

## Personal Development

Year	Fi1 Health & Well-being	Fi2 Relationships	Fi3 Living in the wider world
<b>7</b>	<ul style="list-style-type: none"> <li>• Integrity, resilience and ambition</li> <li>• British values</li> <li>• What can impact well-being</li> <li>• Understanding our emotions and what influences them</li> <li>• Mental and emotional health</li> <li>• Support available for mental and physical health</li> <li>• Sexual harassment</li> <li>• Grooming</li> <li>• Female genital mutilation</li> </ul>	<ul style="list-style-type: none"> <li>• Building relationships</li> <li>• Different types of relationships</li> <li>• Comparison of positive and negative relationships</li> <li>• Managing influences and peer pressure</li> <li>• Introduction to protected characteristics</li> </ul>	<ul style="list-style-type: none"> <li>• Understand what is meant by the term career</li> <li>• Identifying a possible dream career for the future</li> <li>• Self reflection of interests and skills</li> </ul>
<b>8</b>	<ul style="list-style-type: none"> <li>• Integrity, resilience and ambition</li> <li>• Building on the understanding of British values</li> <li>• Home and school life balance</li> <li>• Language and stigma around mental health</li> <li>• Sexual exploitation</li> <li>• Female genital mutilation</li> <li>• Gambling and how to manage influences from others</li> <li>• Puberty</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness of support in relationships</li> <li>• How the media portrays and impacts relationships</li> <li>• The law around consent, ways to give and withdraw consent</li> <li>• Developing the understanding of protected characteristics</li> </ul>	<ul style="list-style-type: none"> <li>• Options after post 16 including sixth form, college, technical qualifications, and apprenticeships</li> <li>• Introduction to higher education</li> <li>• Life skills</li> <li>• Employability skills</li> </ul>
<b>9</b>	<ul style="list-style-type: none"> <li>• Integrity, resilience and ambition</li> <li>• Building on the understanding of British values</li> <li>• Home and school life balance, focusing on sleep and exercise</li> <li>• Domestic violence</li> <li>• Honor based violence</li> <li>• Female genital mutilation</li> <li>• Self confidence and self esteem</li> <li>• Influences from the media</li> </ul>	<ul style="list-style-type: none"> <li>• Importance of trust</li> <li>• Roles and responsibilities of individuals within the family</li> <li>• Nature and importance of stable long term relationships</li> <li>• Readiness for sexual intimacy and contraception</li> <li>• Managing influences from others and how manage influences</li> <li>• Prejudice based language</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying students own personal brand</li> <li>• Working with the national careers service</li> <li>• Support with picking GCSE options</li> <li>• Next step options for higher education</li> <li>• Understanding of labour market information and the skills required</li> </ul>
<b>10</b>	<ul style="list-style-type: none"> <li>• Study Skills and Time management</li> <li>• Time Management</li> <li>• Strategies to support with the revision for GCSE and getting the right school life balance</li> </ul>	<ul style="list-style-type: none"> <li>• Controlling behaviours and misogyny</li> </ul>	<ul style="list-style-type: none"> <li>• CV skills</li> <li>• Comparison of apprenticeships, college and sixth form</li> <li>• Preparation for work experience</li> </ul>
<b>11</b>	<ul style="list-style-type: none"> <li>• Study Skills and Time management</li> <li>• Strategies to support with the revision for GCSE and getting the right school life balance</li> </ul>	<ul style="list-style-type: none"> <li>• Controlling behaviours and consent</li> </ul>	<ul style="list-style-type: none"> <li>• Revisiting students person brand</li> <li>• Confirming study placements</li> </ul>