



Personal Development

Overview 2022/23



Y12 Personal Development Overview

Y12 Personal Finance Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Taxes and the UK	Banks, Building Societies and Money	Types of Employment P45 and P60	Different types of debt	Income and State benefits	Role of Trade unions & Employment Rights	Types of Insurance and Assurance
GB	GB	GB	GB	GB	GB	GB
PD Student Work Book that follows the lessons above						
KEY GB = Gatsby Benchmark Careers Standard BV = British Values SH = Statutory Health. RSE = Statutory RSE				End of Unit Confidence Assessment		

Y12 Health, Safety & Diversity Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Diversity and Equality in the UK	Toxic Masculinity & men	Knife Crime and Society	Managing my Anger and frustrations	How is Cancer diagnosed?	Medical Ethics & Blood donations	
CIT,	CIT, RSE – T2	CIT	CIT	SH – T3	SH T3	
PD Student Work Book that follows the lessons above						
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Y12 Health & Wellbeing Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Exploring Health & Wellbeing	Cholesterol Levels & Healthy Consumption	Vaccinations & Immunity	Healthy Eating Habits	Dental Hygiene and Tooth decay	Exploring Different Eating Disorders	Managing stress in daily situations and school
SH – T8, T3	SH – T6	SH – T4	SH – T6	SH – T8, RSE	SH – T6 T1	SH T1
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Y12 Drugs & Risk Education Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Alcohol Safety	Substance misuse	Drugs and their effects	Synthetic Cannabinoids	England and Wales drug classifications	LSD Explored	MDMA and Ecstasy Explored (Drug user Documentaries)
SH - T5	SH - T5	SH - T5	SH – T5	SH – T5	SH – T5	SH - T5
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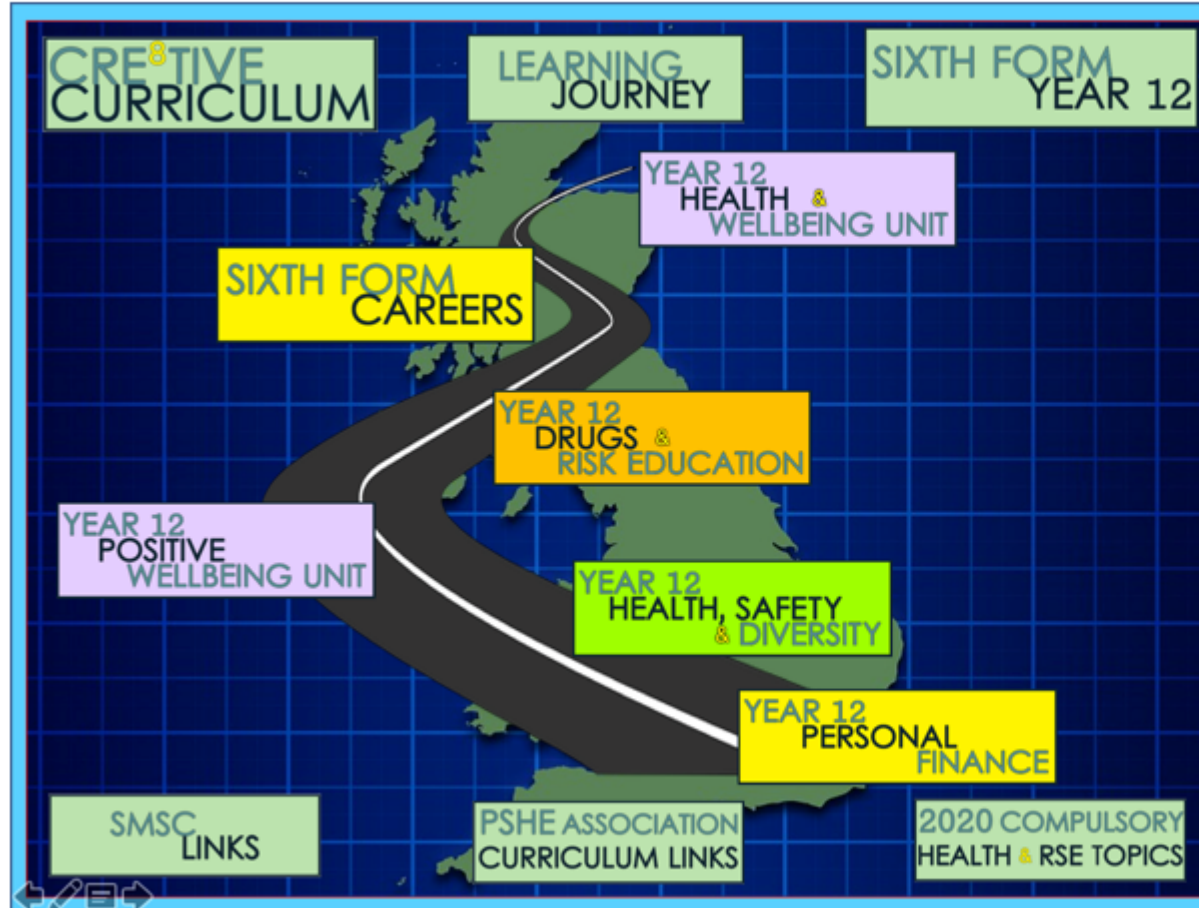
Y12 Positive Wellbeing Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Dealing with Depression	Stress and Exam Performance	Dealing with anxiety	Fears, Phobias and Anxiety	Sleep hygiene and mental health	Promoting emotional wellbeing	Resilience and growing up
SH - T1	SH - T1 RSE – T2	SH - T1	SH - T1	SH - T1	SH - T1	SH - T1
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Sixth Form Careers Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Post 16 Options Explored	Planning for the future	Personal Branding	Writing a personal Statement	CV Writing	Application forms uncovered	Interview preparation
GB	GB	GB	GB	GB	GB	GB
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Y12 Personal Development Learning Journey



Statutory RSE Topics

- [Topic 1] Families
- [Topic 2] Respectful relationships, including friendships
- [Topic 3] Online and the Media
- [Topic 4] Being safe
- [Topic 5] Intimate and sexual relationships, including sexual health

Statutory Health Topics

- [Topic 1] Mental Wellbeing
- [Topic 2] Internet Safety & Harms
- [Topic 3] Physical Health and Wellbeing
- [Topic 4] Healthy Eating
- [Topic 5] Drugs, Alcohol and Tobacco
- [Topic 6] Health and Prevention
- [Topic 7] Basic First Aid
- [Topic 8] Changing Adolescent body



Y13 Personal Development Overview

Y13 Personal Finance Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Payment methods used in the UK	Managing a household budget game	Borrowing money and the risks	Value for money and Making more of it	Going abroad and understanding foreign currency	Inflation and our pockets	Calculating foreign exchange rates
GB	GB, RSE	GB	GB	GB	GB	GB
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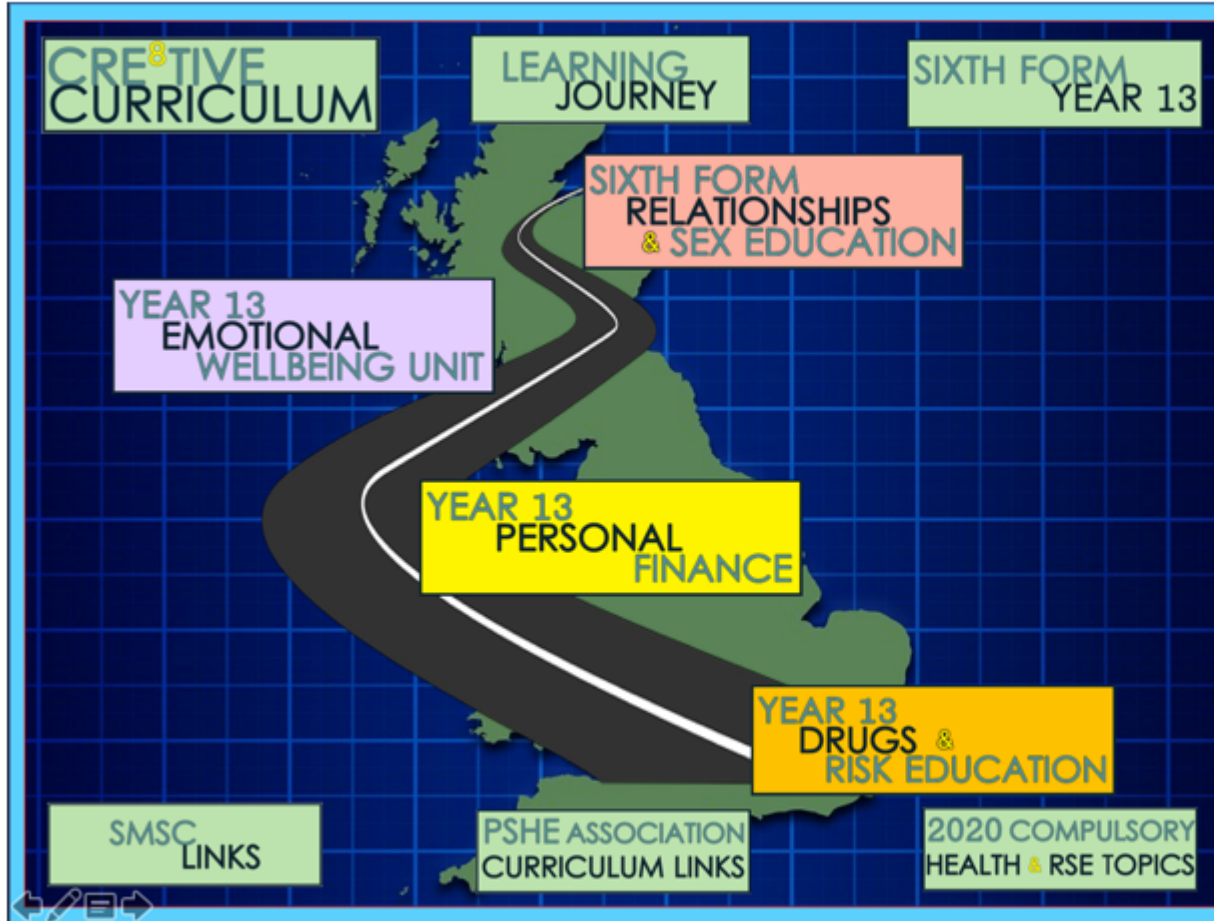
Y13 Emotional Wellbeing Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Causes of Mental Health	Looking after yourself first	Importance of Physical health & Exercise	Improving body image & Exploring Appearance ideals	Stress and Life Events, exercise and Sleep	Striking a balance in life	
SH - T1	SH - T1	SH - T2, RSE - T3	RSE - T2	RSE - T2	SH - T4	SH - T1
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Sixth Form Relationships & Sex Education Unit						
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7 (Lesson 8)
Porn and its impact on society	Fertility and what impacts it	Alcohol and Bad Choices	Importance of Sexual Health	Revisiting contraception	Revisiting STI's	Respect & Relationships (Menstrual Charting)
RSE -T1	RSE -T6	RSE -T6	RSE -T6	RSE -T6	HS - T8	HS - T8
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Y13 Drugs & Risk Education Unit						
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Drug classifications and groups	Festivals, drugs and Nitrous Oxide	Cannabis products explored	The War on Drugs	New Psychoactive Substances – NPS Drugs	GHB the date Rape Drug – Beware!	Crack Cocaine Lesson (Heroin Lesson)
SH - T5	SH - T5	SH -T5	SH -2 , RSE -T1	SH -T5	SH -T5	SH -2 , RSE -T1
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