Personal Development Programme – Key Stage 3

Term	Year 7	Year 8
1	**Identity - Being Me in the World** What is personal development and who am I as a Maiden Erlegh Student? Who am I? Me and my identity. Who am I in relation to others? Healthy & unhealthy relationships and peer pressure. Who am I online? Online safety. Diversity Stereotypes Standing up for what is right – challenging bullying and discrimination.	**Careers** What is Personal Development, log in and set up unifrog. Challenging career stereotypes Subjects and how they can fit into your career pathway Choosing GCSE Options and exploring pathways Enterprise challenge Enterprise challenge Enterprise challenge presentations
2	**Careers – Beginning my Career Journey** Set up of unifrog Exploring my future Careers Library STEAM subjects Enterprise Challenge Enterprise Challenge Presentations	**Changes** Physical changes in puberty Mental changes in puberty Gender Sexuality Marriage & civil partnerships
3	**Looking After Me** Making healthy choices Taking responsibility for me – physical check up's sun safety, vaccinations, etc Mental Health – Naming and articulating emotions Mental Health 2 – Misconceptions, coping strategies and triggers Online safety First aid	**Relationships** Romantic and intimate relationships Challenges in relationships Relationships & the media Consent & communications Contraception STI's
4	**Maintaining & Developing Healthy Relationships** Difference between healthy & unhealthy relationships Personal Space Conflict management & resolution Negotiation Debating challenge preparation Debating challenge	**Managing Pressure & Challenges** Teenage pregnancy Responsibilities of parents Loss, grief and bereavement Sexting Abusive behaviours 1 Abusive behaviours 2

5	**Careers**	**Careers**
	Looking ahead and transition points Who is my inspiration? Careers prep lesson 1 Careers prep lesson 2 Careers presentations	Independence Resilience Self-Belief & confidence Target & goal setting Visioning

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6	**Citizenship**	**Managing Risk & Social Influences**
	Democracy in the UK Liberty & responsibility How does parliament work? Elections & voting When ordinary citizens become extraordinary Community project plan Community project pitches	How do I assess risk and gambling? Online risks Gangs Weapons Alcohol, smoking & vaping Drugs