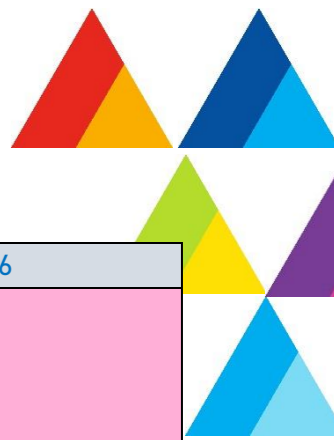




# YEAR 9 PERSONAL DEVELOPMENT MAP



Subject	HT1	HT2	HT3	HT4	HT5	HT6
RSHE	<ul style="list-style-type: none"> <li>Who is Boris and why can he tell me what to do?</li> <li>-Sulp (ARC)</li> <li>-Sleep + washing hygiene</li> <li>-backchaining</li> </ul>	<ul style="list-style-type: none"> <li>Can I be an astronaut?</li> <li>-What is sexuality?</li> <li>-What are the characteristics of a healthy relationship?</li> <li>-Law and sex</li> <li>-Behaviour in the relationship and the law</li> <li>-Sexual pressure</li> <li>-What are my rights in a relationship?</li> <li>(A)Marriage + the law</li> <li>(A)Sexual harassment + sexual violence</li> </ul>	<ul style="list-style-type: none"> <li>How do I keep myself healthy and safe in relationships and sex?</li> <li>(SB) Grooming + Exploitation</li> <li>(SB) Self Care</li> <li>what is sexuality?</li> <li>-what are the characteristics of a healthy intimate relationship?</li> <li>-what are the facts and laws about sex?</li> <li>-What behaviour in a relationship is illegal?</li> <li>-What are STI's?</li> <li>How can I protect myself from STI's?</li> <li>-How can I communicate and recognise consent?</li> <li>-Contraception</li> <li>-Alcohol and relationships</li> <li>-Where to get further advice?</li> </ul>	<ul style="list-style-type: none"> <li>How do I keep myself healthy and safe in relationships and sex?</li> <li>(SB) who is trustworthy?</li> <li>how can I identify + manage sexual pressure?</li> <li>-Why do people choose to get married or have a civil partnership?</li> <li>How can I communicate + recognise consent?</li> <li>-What is STI?</li> <li>-How many contraceptive options do I have?</li> <li>-Abortion</li> </ul>	<ul style="list-style-type: none"> <li>How do I spot signs of a bad relationship, and how do I help?</li> <li>(SB)Respectful relationships – violent behaviour + coercive control</li> <li>-Grooming</li> <li>-Honour based abuse</li> <li>-FGM</li> <li>-Breast ironing</li> <li>-what is a healthy relationship in school and outside of school?</li> <li>-What are signs of unhealthy relationship? (case study)</li> </ul>	<ul style="list-style-type: none"> <li>How can I be more like Martin Luther King?</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> </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>-CANNABIS</li> <li>-what is an influence and how do I manage them?</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> </ul>	<ul style="list-style-type: none"> <li>-What is HBV?</li> <li>-What is FGM?</li> <li>-Where to seek help?</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>-What could happen if I sent an inappropriate pictures to my friend?</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> <li>-E.SAFETY; how do I secure my digital footprint?</li> </ul>	<ul style="list-style-type: none"> <li>-(SB) Sexting</li> <li>-Am I responsible online?</li> <li>-My behaviour online?</li> <li>-Cyberbullying</li> <li>-How my information and data is used?</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>(SB) Weekly reminders of We care boards and sources of support</li> </ul>	<ul style="list-style-type: none"> <li>(SB) Weekly reminders of We care boards and sources of 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 reminders of We care boards and sources of 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 reminders of We care boards and sources of support</li> </ul>	<ul style="list-style-type: none"> <li>(SB) Weekly reminders of We care boards and sources of support</li> </ul>	<ul style="list-style-type: none"> <li>(A) "I am telling my story"</li> <li>(SB) Weekly reminders of We care boards and sources of support</li> </ul>
Citizenship/British Values	<ul style="list-style-type: none"> <li>-Leadership for students, black tie "mini stewards"</li> <li>-What is politics? Roles of citizens and parliament</li> <li>-Voting in the UK</li> <li>-UK's relationship with Europe, commonwealth, UN and wider world</li> <li>-Political parties</li> <li>-Power of the government</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> </ul>	<ul style="list-style-type: none"> <li>-Human rights; What are the human right? The laws around human rights</li> <li>Project around human rights</li> <li>(A)School values</li> <li>(A)The law + FGM</li> <li>(SB)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> <li>-Viewing and sharing of content and the law</li> </ul>	<ul style="list-style-type: none"> <li>-Gangs</li> <li>-knife crime</li> </ul>
Inclusivity (Understanding of protected characteristics + Equality + Diversity)		<ul style="list-style-type: none"> <li>(SB) BV Tolerance and Resect</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> <li>-Role of women</li> </ul>	<ul style="list-style-type: none"> <li>-Show racism the red card</li> <li>-Mutual respect + tolerance of others</li> <li>-Racism + relevant case studies</li> <li>-religious + ethnic identities</li> <li>WOA Pride</li> <li>(A) "I am telling my story": BLM</li> </ul>





**(A) = Assembly**  
**(SB) = Safeguarding Briefing**