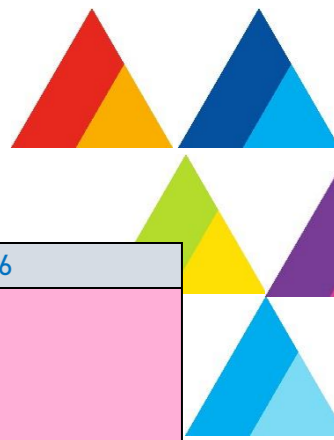




# YEAR 10 PERSONAL DEVELOPMENT MAP



Subject	HT1	HT2	HT3	HT4	HT5	HT6
RSHE	<ul style="list-style-type: none"> <li>What is a 'invisible illness' and who can I talk to?</li> <li>-Sulp (ARC)</li> <li>Sleep + washing hygiene</li> <li>-Statistics of STI rates of infections</li> <li>-back chaining</li> <li>-Teenage pregnancy/abortion</li> <li>-what is a miscarriage?</li> <li>-How do I have a healthy pregnancy?</li> <li>-menopause</li> <li>-IVF</li> <li>-Adoption</li> </ul>	<ul style="list-style-type: none"> <li>What are people's options when it comes to family planning?</li> <li>(A)Marriage + the law</li> <li>(A)Sexual harassment + sexual violence</li> <li>-Grooming</li> <li>-The danger of pornography</li> <li>-sexual assault, rape, sexual harassment</li> <li>-Teenage pregnancy</li> <li>-What is abortion and how has the law changed?</li> <li>-Abortion and my rights</li> <li>-What is a miscarriage?</li> <li>-Healthy pregnancies</li> <li>-Issues with reproduction and menopause</li> <li>-IVF and adoption</li> </ul>	<ul style="list-style-type: none"> <li>HELP I have been SNAGGED - what do I do?</li> <li>(SB) Grooming + Exploitation</li> <li>(SB) Self Care</li> <li>-SNAGGED - grooming</li> <li>-pornography</li> <li>-How do you define sexual assault and rape?</li> <li>-What is sexual harassment?</li> </ul>	<ul style="list-style-type: none"> <li>My friend just said something really extreme, should I be worried?</li> <li>(SB) who is trustworthy?</li> </ul>	<ul style="list-style-type: none"> <li>How do I cope with the challenges of serious illness?</li> <li>How can an addiction affect by wellbeing?</li> <li>(SB)Respectful relationships - violent behaviour + coercive control</li> </ul>	<ul style="list-style-type: none"> <li>If we have Human Rights, why are people still treated badly?</li> <li>(A) Unhealthy relationships; spotting the signs + seeking support</li> </ul>
Health Education	<ul style="list-style-type: none"> <li>-What is strict food and why has it grown in popularity?</li> <li>-Body image, self-esteem, social media vs Reality</li> <li>(A)Healthy Eating</li> <li>-Consequences of substance misuse</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to drugs + alcohol education</li> <li>-drugs, alcohol + tobacco, the law, vaping, caffeine + energy drinks</li> <li>-Science; respiration topic</li> <li>-Science; vaccine</li> <li>-Non communicable diseases</li> </ul>	<ul style="list-style-type: none"> <li>(SB)Self care</li> </ul>	<ul style="list-style-type: none"> <li>Global Health issues</li> <li>-Germs</li> <li>-Vaccines</li> <li>-Antibodies</li> <li>-Allergies</li> <li>(A) "I am telling my story": eating disorders</li> <li>(A) Health education; drugs, alcohol, tobacco</li> <li>-World health day</li> </ul>	<ul style="list-style-type: none"> <li>-Health + prevention</li> <li>-What is cancer? (teenage cancer trust)</li> <li>-Sepsis, meningitis, blood organ, stem cell donation, addiction</li> <li>-Healthy diets</li> <li>-What is cancer?</li> <li>-What is sepsis?</li> <li>-St Johns ambulance</li> </ul>	<ul style="list-style-type: none"> <li>First Aid</li> <li>-Basic first aid</li> <li>-Defibrillators</li> <li>-CPR</li> <li>(SB) Self care</li> </ul>
Online + Offline Risks	<ul style="list-style-type: none"> <li>-How do we I keep myself safe online?</li> <li>-Using technology safety</li> <li>-(A)staying safe in the new school year</li> <li>-(A)Online safety</li> </ul>		<ul style="list-style-type: none"> <li>Being Responsible online</li> <li>-Online behaviours</li> <li>-Tips on being safe</li> <li>-Digital footprint</li> <li>-Sexting + cyber bullying</li> <li>-(A) "I am telling my story"; Online safety</li> </ul>	<ul style="list-style-type: none"> <li>(SB) Sexting</li> <li>-Run, hide, tell</li> </ul>	<ul style="list-style-type: none"> <li>(SB) Internet safety + sexual violence</li> </ul>	<ul style="list-style-type: none"> <li>(A)online safety</li> </ul>
Mental Health	<ul style="list-style-type: none"> <li>-Body image, self-esteem, social media vs Reality</li> <li>-Introduction to RSHE and wellbeing check in post COVID</li> <li>-What is emotional mental health?</li> <li>-How do I recognise depression, anxiety and stress?</li> <li>-Coping with different emotions</li> <li>-Exam stress</li> <li>-Anger management</li> <li>(SB) Weekly reminder of We care boards and where to access support</li> </ul>	<ul style="list-style-type: none"> <li>(SB) Weekly reminder of We care boards and where to access support</li> </ul>	<ul style="list-style-type: none"> <li>-Deaf + ASD identity (awareness week)</li> <li>(SB) Reaching out (in general)</li> <li>(SB) Reaching out (in school)</li> <li>(SB) Self-harm</li> <li>(A) Mental Well-being; signs of mental wellbeing concerns</li> <li>(SB) Weekly reminder of We care boards and where to access support</li> </ul>	<ul style="list-style-type: none"> <li>(A) Mental health + wellbeing; recognising + supporting others</li> <li>(A) "I am telling my story": eating disorders</li> <li>(SB) Bereavement</li> <li>(SB)missing people</li> <li>(SB)Anxiety</li> <li>(SB) Abuse</li> <li>(SB) Weekly reminder of We care boards and where to access support</li> </ul>	<ul style="list-style-type: none"> <li>(SB) Weekly reminder of We care boards and where to access support</li> </ul>	<ul style="list-style-type: none"> <li>-Emotional health and well being</li> <li>-what is emotional/mental health?</li> <li>-How do I recognise it?</li> <li>-Depression, anxiety, stress, anger management, exam stress, consequences of substance misuse, coping mechanisms</li> <li>(SB) Weekly reminder of We care boards and where to access support</li> </ul>
Citizenship/British Values	<ul style="list-style-type: none"> <li>-Leadership for students, black tie "mini stewards"</li> </ul>	<ul style="list-style-type: none"> <li>-(A) "I am telling my story": prevent + radicalisation focus</li> <li>(SB)Bonn Fire nights</li> <li>(SB)Democracy</li> <li>(SB) Rule of law</li> <li>(SB) radicalisation + extremism</li> <li>(SB) Prevent</li> <li>(SB) Liberty</li> </ul>	<ul style="list-style-type: none"> <li>(SB) County lines + cuckooing</li> <li>(A)School values</li> </ul>	<ul style="list-style-type: none"> <li>-British values positives</li> <li>-links to brexit</li> <li>-Immigration</li> <li>-West side story racism; linked to BLM matter</li> <li>-What is extremism?</li> <li>-What is radicalisation?</li> <li>-Case study</li> </ul>	<ul style="list-style-type: none"> <li>-Human rights; What are the human right?</li> <li>The laws around human rights</li> <li>Project around human rights</li> <li>(A)School values</li> <li>(A)The law + FGM internationally?</li> <li>police focus; focus on law but also risks</li> <li>(SB) young people + the law</li> <li>(SB)knife + weapon crime</li> <li>(SB) Bullying + hate crime</li> <li>(SB) drugs + county lines</li> </ul>	<ul style="list-style-type: none"> <li>-What are my human rights</li> <li>-what are my human rights internationally?</li> <li>-Human rights case study</li> <li>-How do I protect my human rights?</li> <li>-How do I behave locally?</li> </ul>
Inclusivity (Understanding of protected characteristics + Equality + Diversity)	<ul style="list-style-type: none"> <li>-Media; representations of gender and ethnicity</li> </ul>	<ul style="list-style-type: none"> <li>-media; stereotyping and countertypes</li> <li>(SB)BV Tolerance and Respoect</li> </ul>	<ul style="list-style-type: none"> <li>(A) Mutual respect + taking responsibility</li> </ul>		<ul style="list-style-type: none"> <li>-Valuing equality, diversity + inclusion</li> <li>-understanding stereotyping + discrimination</li> <li>-smart start + RSE</li> <li>(SB)Pride - LGBTQ</li> </ul>	<ul style="list-style-type: none"> <li>(A) "I am telling my story": BLM WOA Pride</li> </ul>



Character Education (Developing positive personal traits, dispositions + virtues / Qualities to flourish)	-Diana award; Anti-bullying ambassadors (A)school values (A)community; attendance + punctuality (A)Celebrating achievements	(A) Celebrating achievements (A) community + team word -Self-improvement of a leader -precaution -communication	(A) celebrating achievements	(A) Rewards, attendance, punctuality (A) Celebrating achievements	(SB)character education	(A) Rewards, attendance, punctuality -protected characteristics/ discrimination -Targets -Personal -goals -academic
CEIAG (unbiased careers advice/experience of work/contact with employers/good choices)	Preparing for employability -develop skills and qualities needed to find a work experience placement -(A)striving for a successful future -Preparing for employability --CV'S -What do I want for my future? -laws and regulations of part time work.	Making the most of careers advice and guidance -identifying chances + opportunity -planning + deciding -aspirations + pathways -(A)Reward system -Personal guidance -digital careers -face to face interviews	Self-awareness -Handling applications -talk careers ambassadors -Mailing a good impression -self-awareness + self determination	Self determination -managing our own well being -Exploring careers -research tools --Self-improvement in a career -college confidence Self-improvement as a learner -reflection -benefits of careers, employability and enterprise	Investigating work and working life -how the world is changing -the impact on careers and incomes	Safe working practices -preparing for a work experience placement -rights and responsibilities -presentation and communication -evaluation and reflection -update actions plans
Cultural Capital The best that has been thought + said + helping pupils to an appreciation of human creativity + achievement	-Life outside Wednesbury; use of online visits to galleries, museums, historic, geographic and religious sites.	Black History month – widening the positive message about Black History -Celebrating religious festivals	Holocaust Memorial – learning about wider genocides -Celebrating religious festivals	-Life outside Wednesbury; use of online visits to galleries, museums, historic, geographic and religious sites.	-Learning about the Commonwealth Games and its origins	-Pride month – positive stories about LGBT community past and present. -Enrichment and reward visits to develop CC
Student voice Opportunities for debate/discussion	-student voice -lunch with a leader -everyone has the opportunity for student voice -Facilitated by students	-Lunch with a leader -Diana Antibullying Ambassadors -LRC librarians -Proud Pals	-Lunch with a leader -Diana Antibullying Ambassadors -LRC librarians -Proud Pals	-Lunch with a leader -Diana Antibullying Ambassadors -LRC librarians -Proud Pals	-Lunch with a leader -Diana Antibullying Ambassadors -LRC librarians -Proud Pals Oat make yourself heard	-Lunch with a leader -Diana Antibullying Ambassadors -LRC librarians -Proud Pals
Social Action (Community/ECO/inclusivity)	- well project -ECO club (environmental social action) -litter foes					-Social action
Enrichments + Opportunities	- Royal Marine Cadets -Friday PM – choices – succeed -PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club -Glee club – Monday lunch -Performing arts; pear pressure -etiquette of debate + listening -School production auditions and rehearsals -Baseline fitness testing	Royal Marine Cadets Homework club / maths games club -PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club -School Christmas musical what is performing art; musical theatre -British musical – songs from madness -Accent cockney rhyming -Job roles within performing arts creating industry	Royal Marine Cadets -PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club -fitness, stamina	Royal Marine Cadets -PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club -Midsummer night dream; equality -School production auditions and rehearsals	Royal Marine Cadets -PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club -performing arts; street dance - diversity; dance to demonstrate narrative of BLM matter. -School End of Year production	Royal Marine Cadets PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club DofE: orienteering, camp skills, first aid, BSL
National & Regional OAT competitions	-Math Olympics -Stem -Make yourself heard -PE competitions	-Math Olympics -Stem -Make yourself heard -PE competitions	-Math Olympics -Stem -Make yourself heard -PE competitions	-Math Olympics -Stem -Make yourself heard -PE competitions	-Math Olympics -Stem -Make yourself heard -PE competitions	-Math Olympics -Stem -Make yourself heard -PE competitions

(A) = Assembly  
(SB) = Safeguarding Briefing