

BTHCC Personal Development Curriculum – Long- Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Life beyond school What is PHSE? Getting to know People What is a community? Careers and Your Future Sleep and Relaxation Financial Education Transition	Health and Wellbeing Puberty * Personal Hygiene Growing up and FGM * Assertiveness, Consent and Hormones * Self-esteem Hygiene Tooth Decay and Dental	Relationships and Sex Education Who Am I? Changing Bodies Healthy Inside and Out Where We Came From Family and Friends My Life on Screen Living in the Wider World	Staying Safe online and offline Avoiding Gangs and Criminal Behaviour Staying Safe Online Online Gaming, Grooming and Addiction Alcohol and Risk Nicotine and Smoking E-Cigs, Vaping and Shisha Energy Drinks and Caffeine Knife crime and Safety	Celebrating Diversity and Equality What is your identity? Multicultural Britain Importance of Being Kind Breaking Down Stereotypes Learning Disabilities Prejudice and Discrimination Challenging Islamophobia *	Rights, Responsibilities and British Values Why Is Politics Important? How is our Country Run? The Role of the Prime Minister The Monarchy and King Charles Politics, Debates and Parliament Elections and Campaigning Creating a Political Party
Year 8	Life beyond school Exploring Careers What makes me angry? The Importance of Happiness Self Esteem and Media Careers and Aspiration Proud to be Me * Employability and Enterprise skills	Health and Wellbeing Health and Wellbeing What Is Mental Health? Positive Body Image * Child Abuse Types of Bullying Healthy Eating and Cholesterol Stress Management	Relationships and Sex Education Created and Chosen Appreciating Difference Feelings Before I was Born Tough Relationships Think Before you Share	Staying Safe online and offline County Lines and Gangs County Lines – Who is at risk? Substance Misuse Cyber-Bullying Grooming Boys and Girls Alcohol Safety Education Child Exploitation and Online Protection	Celebrating Diversity and Equality Equality Act & Protected Characteristics LGBTQ+What is it? * Rights across the World Gender Equality Ableism and Disability Discrimination Removing Barriers and Equality for all Racism and Discrimination	Rights, Responsibilities and British Values Desert Island Living Building Community Spirit Decision Making and Constitution Criminals Law and Society Law Making Process in the UK Prisons, Reform and Punishment
Year 9	Life beyond school Resilience: Failure to Success Assertiveness First Aid Saving and Managing Money Labour Market Information Finance, Budgeting and Employment Social media and Online Stress	Health and Wellbeing How Self-Esteem Changes What is a Penis? * What is a Vulva? * HBT – Bullying? Dealing with Grief and Loss Media Airbrushing Cancer Prevention and Healthy Lifestyles	Relationships and Sex Education The Search for Love Love People, Use Things In Control of My choices Fertility and Contraception Marriage One hundred Percent Knowing my Rights & Responsibilities	Staying Safe online and offline What is a Drug? Different Types of Addictions Cannabis Products Drug Classifications Party Drugs & Illegal Drugs Exploring Illegal Drugs Volatile Substance Abuse	Relationships and Sex Education * FGM and the Law Relationships and Partners Domestic Abuse and Domestic Violence What are STI's Treating STI's & Gum Clinic Sexual Harassment & Stalking HIV/Aids	Rights, Responsibilities and British Values Conspiracies Theories and Narratives Extremisms in all its forms What is Terrorism? War & conflict The Radicalisation Process Counter Terrorism Anti Semitism in the UK
Year 10	Life beyond school Instagram and Tik Tok Generation Targeted Advertising What is Marriage? * Rights and Responsibilities Consumer Rights Employment Rights Exploring a Pay check	Health and Wellbeing Child Sexual Abuse (CSE) Screen time Common types of Mental Health Self-Harm Suicidal Thoughts and Feelings Promoting Emotional Wellbeing	Relationships and Sex Education Authentic Freedom Self-Image Beliefs, Values and Attitudes Parenthood Pregnancy & abortion Abuse Solidarity	Staying Safe online and offline Honour Based Violence Forced Marriages & Breast Ironing. Online Gambling Social Media Validation Modern Day Slavery Keeping your Safe Causes of Knife Crime	Celebrating Diversity and Equality International Organisations Peace, War and Conflict Human Rights During War Aid & Supporting Countries Striking & Trade Unionism Women's Rights & Equality	Rights, Responsibilities and British Values Critical thinking & Fake News Hate Crime in the UK Exploring British Values British Values & Identity Mutual Respect and tolerance Individual Liberty What are Human Rights? * Democracy Explored
Year 11	Life beyond school Revision for Exams The Year Ahead – Brain Power Making use of the time left The Power of Atomic Habits Modelling strategies How to beat Centre Assessments Its Over to Me	Health and Wellbeing Organ and blood Donations Teenage Pregnancy Choices * Abortion (Morals, Laws and Ethics) * Testicular and Prostate Cancer Cervical, Breast and Ovarian Cancer Parenthood for Teenagers * Love & Abuse *	Relationships and Sex Education Self-Worth Addiction Eating Disorders Birth Control Pornography STI's Coercive Control	Staying Safe online and offline Virtual Reality & Live Streaming Online Reputation & Digital Footprints Group Chats & Anti-Bullying Cosmetic & Aesthetic Procedures New Psychoactive Substances Festivals & Nitrous Oxide Substance Addiction	Your Future and Beyond Screen Addiction & Studying Post 16 options Exam Stress & Anxiety Social Media Vs Real Life Writing a CV Writing a Personal Statement	Summer Exam Season
Year 12	Staying safe online and offline Online reputation Artificial Intelligence Extremism & Radicalisation Social Media - Photoshop, AI and Airbrush Real & Fake news	Relationships Relationship Values Types of relationships Harassment and Stalking Emotional Abuse Gaslighting & Coercive Control Consent Violence against women	Risk and Personal Safety Knife Crime, Gangs and Peer pressure De-escalation Exit Techniques Alcohol and impact on reputation Drink spiking and intoxication Getting home safely Cervical, Breast and Testicular Cancer	Drinking and Driving First Aid How to recognise illness Vaccines - Fake news Healthy Diet Exercise	Healthy Lifestyle Balancing life and work Mental health, recognising others, yourself and signposting Anxiety & Depression Eating disorders - how to recognise and support Maintaining positive mental health4	Life Beyond School Being ambitious Knowing strengths and Qualities CV's Answering job interview questions Alternatives to University Preparation for Work Experience Work Experience
Year 13	Life Beyond School Work life balance Employment & Rules Gig Economy Building Professional Relationships Bullying and Harassment in the workplace Employee Protection	Relationships Importance of Strong Relationships & Toxic Friendships Online Relationships Exploring Emotional Intimacy Power Differences Ending Relationships Revisiting Revenge Porn	Sexual health and Self Concept Importance of Sexual Health Sexual Health Misconceptions Body Image Appearance VS Reality Body Modification Consent & Boundaries Contraception	Finances Being Financially savvy - Budgeting Understanding your payslip Klarn- Buy now, pay later Contracts - Phones.Cars/Credit Cards Betting and Gambling Student Debt	Summer exam season	