

The Garibaldi School – Composite Overview

Subject: Personal Development Date of Review 2022-2023

		Autumn Term 1 (x7 weeks, 5 th Sept-17 th Sept)		Autumn Term 2 (x7 weeks, 31 st Oct-12 th Dec)		Spring Term 1 (x5 weeks, 9 th Jan-6 th Feb)		Spring Term 2 (x6 weeks, 20 th Feb-27 th Mar)		Summer Term 1 (x6 weeks, 17 th Apr-22 nd May)		Summer Term 2 (x7 weeks, 5 th June-17 th July)
Y7	R38, R42, R13, R19, R14, R37, R43, R44, R1, R2, R46, R47, R13, R10, H30, R2, R21, H31, R9,	Relationships 1. Making Friends & reconciliation 2. Bullying, Impact, Support 3. Peer-on-peer abuse & online (where to go) 4. Cyber-bullying, Staying safe online, Media Influences 5. Gangs & weapons, pressures, exit strategies 6. How to stand up for yourself 7. Mental Health & managing strong feelings, inc. relationship breakdown		Fundamental British Values 1. What are the British Values? 2. Individual Liberty: Opinions & Your Say 3. Rule of Law: Lying, Cheating, Stealing 4. Mutual Respect & Tolerance: Society & Local Community 5. Voluntary Groups 6. Importance of looking after our environment 7. Democracy: Global Environmental Issues- how can we resolve them? (Student Voice Project, inc. democratic voting)	R1, R35, R18, R19, H2, R21, R22, R23, H22	Family Dynamics 1. The concept of Family, roles & responsibilities of family members 2. Family Pressures & Family Conflict 3. Loss in the Family 4. Changing Lives, inc. parental divorce (where to go) 5. Private Body Parts	R24, R11, L10, H12	Diversity 1. Respecting Others & Consent 2. Disability Awareness 3. Different Lifestyles, inc. LGBTQ+ 4. Multicultural UK & employment stereotypes 5. Unifrog: Disabilities 6. Helping others: How to cope in an Emergency	H19, H15, H19, H23, H24, H26, H34, H33	Health and Hygiene 1. Keeping Healthy (sun-care & vaccines) & Happy 2. Sleep & good routine 3. Dental Hygiene, prevent infection 4. Personal Hygiene 5. Understanding the effects of Drugs, Alcohol, Smoking, Vaping 6. Menstruation and Puberty (in-school period support) DROP-DOWN Day Safety (road, first aid, water, fire, internet)	L4, L2, L7, L8, L1, L19, L27, L17, L18,	Career Development 1. CVs and employment Skills 2. Intro to Unifrog Courses & Careers 3. Unifrog Career Exploration + course 4. Unifrog Course Exploration 5. Presentation of Findings 6. Professional Presentation online 7. Cyber-crime, Online Scam, where to report, & emotions around money
Y8	L3, L6, L12, L9, L11, H9, H13, L14, H6	Future Goals 1. New School Year Targets with Action Plan 2. Hopes for the Future & life-long learning 3. Part-time Jobs, volunteering, self-employment 4. Writing a C.V. 5. Work/Life Balance 6. Concentration Strategies & online activity 7. Responding to set-backs and disappointment	H33, H23, H28, H24, H26, H10, H13, R18, H14, H4, H17, R13, R14, H11	Health & Wellbeing 1. First Aid & Helping Others 2. Drugs, the Law & safe use of prescribed drugs 3. The Effect of Drugs 4. The Impact of Smoking, Vaping 5. Physical Activity, Mindfulness, Mental Health & Managing strong sexual feelings 6. Healthy Eating, Disorders, Impact of unhealthy eating 7. Keeping Safe, what good friends should do	R22, R1, R2, R3, R5, R11, R39, R7, R37, R10, R11, R6, R36,	Relationships 1. Teenage Family Life 2. Dealing with Death 3. Romantic Relationships, Sexuality & diverse relationships, inc. online 4. Peer-on-peer abuse 5. Marriage & Law, Civil Partnerships, Inc. children	H36, R24, R27, R33, H22, R31, R12, R32, H35	Sexual Health & Wellbeing 1. Consent, STIs 2. HIV and AIDS: Implications & stigmas 3. Male Circumcision 4. High Risk Behaviours & Intimacy without Sex, Pleasure 5. Contraception, where to go for advice 6. Body Changes and emotional changes	L13, R44, R45, R40, R41, R39	Fundamental British Values 1. Individual Liberty: Human Rights, inc. in employment 2. Law: Anti-Social Behaviour, In.c gang crime 3. Mutual Respect & Tolerance of all: Discrimination, Racism & its Impact 4. Rule of Law: Sexism, Homophobia, Biphobia, Transphobia, Inclusion 5. Challenging Prejudice & discrimination, inc. online 6. Democracy in Society	L24, H3, H12, H5, R7, H1, H18, H11, H8, L27	7. Morals: Positive & Negatives of online presentation (are people really who they say they are?) Body Image 1. Appearance Ideals & Banish Body Talk 2. Appearance & the Media 3. Confront Body Shaming & Influences on Eating 4. Change Appearance Attitudes 5. Safeguarding, inc. Self-Harming 6. When things go wrong online (where to go) Dropdown Day
Y9	L3, L7, L14, L5, R26, R27, R8, R28, R29, R30, R31, R32, H35	Employment & the Workplace 1. Moving Forward & Target Setting, Which Job? 2. Enterprise 3. Career Planning & Managing Emotions in full-time employment 4. Technology in the Workplace 5. Unemployment & IMPACT Sex and Relationships 6: Sex in the Media, Porn & real-life expectations 7. Sex: Risks, contraception (inc. emergency contraception) Sexions Visit	R33, R34, H36, R5, R3, R11, R19, R24, R28, R26, R42, R43, R44, R27, R25, R37, H21, H22, R9,	Sexual Relationships 1. Consequences of Unintended Pregnancy & where to go for help 2. HIV-AIDS 3. Sexuality: LGBT & the Law 4. Marriage Breakdown 5. Domestic Abuse & Law 6. Peer-on-peer abuse & Consent, inc. Laws, online, no pressure & support 7. Female Genital Mutilation, Consent	R10, R29, R30, L25, L26	Fundamental British Values 1. Morals and moral compass, Trust 2. Right vs. wrong (sharing sexual images without consent, managing pressure, & law) 3. Values and commitments 4. Democracy 5. Extremist Views & Radicalisation	H7, H19, H26, R20, H25, H7, H8	Health & Wellbeing 1. Mental Health & Dealing with Depression 2. Homelessness & Mental Health 3. Self-examination (testicular cancer, breast cancer) 4. The Effects of Alcohol (Body & emotional) 5. Alcohol: Knowing your Limits (peer-pressure) 6. LGBT & Mental Health & Online mental health	L8, L9, L14, L21, L12, 22, 23, R45, R46, R47	Work Skills & Finance 1. Problem Solving Skills 2. Routes into Work 3. S&T's for the Workplace 4. Personal skills 5. Personal branding 6. Media Reputation Dropdown Day (Police visit on gangs/ knife crime? Local crime?)	L19, L24, L17, L16, L18, H32, L15,	Personal Finance 1. Mortgages and Rent 2. University, loans and Apprenticeships 3. Effective Budgeting 4. Payday Loans, Loan Sharks & recognising financial exploitation 5. Savings, Opportunities & Emotions 6. Luxuries vs. Essentials, Influences of Financial Decisions 7. Gambling: risks & addiction
Y10	L27, H1, R5, L22, L5, L1	Preparation for WEX 1. Workplace Experiences & reliable digital content 2. Workplace: Behaviour, online opportunities, stereotypes, Equality Act 3. Safety Measures & Choosing a Placement	R28, R22, R7, R31	Sexual Relationships & the Risks Cont. 1. Child Sexual Exploitation, up-skirting & coercion 2. Sexting & images, the Law and the Media 3. Consent & the Law & Peer-on-peer abuse	H26, R5, L15	Sexual Relationships Cont. 6: Different Types of Intimacy (inc. online) Fundamental British Values 1. Democracy & Democratic Britain (S&Ts) & Democracy compared to other forms of govt. globally		First Aid 1. Sprains, Asthma & Allergies 2. Causes & Treatments of Shock 3. Treating Cuts & Bleeds 4. Recovery Position (practical) 5. Choking (practical) 6. CPR (practical)	H3, H14, H19, H20, L19, H23, H21	Healthy Living 1. Healthy Eating, Extremes & Artificial Body Shapes in Media 2. Effects of Alcohol & Drugs (inc. on career), Law & NHS 3. Gambler's Fallacy & Risky Situations, (inc. Gangs)	L18, L17, L20, L16	Financial Capability 1. Enterprise 2. Managing Money Effectively & Influences 3. Financial Risk, Reward & Exploitation (& where to go) 4. Saving & Borrowing

	L9 L10 R8 H28	4. Writing a Formal WEX Letter 5. Writing a Formal WEX Letter 6. Phone Calls to Employers Sexual Relationships & Risks 7. Porn in the Media Sexions Visit (Accessing sexual health services)	R27, R23 R21 H26, H27, H28, H29 H30 R24, R25, R5 R30	4. Different Types of Contraception (inc. emergency contraception, abortion, where to go for help) 5. Different STI's & Effects (where to go) & readiness for sex & Sexual Health Services 6. Teen Pregnancy (where to go & Equality Act) inc. healthy pregnancy & support for young parenthood 7. FGM (where to report to) & Abusive Relationships & Law DROP-DOWN Day	R6, R10, R9, R33	2. Individual Liberty & Freedom: multi-cultural & multi-faith Britain & Law 3. Mutual Respect & Tolerance: What is Discrimination? Identifying, reporting discrimination & its illegality in workplace 4. Diverse Sexuality, Cultures & Beliefs, own values, decisions, Forced marriage & honour-based violence & Law		L28, L29, L26, L24 L9, L10	4. Smoking Implications & Addiction (where to go) & Dental hygiene 5. Extremism, Hate, Online Targeted Personalisation 6. Students out on WEX WEX Week!	L7, L8 L20, L19, L13, L14 H5 H8 H12	5. Types of Employment & Labour Market info 6. Workplace: Health & Safety, Confidentiality, Exploitation & Money Concerns (where to go) 7. Benefits of Physical Activity & work-life Balance, inc mental health & Online Balance
Y11	L25, L10 L2, L3, L4, L6 L11, L12 H5, H6, H4, H7 L1, L23, L2, L22 L4, L6	Careers 1. Personal Data in workplace & Taking opportunities for education/work 2. WEX Reflection & What Do I Want to Do? 3. Unifrog 4. Mocks & Mental Health (managing mental health) 5. Revision Strategies & Resilience 6. The Ideal Candidate & Enhancing Online Reputation 7. CV Writing & Online Content Opportunities (vlogging, blogging, trip advisor) 1:1 Ideas 4 Careers Begins DROP-DOWN Day Sexions Visit	R1, R3, R16, R11, R17, R28, R29, R31 H9, H10, R13 R23, H33 H31 R18 R12 R4, R19	Relationships & Mental Health 1. Healthy & unhealthy Relationships (where to go & managing strong emotions), Stalking & Harassment & Law , inc Coercion, bullying, exploitation (where to go) 2. Mental Health, Self-Harming & Helping Peers 3. Dealing with Anger & Bereavement (where to go) 4. Sexual Health (recap of STIs, contraception, inc. emergency contraception, abortion, where to go for help) 5. FGM, inc breast ironing & Fertility, inc impact of STIs 6. Peer-on-peer abuse & Managing Relationships (inc break-ups) 7. Consent & Law, Legally Recognised Marriages & Sexual Assault (inc online)	R20 H16 R32 R14, R15	Healthy Lifestyles 1. Legal Highs (where to go) 2. Drugs, the Law, Drug-Taking (where to go) & impact on sexual choices 3. Dealing with Alcohol (where to go), Smoking & Cancer Awareness & Prevention, inc screening & self-examination (where to go) 4. Teen Pregnancy (where to go) 5. Domestic Abuse (where to go) & Online Relationships	R35, R36, R37, R38 H15	6: Gangs, inc. risks, organised crime (inc online) & supporting younger peers First Aid 1. First Aid as FBV: Helping Others/ Responsibility to protect life 2. Treating Shock & Bleeding 3. The Recovery Position 4. Choking 5. CPR & Blood, Organ & Stem-cell donation	Fundamental British Values 1. Individual Liberty & Democracy 2. Rule of Law & Respect & Tolerance 3. Democratic Britain (S&Ts) & Democracy compared to other forms of govt. globally 4. Freedom: multi-cultural & multi-faith Britain & Law 5. What is Discrimination? Identifying, reporting discrimination & its illegality in workplace 6. Diverse Sexuality, Cultures & Beliefs, own values, decisions, Forced marriage & honour-based violence & Law	H3, H11 L4	Broken up into 1 per half-term during year 11 mentor time Coping with Exam Stress 1. Revision TT & Revision Strategies 2. Priorities 3. Healthy Diet & Artificial Body Shapes 4. Chunking 5. Taking Timeout: little and often 6. Career progression, inc training, education & employment