Personal Development Department - Year 9

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 9 curriculum develops students' emotional resilience and decision-making as they gain independence. It strengthens knowledge of sexual and reproductive health, substance-related harm, financial and civic responsibility, online risks, respectful relationships and equality.*					
	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:
	Wellbeing, Relationships and Safety		Health, Risk and Wider Society		Online Safety, Identity and Respect	
Why Now?	As students gain independence and face greater emotional and social pressures, they need practical strategies for wellbeing and clear knowledge to make safe, informed decisions about sexual and reproductive health.		Students are increasingly exposed to choices involving substances, money, exploitation and AI. This sequence develops risk awareness, first-aid skills, civic understanding and informed decision-making.		As students' online lives and relationships become more complex, they need to recognise manipulation, harmful social pressures and discrimination, know how to seek help and act respectfully.	
Fundamental Concepts	Health and Wellbeing	Relationships and Sex Education	Health and Wellbeing	Living in the Wider World	Health and Wellbeing	Relationships and Sex Education
Students will…	- The Happiness Trap - Managing Anxiety - Combatting Negative Self Talk - Expressing Gratitude - Character Strengths in Focus - Positive vs Negative Humour	- Safe and Healthy Sex - Sexually Transmitted Infections - Reproductive Health - Pregnancy Choices - Forced Marriage - Stalking and Unwanted Behaviour	- Substance Addiction - Gambling Addiction - Informed Drug and Alcohol Choices - Drugs and County Lines - Evaluating Eating Habits - Saving Lives with First Aid	- Financial Risk - Exploitation - Volunteering in My Community - How Laws Are Made - The Fundamentals of AI - Deepfakes and AI	- Sextortion - Knife Crime - Instagram vs Reality - Digital Footprint - Understanding Eating Disorders - Organ Donation	- Empowering Positive Masculinity - Relationships and Their Legal Status - Avoiding and Preventing Harassment - Online Grooming - Rising Above Cyberbullying - Respecting Transgender Identities
Language for Life (Key terms/Vocabulary)	Wellbeing / anxiety / negative self-talk / thinking trap / coping strategy / gratitude / character strength / resilience / positive humour / sexual health / contraception / STI / fertility / reproductive health / pregnancy choices / consent / forced marriage / stalking / unwanted behaviour / safeguarding / reporting		Addiction / dependency / tolerance / withdrawal / harm reduction / gambling harm / county lines / exploitation / first aid / CPR / emergency response / financial risk / volunteering / democracy / Parliament / legislation / civic responsibility / artificial intelligence / algorithm / deepfake / misinformation / bias		Sextortion / coercion / blackmail / image-based abuse / knife crime / digital footprint / social comparison / body image / eating disorder / organ donation / masculinity / marriage / civil partnership / harassment / grooming / cyberbullying / gender identity / transgender / allyship / equality / protected characteristic	
Extended Writing Opportunities						
Maths Across the Curriculum	Interpreting wellbeing scales and survey data	Sexual-health risk and prevalence data	Risk, probability and health statistics	Percentages and financial risk	Crime and public-health statistics	Interpreting prevalence data
Links to careers/ aspirations	Counselling / psychology / mental-health services	Sexual health Services / medicine / midwifery / social work	Emergency services / addiction services / public health	Finance / law / public service / AI and cybersecurity	Policing / digital safeguarding / dietetics / transplant medicine	Law / education / social work / equality and diversity
Cultural Capital	Mental-health literacy and constructive communication	Sexual-health services, UK law and routes to support	Public-health guidance, first aid and local support services	Parliamentary processes, civic action and responsible use of AI	Digital citizenship, body-image literacy and organ donation	Equality law, diverse identities and respectful relationships
Practical Application of Skills	Create a coping plan and practise reframing negative self-talk	Apply consent, safety and help-seeking guidance to scenarios	Practise first-aid responses and identify support for addiction	Assess financial risk and fact-check AI-generated content	Protect a digital footprint and report online exploitation	Challenge harassment and cyberbullying and report grooming