



PERSONAL DEVELOPMENT - CURRICULUM MAP

Relationships Education

Sexual Relationship Education

Careers Related Education

YEAR GROUPS	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
KEY STAGE 3 ROUTE A	Safety & British Values Personal safety in and outside school, including first aid as well as British Values	Diversity Diversity, prejudice, and bullying	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
KEY STAGE 3 ROUTE B	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
KEY STAGE 4 ROUTE A	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Work experience Preparation for and evaluation of work experience and readiness for work	Exploring influence The influence and impact of drugs, gangs, role models and the media	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices
KEY STAGE 4 ROUTE B	Peer influence, substance Use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Addressing extremism and radicalisation Communities, belonging and challenging extremism, British Values	Employability skills Employability and online presence
YEAR 11	Next steps	Building for the future	Independence	Families	Next steps	

YEAR GROUPS	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
	Application processes, and skills for further education, employment and career progression	Self-efficacy, stress management, and future opportunities	Responsible health choices, and safety in independent contexts, British Values Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Application processes, and skills for further education, employment and career progression	