



Subject Area: Personal development – KS3

The Careers Education, Information & Guidance Curriculum is a highly bespoke and carefully evaluated programme, which covers all aspects of our student's education, some of which fall outside taught subject areas. Students take part in weekly tutor-based lessons designed to fully meet their personal development needs.

'Students are taught in carefully established tutor groups to nurture positive relationships rooted in mutual respect. Over time, students are given the skills and confidence to actively participate in lessons that explore a wide range of diverse topic areas. Students explore attitudes, values and beliefs in order to become happy, responsible, successful citizens who are fully prepared for the challenges that life, work, relationships and health may present'

Curriculum Overviews	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	All about me Friendships British Values Diversity and Prejudice Careers – an introduction	Keeping myself safe Bullying First Aid and personal safety Study Skills Careers – personal development	Careers Enterprise Career Choices Equal opportunities and stereotypes	Puberty Lifestyle choices Personal hygiene FGM	Healthy relationships Consent Self-worth	Money Matters Summer Safety
Year 8	Issues in society Racism LGBTQ+ Ableism Careers – personal development	Peer Pressure and influences Drugs and alcohol Smoking Risks and consequences Careers – discrimination, work and pay	Healthy Relationships Gender identity Relationships and consent Sexting Contraception	Mental health and emotional wellbeing Digital resilience Coping strategies	Democracy in the UK Employment Progression routes	Online Safety Using social media safely Grooming Summer Safety
Year 9	The Family Parenting Marriage Conflict Loss and bereavement	Justice and Law Careers and pathways	Peer Pressure and influences Relationships Drugs and alcohol Gang and knife culture	Intimate Relationships Consent Contraception STIs and pregnancy Pornography	Me and my body Physical health Work life balance Body Image	Employability skills Summer Safety

Highlighted text indicates lessons which focus on careers-based sessions.

**Useful Websites:**

Relationships & Sex Education including online safety	Mental Health & Wellbeing	Life Skills
https://www.brook.org.uk/ https://mediasmart.uk.com/parents/ https://nationalonlinesafety.com/ www.thinkuknow.co.uk https://www.talktofrank.com/ https://www.childline.org.uk/ https://www.nspcc.org.uk/	https://www.nhs.uk/every-mind-matters/ https://www.youngminds.org.uk/parent/ https://www.childnet.com/parents-and-carers https://www.nspcc.org.uk/ www.mind.org.uk www.mentalhealth.org.uk www.childline.org.uk	https://barclayslifeskills.com/families/ www.moneyhelper.org.uk www.redcross.org.uk www.sja.org.uk