

Subject: Personal Social Development

Curriculum Intent Document:

	Year 7	Year 8	Year 9
Autumn 1	<p>Topic: Family and Relationships</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Different types of families and relationships, and how all family structures can provide love, support and stability • The meaning of commitment, including marriage and long-term partnerships, and the qualities of caring and respectful relationships 	<p>Topic: Equality</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • The importance of kindness, empathy, and respect in promoting positive relationships and wellbeing • How to recognise and challenge prejudice, including racism, misogyny and sexism, homophobia, Islamophobia, and ableism. • The impact of discrimination on individuals and communities. • The role of British values in promoting inclusion, equality and mutual respect in a diverse society. 	<p>Topic: Online Safety</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • 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 the media influence beliefs and behaviour • Recognise that people create and share misinformation and disinformation (including AI-generated content and deepfakes) and apply strategies to check information reliability. • The link between online content, extremism, and UK law
Autumn 2	<ul style="list-style-type: none"> • How to build and maintain positive friendships, and how to respond to conflict, bullying and peer pressure • Develop healthy boundaries and relationships through clear communication and managing disagreement respectfully. • How to develop resilience and manage the breakdown of relationships safely and respectfully 		
Spring 1	<p>Topic: Healthy Living</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • What makes a healthy diet and how food affects the body • How regular physical activity supports physical health and mental wellbeing • The impact of unhealthy habits, such as poor diet, lack of exercise, vaping and underage drinking, on long-term health 	<p>Topic: Suffering</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Causes and impacts of poverty, homelessness, and displacement in the UK • Natural and moral suffering, including war, conflict, and the refugee experience • How suffering affects mental health, wellbeing, and community 	<p>Topic: Mental Health</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Factors that influence mental health and emotional wellbeing • How to recognise symptoms and signs of common mental health issues • Healthy coping strategies and sources of support

Spring 2	<ul style="list-style-type: none"> The causes and effects of obesity in the UK, and how to make healthier lifestyle choices Maintain mental health and emotional wellbeing by noticing early signs of stress, using healthy coping strategies. 	<ul style="list-style-type: none"> UK and global responses to suffering through charity, policy, and empathy 	<ul style="list-style-type: none"> Techniques to manage stress and build resilience The impact of social media on mental health and self-image
Summer 1	<p>Topic: Personal Responsibility</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> 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 from hazards including near fire, water, and on the roads How to respond in an emergency, including basic first aid and CPR Manage online risks by spotting unsafe contact/content (strangers, oversharing, challenges, cyberbullying, image pressure, loot boxes) and using privacy settings, reporting, and trusted adult support. The risks associated with extremism and how to stay safe from radicalisation Understand how UK democracy works by learning how Parliament and elections operate, why people vote, and how citizens can influence decisions responsibly. 	<p>Topic: Puberty</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> 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 	<p>Topic: Sex and Healthy Relationships</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> 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
Summer 2			

Curriculum Intent Document:

	Year 10	Year 11
Autumn 1	<p>Topic: Drugs and Alcohol Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • 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 criminal exploitation 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 	<p>Topic: Money and the Economy Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • 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 1	<p>Topic: Democracy, Human Rights and the Law Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • 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 	<p>Topic: Careers Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • 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 1	<p>Topic: Sex Education Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • 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 	<p>Exam Prep</p> <ul style="list-style-type: none"> • This term is allocated for targeted revision and preparation for GCSE exams.
Summer 2		

	<ul style="list-style-type: none">• The causes, impact, and prevention of sexually transmitted infections (STIs)	
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