

# Personal Development Curriculum

## Year group Topics and Learning Outcomes



Fortitude



Ambition



Mindful



Young Citizens



Together we make the #FulstonFamily

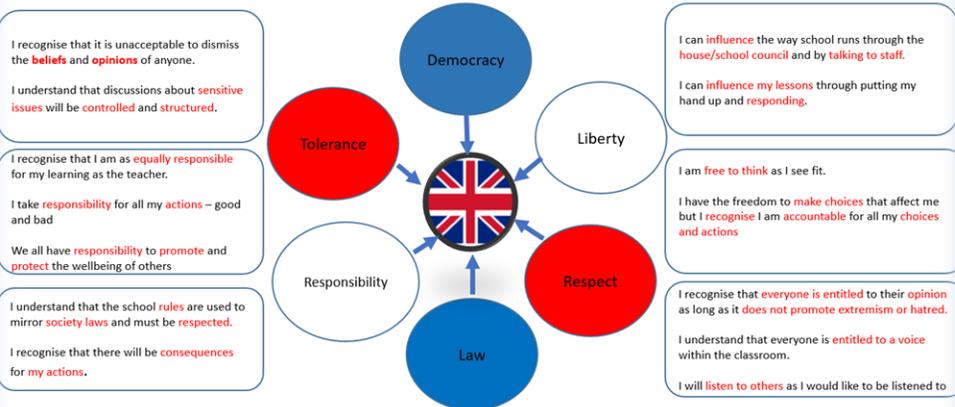


Integrity



Leadership

### Core British Values



Social - Moral - Spiritual - Cultural

# YEAR 7

Lesson number	Well being including First Aid Topic 1	Online Safety Topic 2	Friendships, family and LGBTQ Topic 3	SRE Topic 4
1	To recognise that the way in which personal qualities, attitudes, skills and achievements are evaluated by others, affects confidence and self-esteem. To understand that self-esteem can change with personal circumstances, such as those associated with family and friendships, achievements and employment.	The safe and responsible use of information communication technology (including safe management of own and others' personal data including images). The importance of protecting their own and others' reputations; protecting their 'on-line presence': the concept of having a personal 'brand' that can be enhanced or damaged.	The characteristics of positive and healthy friendships. Management of conflict, reconciliation, privacy and consent and the laws.	Key facts about puberty, the changing adolescent body and menstrual wellbeing. Changing adolescent body and the implications for emotional and physical health.
2	The causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders; how to recognise when they or others need help, sources of help and strategies for accessing it. the characteristics of mental and emotional health and strategies for managing it; a range of healthy coping strategies.	The importance of protecting their own and others' reputations; protecting their 'on-line presence': the concept of having a personal 'brand' that can be enhanced or damaged.	Practical steps in a range of different contexts to improve or support respectful relationships. Different types of bullying, the impact of bullying and the responsibilities of bystanders.	Changing adolescent body and the implications for emotional and physical health.
3	Explain what constitutes a balanced diet and its benefits. Students must understand how a balanced diet affects their body/energy/emotional wellbeing	To establish clear personal boundaries around those aspects of their lives they wish to be private, shared only with specific people, and made public; to understand their right to privacy. Understand what is cyberbullying and the law around sharing of explicit images as it may constitute a serious criminal offence.	Different types of committed and stable relationships. How they relate to human happiness and their importance for bringing up children.	Identify and explaining what is a good and healthy relationship and how to identify when a relationship is unsafe & how to seek help. This must include consent
4	To perform basic first aid and life-saving skills.	To establish clear personal boundaries around those aspects of their lives they wish to be private, shared only with specific people, and made public; to understand their right to privacy. What to do and where to get support to report material or manage issues online.	The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	How to determine where adults, children or sources of information are trustworthy. This must include grooming and fake news, the use of Ai to create sexual imagery and the laws around it

# YEAR 8

Lesson number	Health and prevention Topic 1	Being safe online Topic 2	Respectful relationships Topic 3	SRE Topic 4
1	The characteristics of emotional and mental health and the causes, symptoms and treatments of some mental and emotional health disorders (including stress, anxiety and depression). Strategies for managing it; a range of healthy coping strategies. They need to understand how to access support to reduce suicides.	How the media portrays young people; to recognise its possible impact on body image and health issues. How people may curate a specific image of their life online, over-reliance on online relationships (including social media, grooming, sexting and sending explicit images, the use of AI to create sexual imagery and identify deep fakes.) Students must be aware of the laws,	What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.	To manage growth and change as normal parts of growing up (including consolidation and reinforcement of KS2/ Year 7 learning on puberty, human reproduction, pregnancy and the physical and emotional changes of adolescence).
2	The importance of and ways of taking increased responsibility for their own physical health and personal hygiene, including dental health and the benefits of good oral hygiene	Students must understand how the media portrays young people; to recognise its possible impact on body image and health issues. Discuss body dysmorphia and disordered eating. How to seek help to help with body image and learn to love your body.	About the unacceptability of sexist, homophobic, biphobic, transphobic, racist and disablist language and behaviour, the need to challenge it and how to do so. How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).	That relationships can cause strong feelings and emotions (including sexual attraction/consent). Students must understand the laws around sexual consent. <b>Age of sexual consent</b> , laws to protect and the justice system to protect all.
3	The purpose and importance of immunisation and vaccinations, the positive and negative impact those can have on health now and in the future, especially fertility.	To recognise online-bullying and online-abuse in all its forms (including prejudice-based bullying both in person and online/via text, abuse, exploitation and trafficking) and to have the skills and strategies to manage being targeted or witnessing others being targeted. What to do and where to get support to report material or manage issues online.	The similarities, differences and diversity among people of different race, culture, ability, disability, sex, gender identity, age and sexual orientation and the impact of stereotyping, prejudice, bigotry, bullying, and discrimination on individuals and communities	To recognise peer pressure and have strategies to manage it; to recognise 'group think' (where the cohesion of the group becomes more important than the choices or actions of the group) and to develop strategies for managing. Discuss the mental and emotional impact of peer pressure and how to seek help understand suicide prevention
4	What constitutes a balanced diet and its benefits (including the risks associated with both obesity and dieting) and what might influence their decisions about eating a balanced diet. The links between a poor diet and health risks, including tooth decay and cancer.	To assess and manage risk in relation to financial decisions that young people might make. To explore social and moral dilemmas about the use of money (how advertising and information is targeted at them and how to be a discerning consumer of information online).	Understand the types of bullying, the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. They must understand the law around the different types of bullying	That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. The qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including teams, class, friendships etc.) Explain the law to protect those in relationships. Male Role Models

# YEAR 9

Lesson number	Mental health and physical fitness Topic 1	Online manipulation (photo exchange) Topic 2	Intimate relationships Topic 3	Taking risks (drugs/ alcohol/ smoking) Topic 4
1	The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	When the sharing of explicit images may constitute a serious criminal offence. How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours. To manage unwanted attention in a variety of contexts (including harassment and stalking)	1. Why marriage is an important relationship choice for many couples and why it must be freely entered into. The characteristics and legal status of other types of long-term relationships. 2. How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.	Factual information about legal and illegal substances, including alcohol (including current government recommendations for consumption), volatile substances, new psychoactive substances, tobacco, e-cigarettes, shisha, e-shisha and cannabis. The law relating to the supply, use and misuse of legal and illegal substances.
2	Strategies for managing mental health including stress, anxiety and depression; a broader range of strategies for promoting their own emotional wellbeing.	to recognise the portrayal and impact of sex in the media and social media (which might include music videos, advertising and sexual images shared between young people, the unrealistic portrayal of relationships and sex in pornography)	1.. That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. 3. That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	To understand and explain the law relating to the supply, use and misuse of legal and illegal substance. Discuss county lines and the impact this can have on individuals, families and communities.
3	Managing change and loss/ bereavement. How to deal with bereavement and what support is available to support emotional wellbeing	To recognise and manage feelings about, and influences in, their body image including the media's portrayal of idealized and artificial body shapes	1. That they have a choice to delay sex or to enjoy intimacy without sex. 2. the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. 3. The facts about the full range of contraceptive choices, efficacy and options available.	The personal and social risks and consequences of substance use and misuse, including the benefits of not drinking alcohol (or delaying the age at which to start) and the benefits of not smoking including not harming others with second hand smoke. The risks and consequences of 'experimental' and 'occasional' substance use and the terms 'dependence' and 'addiction'. The safe use of prescribed and over the counter medicines.
4	To perform basic first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and road safety.	How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours. To manage unwanted attention in a variety of contexts (including harassment and stalking). Understand sub culture such as incels and their influence of sexual ethics	<b>Consent and intimacy</b> How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook. sex and friendship.	The personal and social risks and consequences of substance use and misuse and to recognise the impact of drugs and alcohol on choices and sexual behaviour

# YEAR 10

Lesson number	Mental and physical wellness Topic 1	Appropriate relationships Topic 2	Sexual Health Topic 3	Harmful media (radicalisation) Topic 4
1	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn. To further explore the link between lifestyle choices and emotional and mental wellbeing The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.	The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal. LGBTQ+ Same sex relationship	The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women. That fertility levels can vary in different people; can be damaged by some sexually transmitted infections; decrease with age.	community cohesion; To learn about the skills and attributes which support community cohesion. To increase understanding of diversity and diversity of values; To evaluate offensive behaviour and how it can be challenged; To learn how to manage conflicting views. Discuss how AI sexual imagery deep fakes are prevalent in society
2	The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight.	The legal rights and responsibilities regarding equality that everyone is unique and equal, this should discuss marriage and same sex marriage Students must understand the link between sexism and misogyny and violence against women and girls. Understand male role models	That fertility levels can vary in different people; can be damaged by some sexually transmitted infections; decrease with age	To evaluate offensive behaviour and how it can be challenged; To learn how to manage conflicting views.
3	The characteristics and evidence of what constitutes a healthy lifestyle including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.	The characteristics and legal status of other types of long-term relationships. LGBTQ+. Discuss the facts and laws about biological sex, gender reassignment	That they have a choice to delay sex or to enjoy intimacy without sex; to assess readiness for sex. Must understand CONSENT and the law About contraception including the condom and pill and to develop communication and negotiation skills necessary for contraceptive use in healthy relationships Understand pornography and the negative influence sexual attitude and behaviours have such as incels and deep fakes sexual imagery	To learn about the risks of radicalisation and extremism; To learn about the recruitment techniques used by extremist groups.
4	To learn about the causes and effects of stigma in relation to mental ill-health; To learn how to challenge mental health stigma. To learn how to access relevant support for emotional and mental health issues.and when to access to prevent suicides	That there are different types of committed, stable relationships. Parenting skills and qualities and their central importance to family life (including the implications of young parenthood; to be able to make informed choices about co-parenting including issues around	To identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical or mental health (including sexual health services)	To learn about the concept of having a 'personal brand' and how this can be managed online; To learn about how social media can present both positive and negative messages to employers; To learn about the importance of maintaining a positive online reputation

# YEAR 11

Lesson number	Employability and financial well being Topic 1	Inappropriate relationships Topic 2	Sexual Health (self examination, STI's, risky behaviour) Topic 3	Health and prevention (De-Fib/ drugs/ alcohol/ organ/ blood donation, vaccines) Topic 4
1	To learn more about the factors that make someone 'employable'; To learn how to 'market' themselves in applications and do well in interviews; To learn about the skills, abilities and qualities that are associated with each 'sector' of jobs.	1. How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed. Students must understand the link between sexism and misogyny and violence against women and girls. Understand male role models	About cancer and cancer prevention, including healthy lifestyles and about checking themselves for cancer (including testicular and breast self-examination) and other illnesses, including knowing what to do if they are feeling unwell; strategies to overcome worries about seeking help and being a confident user of the NHS.	How to find sources of emergency help and how to perform emergency first aid, including cardio-pulmonary resuscitation (CPR); the purpose of defibrillators and when one might be needed.
2	To understand the importance of good debt and why good debt is an asset and provides basic needs and financial rewards	What constitutes sexual harassment and sexual violence/incels and pornography and why these are always unacceptable/unrealistic What is passive and aggressive relationships/gaslighting, domestic violence	To learn about contraception choices and how to negotiate safer sex; and consent and laws around the age of consent.	To learn about the links between healthy lifestyle choices and the risks associated with certain illnesses; Smoking and alcohol
3	To learn about the effects of debt on an individual and their relationships; To learn about alternative methods to prevent and respond to debt. To learn about the relationship between gambling and debt; To learn about the ethics of accepting money for activities which are illegal or on the borderline of illegality.	That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.	; To learn about circumstances that might lead to unprotected sex and the consequences and choices that might result from it; to learn about services that are available to young people who have had unprotected sex, including those who have become pregnant.	About the science relating to blood, organ and stem cell donation. Explore further the purpose and importance of immunisation and vaccination (the importance of vaccination against HPV infection and cervical screening).
4	To reinforce expectations of equality of opportunity. To learn about the factors that motivate people to work, including the importance of having goals and aspirations; To relate their current skills, strengths and interests to future career aspirations	The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.	How the use of alcohol and drugs can lead to risky sexual behaviour.	To learn how to analyse the reliability of health information. To learn about giving up harmful substances and the support that is available. Students must understand how to keep them self safe and understand how to prevent suicide.