

Subject: Personal Social Development

Curriculum Intent Document:

	Year 7	Year 8	Year 9
Autumn 1	Family Relationships Knowledge/Skills taught: • Different types of families and relationships, and how all family structures can provide love, support and stability • The importance of consent in relationships, the law and forced marriage. • The meaning of commitment, including marriage and long-term partnerships • The qualities of caring and respectful relationships	Equality Knowledge/Skills taught: • The importance of kindness, empathy, and respect in promoting positive relationships and wellbeing • How to recognise and challenge prejudice, including racism, sexism and misogyny, homophobia, and Islamophobia • The impact of discrimination on individuals and communities • The role of British values in promoting inclusion, equality and mutual respect in a diverse society	Online Safety Knowledge/Skills taught: • Risks and benefits of internet use and online communication • How to recognise and respond to cyberbullying and online trolling • Online grooming, sexting, and staying safe on digital platforms • How to identify misinformation, disinformation and AI-created content, such as deepfakes and manipulated images • The link between online content, extremism, misogyny, and UK law, and how harmful narratives can influence behaviour and attitudes
Autumn 2	Friendships Knowledge/Skills taught: • Building and maintaining respectful, healthy friendships in person and online • Strategies for resolving conflict, responding to bullying and resisting peer pressure • The importance of resilience and how to manage the breakdown of relationships safely • How to decide whether someone is trustworthy, and how to assess if information or advice (especially online) is reliable		

Spring 1	Healthy Living Knowledge/Skills taught: • What makes a healthy diet and how food affects the body • How regular physical activity supports physical health and mental wellbeing • How to maintain mental and physical health every day. • The impact of unhealthy habits, such as poor diet, lack of exercise, vaping and underage drinking, on long-term health • The causes and effects of obesity in the UK, and how to make healthier lifestyle choices	Suffering Knowledge/Skills taught: • Causes and impacts of poverty, homelessness, and displacement • Natural and moral suffering, including war, conflict, and the refugee experience • How suffering affects mental health, wellbeing, and community • UK and global responses to suffering through charity, policy, and empathy	Mental Health Knowledge/Skills taught: • Factors that influence mental health and emotional wellbeing • How to recognise symptoms and signs of common mental health issues • How to recognise and respond to signs of self-harm or suicidal thoughts and where to seek urgent help safely • Healthy coping strategies and sources of support • Techniques to manage stress and build resilience • The impact of social media on mental health and self-image
Spring 2	Staying Safe Online Knowledge/Skills taught: • How to recognise and respond to online risks, including bullying, grooming and misogyny • The effects of screen time, unrealistic content and social media on wellbeing • The difference between online and offline behaviour, including trust and safety • How to spot advertising, misinformation and online pressure, including gambling risks		

Summer 1	Personal Responsibility Knowledge/Skills taught: • How to recognise and reduce risks in different environments, including at home, online, and in the community • Crime prevention strategies and the dangers of knife crime, gangs, and anti-social behaviour • How to stay safe near fire, water, and on the roads • The risks associated with extremism and how to stay safe from radicalisation • How to respond in an emergency, including basic first aid and CPR	Puberty Knowledge/Skills taught: • Physical and emotional changes that occur during puberty, including the menstrual cycle • How to manage growing independence, identity, and personal challenges during adolescence • Respecting diversity in sexual orientation, and the importance of inclusion • Features of healthy relationships, consent, and how to recognise and respond to sexual harassment or unwanted contact	Sex and Healthy Relationships Knowledge/Skills taught: • Biological aspects of human reproduction and sexual development • How body variation, including differences in appearance and development, can affect self-image, with a focus on the influence of pornography and media portrayal • The purpose and use of contraception, and strategies to reduce the risk of sexually transmitted infections (STIs) • How to recognise unhealthy or abusive relationships, including signs of coercion and domestic violence, and where to seek help • Understanding menstrual health and recognising when to seek medical support (e.g., heavy bleeding, PCOS, endometriosis) • Awareness of male health issues such as testicular self-examination.
Summer 2	Democracy in the UK Knowledge/Skills taught: • The foundations of democracy in the UK, including the roles of citizens, Parliament and the monarch • How voting, elections and political parties shape government • The importance of individual liberty, participation and responsible citizenship • How laws are made and the role of rules and the justice system in society • How citizens can actively contribute to their communities and society		

Curriculum Intent Document:

	Year 10	Year 11
Autumn	Drugs and Alcohol Knowledge/Skills taught: • Different types of legal and illegal drugs and their effects on the body and mind • The risks and consequences of drug misuse, including addiction and long-term health impacts • The law surrounding drug possession, use and supply, and how young people may be targeted through grooming, gangs, and county lines • How to make informed choices about alcohol use and understand the impact of substance use on mental health and wellbeing	Money and the Economy Knowledge/Skills taught: • How the UK taxation and welfare systems work to support society • Budgeting, managing money, and making informed financial decisions • The impact of poverty on life chances and wellbeing • Financial risks including debt, fraud, and identity theft, and how to protect against them
Spring	Democracy, Human Rights and the Law Knowledge/Skills taught: • The meaning and importance of human rights, including how they are protected and challenged • The structure and purpose of laws in the UK and how they affect individuals and society • The concept of criminal responsibility and how it applies to young people • The role and function of Parliament in making and upholding the law • The democratic process in the UK, including how voting works and why political participation matters	Careers Knowledge/Skills taught: • A range of career paths, from low-skilled and manual work to skilled and professional roles • The skills and qualifications needed for different types of employment • Routes into further education, training and employment • How to reflect on personal strengths and interests to plan for future careers

Summer	Sex Education Knowledge/Skills taught: • Pregnancy, contraception, and the consequences of unprotected sex and teenage pregnancy • Consent, sexual harassment, rape culture, and how to recognise and challenge misogyny • Sexual exploitation and Female Genital Mutilation • The risks associated with pornography, sexting, upskirting, revenge porn and online exploitation • The causes, impact, and prevention of sexually transmitted infections (STIs)	Exam Prep • This term is allocated for targeted revision and preparation for GCSE exams.
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