

Personal Development Programme – Key Stage 3

For Year 9 please see Citizenship programme of study

Term	Year 7	Year 8
Autumn 1	<p style="text-align: center;">Health and wellbeing Transition and Safety</p> <p>Transition to secondary school and personal safety in and outside school</p>	<p style="text-align: center;">Health and wellbeing Drugs and alcohol</p> <p>Alcohol and drug misuse and pressure relating to drug use</p>
Autumn 2	<p style="text-align: center;">Living in the wider world Developing skills and aspirations</p> <p>Careers, teamwork and enterprise skills, and raising aspirations</p>	<p style="text-align: center;">Living in the wider world Community and careers</p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work</p>
Spring 1	<p style="text-align: center;">Relationships Diversity</p> <p>Diversity, prejudice and bullying</p>	<p style="text-align: center;">Relationships Discrimination</p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia</p>
Spring 2	<p style="text-align: center;">Health and wellbeing Health and puberty</p> <p>Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p style="text-align: center;">Health and wellbeing Emotional wellbeing</p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p>

<p>Summer 1</p>	<p>Relationships Building relationships</p> <p>Self-worth, romance and friendships (including online) and relationship boundaries</p>	<p>Relationships Identity and relationships</p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>
<p>Summer 2</p>	<p>Living in the wider world Financial decision making</p> <p>Saving, borrowing, budgeting and making financial choices</p>	<p>Living in the wider world Digital literacy</p> <p>Online safety, 'sextortion', digital literacy, media reliability, and gambling hooks</p>

5	<p style="text-align: center;">Careers</p> <p>Looking ahead and transition points Who is my inspiration? Careers prep lesson 1 Careers prep lesson 2 Careers presentations</p>	<p style="text-align: center;">Careers</p> <p>Independence Resilience Self-Belief & confidence Target & goal setting Visioning</p>
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Term	Year 7	Year 8
6	<p style="text-align: center;">Citizenship</p> <p>Democracy in the UK Liberty & responsibility How does parliament work? Elections & voting When ordinary citizens become extraordinary Community project plan Community project pitches</p>	<p style="text-align: center;">Managing Risk & Social Influences</p> <p>How do I assess risk and gambling? Online risks Gangs Weapons Alcohol, smoking & vaping Drugs</p>