

Year 7 Personal Development Journey

Unit 1: Introduction		Unit 2: Discrimination and Tolerance		Unit 3: Dealing with Changes		Unit 4: Personal Safety		Unit 5: Future Me - Careers		Unit 6: Citizenship	
Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework
Introduction	Democracy	What are Human Rights?	Rights	What happens in puberty? (1 & 2)	Adolescence	Why is vaping harmful?	Consent	What is career education?	Aspirations	What does justice look like for me?	Criminal Sentence
What are British Values?	Rule of Law	Why are human rights important?	Equality	How is the teenage brain different?	Hormone	Why is consent so important to me?	Boundaries	How can being self aware help my job prospects?	Skills	Create Your Own Country - Launch	Young Offender
Is Risk worth it?	Tolerance	How can Diversity and Inclusiveness help us belong?	Society	Why is sleep so important to me?	Menstration	What should friendship look like?	Personal Space	What are my aspirations in life?	Qualities	Create Your Own Country - Part 2	Government
What are the dangers of Sexting?	Respect	What is discrimination?	Diversity	How can I help my self-esteem?	LGBT	How do I stay safe in public spaces?	Respect	Does work earn me money?	Work	Create Your Own Country - Part 3	Territory
How do we prevent bullying?	Individual Liberty	What does discrimination look like?	Inclusion	How can I be positive about myself?	Positive Body Image	How do I manage the risks in water?	Peer Pressure	What careers could I look at?	Career	Create Your Own Country - Presentations	Trade
How can we support stress and anxiety?	Risk	What's the difference between Learning Difficulties and Disabilities?	Discrimination	How can I be at peace with myself?	Negative Body Image		Addiction		Job		Culture
How can we be safer online?	Reward		Protected Characteristics		REM sleep		Nicotine		Salary		Monarchy
	Bullying		Dyslexia		Hygiene		Cold Water Shock		Ambition		Society
	Boundaries		Dyspraxia		Acceptance		Open Water		Qualification		Law
	Wellbeing		Immigration		Self Esteem		Communication		Responsibility		Economy

Feelings List: Words to use when communicating your emotions

Happy		Sad		Confident		Anxious		Angry		Calm	
Amused	Joyful	Ashamed	Lonely	Able	Forceful	Bewildered	Perplexed	Annoyed	Hostile	Attentive	Relaxed
Blissful	Optimistic	Bored	Miserable	Appreciated	Loyal	Confused	Rejected	Bitter	Hurt	Belonging	Restful
Cheerful	Overjoyed	Depressed	Mournful	Controlling	Persuasive	Discouraged	Scared	Cross	Irate	Careful	Safe
Curious	Relaxed	Fragile	Remorseful	Creative	Proud	Ignored	Shaken	Enraged	Irritated	Connected	Secure
Energetic	Satisfied	Grieving	Sorrowful	Dynamic	Respected	Inferior	Threatened	Envious	Jealous	Content	Sensitive
Excited	Thrilled	Guilty	Tired	Empowered	Strong	Inadequate	Troubled	Exasperated	Livid	Nurturing	Thankful
Glad	Upbeat	Indifferent	Vulnerable	Important	Successful	Insecure	Worried	Frustrated	Stressed	Peaceful	Trusting
Hopeful		Isolated		Influential		Panicked		Furious		Quiet	

Year 8 Personal Development Journey

Unit 1: What's bad for me?		Unit 2: Emotional Wellbeing		Unit 3: Future Me - Careers		Unit 4: Citizenship		Unit 5: Staying Safe		Unit 6: First Aid	
Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework
Should there be a smartphone for under 16s?	Addiction Consequence	What is and isn't mental health?	Anxiety Depression	Why should I explore careers?	Job Career	How can citizens improve their society?	Citizen 'Active Citizenship'	Why should consent never be assumed?	Consent Permission	How do I do a primary survey and recovery position?	AED CPR
Why are phones banned in school?	Depressant Lifestyle	Is feeling anxious and depressed ok?	Feeling anxious Wellbeing	What skills make me more employable?	Skillt Stereotype	How can volunteers make an impact on society?	Volunteer Community	Why is Netflix and Hollywood lying about consent?	Personal Boundaries Assumption	How do I use an AED and perform CPR?	Wound Shock
What is the impact of vaping?	Stimulant	What happens if we can't cope?	Dopamine	What are the expectations at work?	Discrimination Labour Market	How should you act in your community?	Democracy Government	How should I manage resolving conflict?	Communicate Misogyny	How do I treat blood and bones?	Bleed Fracture
How do different drugs affect people?	Peer Pressure Habit	How do I look after my wellbeing?	Fight or Flight Dopamine	How can the labour market help me?	Vocational Expectation	Why does politics matter?	Parliament Prime Minister	What is FGM?	Compromise Sexism	How do I help with choking?	Primary Survey Recovery Position
How do I respond to peer pressure?	Dependency	How do I deal with change, loss and grief?	Emotion Support Network	What about my career? (& assessment)	Option Expectation	How do elections work?	Manifesto Member of Parliament	Why is Misogyny dangerous to all students?	De-escalate Escalation		Airway Obstruction Paramedic
What are other risks to my health? (& assessment)	Blood pressure	How can we help ourselves?				How do I win a campaign?		Assessment			
						Who won our election?					

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Happy		Sad		Confident		Anxious		Angry		Calm	
Amused Blissful Cheerful Curious Energetic Excited Glad Hopeful	Joyful Optimistic Overjoyed Relaxed Satisfied Thrilled Upbeat	Ashamed Bored Depressed Fragile Grieving Guilty Indifferent Isolated	Lonely Miserable Mournful Remorseful Sorrowful Tired Vulnerable	Able Appreciated Controlling Creative Dynamic Empowered Important Influentual	Forceful Loyal Persuasive Proud Respected Strong Successful	Bewildered Confused Discouraged Ignored Inferior Inadequate Insecure Panicked	Perplexed Rejected Scared Shaken Threatened Troubled Worried	Annoyed Bitter Cross Enraged Envious Exasperated Frustrated Furious	Hostile Hurt Irate Irritated Jealous Livid Stressed	Attentive Belonging Careful Connected Content Nurturing Peaceful Quiet	Relaxed Restful Safe Secure Sensitive Thankful Trusting

Year 9 Personal Development Journey

Unit 1: Healthy Living		Unit 2: Future Me - Careers		Unit 3: Politics In Action		Unit 4: Peer Influence		Unit 5: Relationships & Sex Education		Unit 6: Financial Literacy	
Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework
Why are some drugs more illegal than others?	Classification	How do I make positive decisions?	Careers	Who should I vote for?	Parliament	Assessment and Healthy Relationships	'Red Flag'	How does consent become more careful?	Consent in a relationship	How does money work?	Budget
	Stimulant		Skills	Politics Lesson - TBC	Government		Coercion		Freedom (linked with consent)	Why is budgeting important?	Debt
What are the laws with alcohol?	Depressant	What are workplace stereotypes?	Qualities	Politics Lesson - TBC	Political Cabinet	What should a healthy relationship look like?	Communication	What are the differences in healthy and unhealthy relationships?	Capacity (linked with consent)	What are some investments and borrowing?	Mortgage
	Nicotine		Aspirations		Houses of Parliament		Crime Syndicate		Exploitation		Investment
Why is gambling such a big deal?	Tobacco	How do I get to where I want to go?	Discrimination	What do the people in politics actually do?	Election	Why is body image vital to be aware of?	Joint Enterprise	Why are shared values important?	Harassment	Future Me	Overdraft
	Addiction	Exploring my journey - where can I go?	Stereotype	Why are their homeless people in North Yorkshire?	First Past The Post	Gangs - why do people join?	County Lines	Stalking and Harassment - what are the laws?	Stalking		Interest
What is an addiction?	Gambling	Research and Expansion	Employability	What is immigration?	Manifesto	Gangs - how does knife crime fit in?	Trafficking	Why is contraception and what does it do?	Contraception		Compound Interest
	Skin betting		Salary	How can immigration impact anyone?	Homeless	Country Lines - how am I at risk?	Relationship Boundaries	What are the risks of unsafe sex?	Miscarriage		Credit Card
Assessment	Loot box		Apprenticeship		Immigrant	How are teenagers at risk online?	Extortion	What are STIs?	'Red Flag' in a relationship		Debit Card
	Support Network		Post-16		Asylum Seeker	Assessment			STI		Savings

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Hopeful		Isolated		Influential		Panicked		Furious		Quiet	

Year 10 Personal Development Journey

Unit 1: Impact and Influences		Unit 2: Physical Health		Unit 3: Relationships		Unit 4: Sexual Health		Unit 5: Mental Health	
Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework	Lessons	Keywords Homework
What do parents do? How can families change over time? What might discrimination look like? Is fake news harmful? Why are identities important? How are people radicalised? What does misogyny sound like? What does misogyny look like? How do we tackle misogyny?	Discrimination Prejudice Protected characteristics Equality Unconscious bias Misinformation Misogyny Incel Influencer British Values	How can we keep ourselves safer from risks? How can we ensure our safety? How do my choices affect my lifestyle? Why do I need to check myself? Why is donation so valuable? What are issues surrounding fertility? Where can I go for help?	Cancer Mastectomy Diagnosis Chemotherapy Self Examination Symptom General Practitioner IVF Surrogacy Artificial Insemination	What should consent look like? How does consent keep us both safe? What should healthy relationships look like? What are the red flags for relationships? Why is it important to protect body image? How can I communicate assertively? What are the risks to using AI? What are the benefits in using AI?	Sexual Consent Freedom Consent Capacity 'Red flag' Coercion Intimacy Gillicks Competence Boundaries Manipulation AI Guardrail	What methods of contraception are there? How should contraception be used most effectively? How do young people access sexual health? What is abortion? What are the laws and views around abortion? Why is pornography dangerous? Assessment	Hormonal method Barrier method Sexual Health Fetus Fertilisation Abortion GUM Clinic Miscarriage Pro-Life/Choice Conception	How do we break mental health stigma? How do I look after my emotional wellbeing? What is and isn't anxiety and depression? How can we deal with change, loss and grief? How can we support those with eating disorders? What is good stress and bad stress? Can we reframe negative thinking?	Stigma Positive Coping Strategies Well Being Five Ways to Wellbeing Bereavement Resilience Grief Catastrophising 3 Cs of reframing Support Network

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