

Personal Development

Hours Per Week: 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Independence (including safety and first aid, healthy choices, influences), Wellbeing (including rights)	Careers (including prep for work experience)	Relationships (including commitment, families, respect)	Relationships (including violence, choices and pregnancy), Psychoeducation	Wellbeing (including media influences, mental health, drugs and alcohol)	Financial literacy and preparing for adulthood
Year 11	Transition to more responsibility, Identity and mental health, Community (including diversity and grief)	Body awareness (including stress management, body image, readiness for sex)	Body awareness (including consent and STIs), Careers (including revision techniques)	Thrive transition module	Relaxation and mindfulness	Relaxation and mindfulness