

## West Park School Personal Development Program of Study

	<b>Autumn 1</b> <b>Health and Wellbeing</b>	<b>Autumn 2</b> <b>Relationships and Sexual Health</b>	<b>Spring 1</b> <b>Careers Education</b>	<b>Spring 2</b> <b>Health and Wellbeing</b>	<b>Summer 1</b> <b>Relationships and Sexual Health</b>	<b>Summer 2</b> <b>Living in the Wider World</b>
7	<b>Physical and Mental Wellbeing</b> Transition to secondary school, mental health, and healthy coping strategies	<b>Identity and Community</b> Personal Identity, community bias and stereotypes, discrimination and protected characteristics, values and disagreement and diversity	<b>Introduction to Careers and All About Me</b> (Grow throughout life, Explore possibilities, Manage career, Create opportunities).  What is a career, who am I, what am I good at, what do I enjoy doing?	<b>Healthy Living</b> First aid, personal safety, personal hygiene and food & sleep	<b>Building Positive Relationships</b> Friendship groups, healthy relationships and introduction to Consent.	<b>Budgeting</b> (Balance life and work, See the big picture).  Budgeting, understanding financial vocabulary and financial products
8	<b>Social Media</b> Personal values in an online world, managing influence, algorithms and digital resilience	<b>Preventing Discrimination</b> Friendship and empathy, bullying and bystanders, friendship challenges, similarities, differences and peer influence.	<b>Personal Finance</b> (Balance life and work, See the big picture).  Personal interests, challenges, CVs, Careers in the future	<b>Drugs and Alcohol</b> Types of drugs and consequences, effects of alcohol, impacts of vaping and smoking	<b>Respectful Relationships</b> Introduction to relationships, relationship values, online safety and avoiding assumptions.	<b>Employability Skills and Qualities</b> (Balance life and work, Create opportunities, Explore possibilities, Grow throughout life).  Income tax, public services
9	<b>Mental Health</b> Anxiety, dealing with exam stress, eating disorders and coping strategies	<b>Healthy Relationships</b> Respectful behaviours teenage capacity for consent, coping with relationship breakups and consequences of teenage pregnancies	<b>Explore Careers Pathways</b> (Grow throughout life, Explore possibilities, Manage career, Create opportunities).  My ambitions and making informed choices on GCSE choices. Links to Careers Pathways from choices.	<b>Making Healthy Choices</b> Cancer prevention, Vaping, Making Healthy Choices, Online Gambling and CPR	<b>Preventing Extremism</b> Valuing diversity, understanding extremism and radicalisation	<b>Life in the Workspace</b> (Balance life and work, See the big picture, Create opportunities, Explore possibilities).  Workplace skills, employability, financial institutions, Labour Market Information and consumer rights.
10	<b>Balancing Life and Work</b> Time and sleep management; New challenges, reframing negative thinking	<b>Mature Relationships</b> The role of intimacy and pleasure in relationships, impact of pornography, pressure and coercion and managing conflicts in relationships.	<b>Post-16 Choices (Grow throughout life, Explore possibilities, Manage career).</b> (Balance life and work, Create opportunities, Explore possibilities, Grow throughout life). Routes and destinations	<b>Exploring Influence</b> Role Models, Gang influence—Causes and Sources of Support	<b>Tolerance and Discrimination</b> Recognising and challenging bullying behaviour	<b>See the Big picture (Citizenship)</b> UK government, criminal justice system, how does the law treat young offenders
11	<b>Mental Health</b> Mental Illness, dealing with grief, , Mental wellbeing	<b>Long-Term Relationships</b> Different types of long-term commitments, arranged marriages, and different types of parenting.	<b>Independent Living</b> (Balance life and work, See the big picture, Grow throughout life).  Budgeting, mortgages and buying a house, Living away from home.	<b>Additional Lessons</b> Multiculturalism, British Values, Privilege		