

**Buckler's Mead Personal Development Programme
September 2020**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
School Theme	Health and Wellbeing	Living in the Wider World	Relationships	Health and Wellbeing	Relationships	Living in the Wider World
Year 7	Transition and safety <ol style="list-style-type: none"> 1. Anti social behaviour 2. Personal safety 3. Managing emotions 	Developing skills and aspirations <ol style="list-style-type: none"> 1. The world or work and what is a career 2. Gender stereotypes and equality of opportunity 3. Qualities and characteristics for careers 	Diversity <ol style="list-style-type: none"> 1. British Identity 2. Prejudice, discrimination and stereotypes 3. Bullying 	Health and puberty <ol style="list-style-type: none"> 1. Healthy lifestyle choices 2. Caffeine, smoking and alcohol 3. Puberty and consent 	Building relationships <ol style="list-style-type: none"> 1. Healthy relationships 2. Media stereotypes and social media 3. Friendship 	Financial decision making <ol style="list-style-type: none"> 1. Banks accounts, savings and loans 2. Different types of loans and mortgages 3. Tax, pensions and contributions
Year 8	Drugs and alcohol <ol style="list-style-type: none"> 1. Legal and illegal drugs including energy drinks 2. Risks of legal drugs 3. Social norms and attitudes/ peer pressure/ consequences 	Community and careers <ol style="list-style-type: none"> 1. What makes a good colleague 2. Career and life choices 3. Investigating career choices 	Discrimination <ol style="list-style-type: none"> 1. Respect for themselves and others 2. Law about sex, sexuality, sexual health and gender identity (human sexuality) 3. Discrimination in all its forms 	Emotional wellbeing <ol style="list-style-type: none"> 1. Mental health and emotional wellbeing 2. Body image 3. Growth mindset and positive affirmations 	Identity and relationships <ol style="list-style-type: none"> 1. Selfies 2. What makes a successful marriage/committed relationship 3. 3. Age of consent and what consent is, delaying sexual activity 	Digital literacy <ol style="list-style-type: none"> 1. Online safety 2. Media reliability 3. Online gambling
Year 9	Peer influence, substance use and gangs <ol style="list-style-type: none"> 1. Being assertive 2. Substance misuse 3. Gang exploitation 	Setting goals <ol style="list-style-type: none"> 1. Learning strengths and interests (target setting) 2. Career goals 3. GCSE Options 	Respectful relationships <ol style="list-style-type: none"> 1. Acceptable and unacceptable behaviour in relationships 2. When relationships are not right – how situations can be managed 3. Positive effects of relationships on mental wellbeing 	Healthy lifestyle <ol style="list-style-type: none"> 1. Diet 2. Exercise 3. First aid 	Intimate relationships <ol style="list-style-type: none"> 1. Developing intimate relationships 2. Resisting pressure to have sex (and not applying pressure) 3. Delaying sexual activity and Contraception 	Employability skills <ol style="list-style-type: none"> 1. STEM careers 2. Employability skills 3. Online presence and interview skills

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Year 10	Mental health <ol style="list-style-type: none"> 1. Mental health and ill health and removing stigma 2. Growth mindset and positivity 3. Dealing with stress and anxiety 	Financial decision making <ol style="list-style-type: none"> 1. Finance tax and payslips * 2. Debt * 3. Ethical decisions 	Healthy relationships <ol style="list-style-type: none"> 1. Human sexuality 2. Reasons for delaying sexual activity 3. Choices permitted by law around pregnancy 	Exploring influence <ol style="list-style-type: none"> 1. What makes a good role model 2. Social media reality 3. Influence and impact of drugs and gangs 	Addressing extremism and radicalisation <ol style="list-style-type: none"> 1. FBV – what makes us British? 2. Tolerance and community cohesion* 3. Extremism 	Work experience <ol style="list-style-type: none"> 1. Employment Law * 2. Preparation for work experience 3. Evaluation of work experience
Year 11	Building for the future <ol style="list-style-type: none"> 1. Stress and exam anxiety 2. Revision techniques (2) 	Next steps <ol style="list-style-type: none"> 1. Different high education courses and establishments 2. Application processes – CV and letters of applications 3. Interview skills 	Communication in relationships <ol style="list-style-type: none"> 1. Assertive communication 2. Abusive relationships 3. Managing conflict and disagreements 	Independence <ol style="list-style-type: none"> 1. Making responsible health choices (drugs, alcohol) 2. Safety in social situations 3. Financial planning and budgeting 	Families <ol style="list-style-type: none"> 1. Different families and parental responsibilities 2. Pregnancy 3. Marriage, forced marriage and changing relationships 	
Curriculum Enrichment Events	Year 7 and 10 “Boot Camp” Year 10 Mental Health First Aid	Year 11 Post 16 Options Event Year 8 First Aid Sessions	Year 11 Revision Skills	Whole School – Wellbeing Week	Year 9 Relationships Day	Year 10 WEX Year 9 Jobs Race