Personal Development Department - Year 10

Shirley High Curriculum Map	*Our curriculum takes a thematic approach, which covers six spiral core themes that progressively run through each year group: Health and Wellbeing, Life Beyond School, Rights, Responsibilities and British Values, Careers Education, Staying Safe Online and Offline, and RSE. The themes are built upon each year and lessons within these themes cover the statutory requirements for RSE and Health and Wellbeing, Citizenship and British Values. Personal Development lessons also meet the requirements of the Gatsby Benchmarks. The Year 10 curriculum prepares students for greater independence and responsibility. It develops knowledge of healthy and respectful relationships, consent, safeguarding, digital literacy, democracy, personal finance, healthcare and the choices that support long-term wellbeing.*					
	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Identity, Relationships and Personal Safety		Citizenship, Consent and Safeguarding		Online Safety, Law and Healthy Living	
Why Now?	As students form more mature relationships and gain independence, they need to build belonging and self-respect, judge trust and risk, recognise coercive control, and make informed relationship and sexual-health choices.		Students are increasingly engaging with AI, personal data, civic life and more complex intimate relationships. This sequence builds critical digital literacy, democratic understanding, consent and safeguarding knowledge.		As students approach adulthood, they need to challenge misinformation and radicalisation, understand online and legal risks, and make informed decisions about healthcare, medicines and long-term wellbeing.	
Fundamental Concepts	Health and Wellbeing	Relationships and Sex Education	Living in the Wider World	Relationships and Sex Education	Online Safety	Health and Wellbeing
Students will…	- Inclusivity and Belonging - Who Should You Trust? - Self-Esteem and Respect - Respecting Difference - Safety Instincts - Managing Emergencies	- The Spectrum of Relationships - Will You Marry Me? - Recognising Signs of Coercive Control - Sexting - The Distorted Reality of Pornography - Self-Examination and Screening	- AI and Society - Keeping Your Online Data Safe - Understanding Democracy - The UK's Relationship with the World - Public Money - Your Pension, Your Future	- Understanding Sexual Consent - Different Kinds of Intimacy - Sexual Orientation - The Psychology of Bullies - Sharing Illegal Images - Female Genital Mutilation	- Unrealistic Online World - Fake News and Misinformation - Online Radicalisation - Online Stalking - The Hidden Scars of Knife Crime - The Rule of Law	- The Healthcare System - Menstrual Health and Conditions - Understanding Vaccination and Immunisation - Drugs - Prescription Medication Misuse - Sleep, Exercise and Diet
Language for Life (Key terms/Vocabulary)	Inclusivity / belonging / trust / self-esteem / respect / difference / instinct / risk assessment / emergency response / relationship spectrum / marriage / civil partnership / coercive control / sexting / pornography / consent / self-examination / screening / safeguarding / help-seeking		Artificial intelligence / algorithm / data privacy / cybersecurity / democracy / Parliament / accountability / international relations / public money / taxation / pension / consent / intimacy / sexual orientation / bullying / illegal images / female genital mutilation / bodily autonomy / reporting / safeguarding		Misinformation / fake news / radicalisation / extremism / online stalking / knife crime / rule of law / healthcare system / menstrual health / endometriosis / PCOS / vaccination / immunisation / substance use / prescription medicine / misuse / sleep hygiene / exercise / nutrition	
Extended writing Opportunities						
Maths Across the Curriculum	Risk assessment and interpreting emergency information	Interpreting health-screening data	Public money, taxation and pension calculations	Interpreting prevalence and safeguarding data	Crime and online-harm statistics	Interpreting health and lifestyle data
Links to careers/ aspirations	Emergency services / safeguarding / equality and diversity	Sexual health / medicine / counselling / law	Public service / law / finance / AI and data protection	Healthcare / safeguarding / law / counselling	Policing / cybersecurity / government / youth work	Healthcare / pharmacy / public health / sports science
Cultural Capital	Inclusive communities, personal risk and emergency response	UK relationship law, sexual-health services and screening	Democratic institutions, public finance, pensions and AI ethics	Consent law, diverse identities, FGM and routes to support	Media literacy, extremism, knife crime and the rule of law	The NHS, public health, menstrual conditions and vaccination
Practical Application of Skills	Assess trust and risk and plan an emergency response	Recognise coercion and identify appropriate support services	Protect personal data and make informed civic and financial choices	Apply consent and reporting guidance to safeguarding scenarios	Fact-check content and report online stalking or radicalisation	Navigate health services and make informed medicine and lifestyle choices