



# Thomas Lord Audley School

## Personal Development Department

### Curriculum Overview

	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Autumn 1</b>	<b>Transition</b> Transition to secondary school and getting along with people	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies	<b>Self awareness</b> Self Esteem and Body image. Setting goals Learning strengths	<b>Digital literacy</b> Online safety, digital literacy	<b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse  <b>Building for the future</b> Self-efficacy, stress management, and future opportunities
<b>Autumn 2</b>	<b>RSE</b> Puberty and relationship boundaries, FGM	<b>Healthy Routines</b> <b>Sleep and healthy eating</b>  <b>Community</b>	<b>Respectful relationships</b> Peer on Peer FGM Drugs Substance misuse	<b>Healthy relationships</b> Relationships, domestic abuse and FGM  <b>Financial decision making</b> Saving and Financial management	<b>Independence</b> Responsible health choices, Cancer and organ donations
<b>Spring 1</b>	<b>Building relationships</b> Peer pressure and friendships.	<b>RSE</b> Gender identity, sexual orientation, consent, and an introduction to contraception	<b>Respectful relationships</b> Upskirting Sexual Harassment Drugs Classification and party drugs	<b>Exploring influence</b> The influence and impact of drugs and alcohol  <b>Relationships in the community</b> LGBTQ+ and British Values	<b>Families</b> Fertility, marriage and forced marriage (FGM) Changing relationships
<b>Spring 2</b>	<b>Health</b> Healthy routines, influences on health, Healthy eating	<b>Identity and relationships</b> <b>LGBTQ+</b> Homophobia, and transphobia	<b>Intimate relationships</b> Relationships and sex education including consent  <b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism
<b>Summer 1</b>	<b>Building relationships</b> Staying safe on and off line	<b>County Lines</b> Identify risk factors  <b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use	<b>RSE</b> Contraception, the risks of STIs, and Gender identity	<b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	<b>Developing skills and aspirations</b> Teamwork and enterprise skills, and raising aspirations
<b>Summer 2</b>	<b>Drugs and Alcohol</b> Alcohol, Nicotine, vaping and energy drugs  <b>Discrimination</b> Stereotypes, prejudice and discrimination	<b>Digital literacy</b>  <b>Online safety, digital literacy, media reliability, and gambling hooks</b>	<b>Staying safe</b> STI and HIV First Aid	<b>Developing skills and aspirations</b> Teamwork and enterprise skills, and raising aspirations	