



## Personal Development Programme – Key Stage 3

Term	Year 7	Year 8
<b>1</b>	<p><b>Identity - Being Me in the World</b></p> <ol style="list-style-type: none"> <li>1. What is personal development and who am I as a Maiden Erlegh Student?</li> <li>2. Who am I? Me and my identity.</li> <li>3. Who am I in relation to others? Healthy &amp; unhealthy relationships and peer pressure.</li> <li>4. Who am I online? Online safety.</li> <li>5. Diversity</li> <li>6. Stereotypes</li> <li>7. Standing up for what is right – challenging bullying and discrimination.</li> </ol>	<p><b>Online Safety</b></p> <ol style="list-style-type: none"> <li>1. E-Safety</li> <li>2. Trolling &amp; Cyber Bullying</li> <li>3. Online Grooming</li> <li>4. Social Media &amp; Sharing Images</li> <li>5. ID Theft</li> <li>6. The Dark Web</li> </ol>
<b>2</b>	<p><b>Looking After Me</b></p> <ol style="list-style-type: none"> <li>1. Making healthy choices</li> <li>2. Dreams and Goals</li> <li>3. Mental Health Emotions</li> <li>4. Social Media and Peer Pressure</li> <li>5. Mental Health and Coping Strategies</li> </ol>	<p><b>Managing Pressure &amp; Challenges</b></p> <ol style="list-style-type: none"> <li>1. Teenage pregnancy</li> <li>2. Responsibilities of parents</li> <li>3. Loss, grief and bereavement</li> <li>4. Sexting</li> <li>5. Abusive behaviours 1</li> <li>Abusive behaviours 2</li> </ol>
<b>3</b>	<p><b>MES Community Social Skills, Conflict and Disabilities</b></p> <ol style="list-style-type: none"> <li>1. What does our school community look like</li> <li>2. Hidden Disabilities</li> <li>3. ADHD</li> <li>4. Dyslexia and Dyscalculia</li> <li>5. Self-belief confidence and positive language</li> <li>6. Assertiveness in Relationship</li> </ol>	<p><b>Changes</b></p> <ol style="list-style-type: none"> <li>1. Physical changes in puberty</li> <li>2. Mental changes in puberty</li> <li>3. Gender</li> <li>4. Sexuality</li> <li>5. Marriage &amp; civil partnerships</li> <li>6. Stonewall</li> <li>7. The Future</li> </ol>
<b>4</b>	<p><b>Maintaining &amp; Developing Healthy Relationships</b></p> <ol style="list-style-type: none"> <li>1. Difference between healthy &amp; unhealthy relationships</li> <li>2. Personal Space</li> <li>3. Conflict management &amp; resolution</li> <li>4. Negotiation</li> <li>5. Debating challenge preparation</li> <li>6. Debating challenge</li> </ol>	<p><b>Careers</b></p> <ol style="list-style-type: none"> <li>1. Review of UNIFROG and challenging stereotypes in the workplace</li> <li>2. Workplace skills</li> <li>3. Choosing GCSE Pathways</li> <li>4. Preparing for key stage 4 target setting</li> <li>5. Introduction to apprenticeships</li> <li>6. Looking at Socially just careers</li> <li>7. Developing Enterprise Skills and challenges</li> <li>8. Equality and Diversity in Careers</li> </ol>
<b>5</b>	<p><b>Citizenship</b></p> <ol style="list-style-type: none"> <li>1. Democracy in the UK</li> </ol>	<p><b>Relationships</b></p> <ol style="list-style-type: none"> <li>1. Romantic and intimate relationships</li> </ol>



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	<ol style="list-style-type: none"><li>Liberty &amp; responsibility</li><li>How does parliament work?</li><li>Elections &amp; voting</li><li>When ordinary citizens become extraordinary</li><li>Community project plan</li><li>Community project pitches</li></ol>	<ol style="list-style-type: none"><li>Challenges in relationships</li><li>Relationships &amp; the media</li><li>Consent &amp; communications</li><li>Contraception</li><li>STI's</li></ol>
<b>6</b>	<p><b>Careers – Beginning my Career Journey</b></p> <ol style="list-style-type: none"><li>Set up of Unifrog</li><li>Exploring my future</li><li>Careers Library</li><li>STEAM subjects</li><li>Looking ahead what does my pathway look like</li><li>Who inspires you</li><li>What skills do they have</li></ol>	<p><b>Managing Risk &amp; Social Influences</b></p> <ol style="list-style-type: none"><li>How do I assess risk and gambling</li><li>Online risks</li><li>Gangs</li><li>Weapons</li><li>Alcohol, smoking &amp; vaping</li><li>Drugs</li></ol>