating challenge 	Managing Pressure & Challenges <ul style="list-style-type: none"> - Teenage pregnancy - Responsibilities of parents - Loss, grief and bereavement - Sexting - Abusive behaviours 1 - Abusive behaviours 2
5	Careers <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 	Careers <ul style="list-style-type: none"> - Independence - Resilience - Self-Belief & confidence - Target & goal setting - Visioning
6	Citizenship <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 	Managing Risk & Social Influences <ul style="list-style-type: none"> - How do I assess risk and gambling? - Online risks - Gangs - Weapons - Alcohol, smoking & vaping - Drugs

Term	Year 10	Year 11
1	Citizenship <ul style="list-style-type: none"> - Government - Electoral system - UK place in the world - Laws & rights - Laws & rights 2 - Diversity & Equality Act - Taking Action – volunteering and campaigning legally and safety 	Careers <ul style="list-style-type: none"> - What is personal development – the year ahead - Making post 16 choices - Options - Mock employer interview preparation - Enterprise Challenge - Enterprise Challenge presentations
2	Relationships & Sex Education <ul style="list-style-type: none"> - Healthy & unhealthy relationships - Relationship challenges - Gender & sexuality - Readiness for sex & consent - Contraception - STIs and sexual health services - Sexual assault and honour based violence (HBV) 	Careers <ul style="list-style-type: none"> - Creating CV & covering letter - Interview, recruitment & selection process - Job descriptions & company research - Self-awareness - Preparing for the interview and questions
3	Pregnancy & Parenting <ul style="list-style-type: none"> - Unplanned pregnancy - Healthy pregnancy - Looking after a baby - Miscarriage & fertility - Fostering & adoption - Menopause 	Social Pressures & the Media <ul style="list-style-type: none"> - Recognising & responding to manipulation, persuasion or coercion - Risks of gangs - Organised crime - Sexting - Pornography
4	Careers - Standing out and making a great impression <ul style="list-style-type: none"> - Unifrog - Recruitment process - How do I stand out? - Dress to impress - Enterprise Challenge 	Revision Strategies & Techniques <ul style="list-style-type: none"> - Looking after yourself in challenging times - Creating & using a revision timetable - Revision technique 1 - Revision technique 2 - Revision technique 3 - Revision technique 4
5	Careers – Future Pathways <ul style="list-style-type: none"> - Sixth forms - FE college - Apprenticeships - Traineeships - Reflection, action plan and next steps - Preparing for work shadow week 	
6	Managing risk, substances & personal safety <ul style="list-style-type: none"> - Identifying and managing social risk - What is addiction? - Gambling - Consequences of substance misuse - County lines - Identifying & responding to emergency situations 	