



Personal Development Programme – Key Stage 3

Term	Year 7	Year 8
1	<p style="text-align: center;">Identity - Being Me in the World</p> <ol style="list-style-type: none"> 1. What is personal development and who am I as a Maiden Erlegh Student? 2. Who am I? Me and my identity. 3. Who am I in relation to others? Healthy & unhealthy relationships and peer pressure. 4. Who am I online? Online safety. 5. Diversity 6. Stereotypes 7. Standing up for what is right – challenging bullying and discrimination. 	<p style="text-align: center;">Online Safety</p> <ol style="list-style-type: none"> 1. E-Safety 2. Trolling & Cyber Bullying 3. Online Grooming 4. Social Media & Sharing Images 5. ID Theft 6. The Dark Web 7. The Manosphere
2	<p style="text-align: center;">Looking After Me</p> <ol style="list-style-type: none"> 1. Making healthy choices 2. Dreams and Goals 3. Mental Health Emotions 4. Social Media and Peer Pressure 5. Mental Health and Coping Strategies 6. First Aid 	<p style="text-align: center;">Managing Pressure & Challenges</p> <ol style="list-style-type: none"> 1. Teenage pregnancy 2. Responsibilities of parents 3. Loss, grief and bereavement 4. Sexting 5. Abusive behaviours 1 6. Abusive behaviours 2
3	<p style="text-align: center;">MES Community Social Skills, Conflict and Disabilities</p> <ol style="list-style-type: none"> 1. What does our school community look like 2. Hidden Disabilities 3. ADHD 4. Dyslexia and Dyscalculia 5. Self-belief confidence and positive language 6. Assertiveness in Relationship 	<p style="text-align: center;">Changes</p> <ol style="list-style-type: none"> 1. Physical changes in puberty 2. Mental changes in puberty 3. Gender 4. Sexuality 5. Marriage & civil partnerships 6. Stonewall 7. The Future



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<p>4</p>	<p align="center">Maintaining & Developing Healthy Relationships</p> <ol style="list-style-type: none"> 1. Difference between healthy & unhealthy relationships 2. Personal Space 3. Conflict management & resolution 4. Negotiation 5. Debating challenge preparation 6. Debating challenge 	<p align="center">Careers</p> <ol style="list-style-type: none"> 1. Review of UNIFROG and challenging stereotypes in the workplace 2. Workplace skills 3. Choosing GCSE Pathways 4. Preparing for key stage 4 target setting 5. Introduction to apprenticeships 6. Looking at Socially just careers 7. Developing Enterprise Skills and challenges 8. Equality and Diversity in Careers
<p>5</p>	<p align="center">Citizenship</p> <ol style="list-style-type: none"> 1. Democracy in the UK 2. Liberty & responsibility 3. How does parliament work? 4. Elections & voting 5. When ordinary citizens become extraordinary 6. Community project plan 7. Community project pitches 	<p align="center">Relationships</p> <ol style="list-style-type: none"> 1. Romantic and intimate relationships 2. Challenges in relationships 3. Relationships & the media 4. Consent & communications 5. Contraception 6. STI's
<p>6</p>	<p align="center">Careers – Beginning my Career Journey</p> <ol style="list-style-type: none"> 1. Set up of Unifrog 2. Exploring my future 3. Careers Library 4. STEAM subjects 5. Looking ahead what does my pathway look like 6. Who inspires you 7. What skills do they have 	<p align="center">Managing Risk & Social Influences</p> <ol style="list-style-type: none"> 1. How do I assess risk and gambling 2. Online risks 3. Gangs 4. Weapons 5. Alcohol, smoking & vaping 6. Drugs