



## Year 9 Personal Development - Curriculum Map

	Health and well-being (H &W)	Relationships and Sex Education (RSE)	Living in the wider world (LWW)
Autumn 1	<u>Mental health and drug abuse</u> <ul style="list-style-type: none"> <li>• Self harm and why people do it</li> <li>• Managing anxiety and Mental Health</li> <li>• Mindfulness</li> <li>• Short and long term consequences of excessive alcohol intake; mental and physical</li> <li>• Short and long term consequences of illegal drug use; mental and physical</li> </ul>	<u>Safe sex and STI's</u> <ul style="list-style-type: none"> <li>• Sexual health / STI's</li> <li>• Consent</li> <li>• Teen pregnancy</li> </ul>	<u>Rules, laws and crime in society</u> <ul style="list-style-type: none"> <li>• Knife crime impact on communities, teens and consequences</li> <li>• Law and young offenders</li> <li>• Rules and laws needed to succeed</li> <li>• Self discipline to achieve at school and in the wider world</li> </ul>
Autumn 2		<u>Types of relationships</u> <ul style="list-style-type: none"> <li>• Healthy / unhealthy relationships</li> <li>• Domestic violence and abuse</li> <li>• CSE - what it means and grooming</li> </ul>	<u>Extremism</u> <ul style="list-style-type: none"> <li>• Extreme views</li> <li>• Human right atrocities</li> <li>• Abuse of human rights</li> <li>• Manchester bomb attack</li> </ul>
Spring 1	<u>Mental health, wellbeing and the media</u> <ul style="list-style-type: none"> <li>• Body Image and Girls/Boys</li> <li>• Body image and Media</li> <li>• Eating disorders</li> <li>• Consequences of obsessions with selfies</li> <li>• Peer pressure - the power and how</li> </ul>	<u>British communities</u> <ul style="list-style-type: none"> <li>• LGBT and community - what we should know</li> <li>• Diverse British communities</li> <li>• Prejudice and discrimination</li> </ul>	<u>Impact of help around the world</u> <ul style="list-style-type: none"> <li>• Foreign aid and the need for us to help in an emergency</li> <li>• UNICEF and how they help across the world (charity football match)</li> </ul>

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	to overcome it		Sustainability and the effect on our environment
Spring 2	<p><u>Being able to achieve</u></p> <ul style="list-style-type: none"> <li>• Access of education; inclusion and discrimination</li> <li>• Growth mind set to succeed and achieve</li> <li>• Developing interpersonal skills to help me succeed</li> </ul>	<p><u>British values</u></p> <ul style="list-style-type: none"> <li>• Celebration of British Values;</li> <li>• The respect of other religions</li> <li>• The respect of other cultures</li> </ul>	<p><u>Preparation for work</u></p> <ul style="list-style-type: none"> <li>• Employability skills <i>Preparation and applying for careers</i> <i>Skills needed for work</i></li> <li>• Enterprise <i>What can we learn from successful business people / entrepreneurs</i></li> </ul>
Summer 1	<p><u>Addictions</u></p> <ul style="list-style-type: none"> <li>• Impact on physical and mental health of excessive use of legal substances</li> </ul>	<p><u>Extremism and religion</u></p> <ul style="list-style-type: none"> <li>• Preventing radicalisation</li> <li>• Signs of extremism</li> <li>• Extremist groups and dangers</li> <li>• Where extremism comes from</li> <li>• How extremists attract converts</li> <li>• Islamophobia - sharia law in Britain</li> </ul>	<p><u>Finance</u></p> <ul style="list-style-type: none"> <li>• Budgeting and saving for personal finance <i>Avoiding debt</i> <i>Income and expenditure</i> <i>National Insurance</i> <i>Income Tax</i> <i>Reading payslips</i> <i>Tax and what it is spent on</i></li> </ul>
Summer 2	<p><u>Personal choices and mental health</u></p> <p><u>Personal identify</u></p> <ul style="list-style-type: none"> <li>• Healthy choices</li> </ul>		<p><u>Transition</u></p> <ul style="list-style-type: none"> <li>• Right choices</li> <li>• Preparation for the next</li> </ul>

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	<ul style="list-style-type: none"><li>• Impact of choices on Mental Health</li><li>• Boosting self-confidence and self esteem</li></ul>		stage (Year 10/11 and Further Education)
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