

Levenshulme High School – Curriculum Map – Personal Development

		Focus Time Term 1 – Relationships – split across two half-days					Focus Time Term 2 – Self-Care – split across two half-days					Focus Day 3 – Planning For The Future
	Title of Session	Friendship	Different Families	My Changing Body	How Relationships Change Over Time	Radicalisation	Emotional Vocabulary	What Is Mental Health?	Injury Prevention	Personal Hygiene	Worry Box	Managing Money
Year 7	<i>What are we learning in the session?</i>	Where friends can be made in school How to recognise unhealthy habits in friendships How to improve friendships if they become unhealthy	What a family is Different ways families are presented in books and films That all family members should show love and respect to each other	Understand how puberty affects my body Understand how these changes affect you and your health	Recognise that relationships change over time Explain how factors such as death, birth and separation can change relationships	What radicalisation is How to spot signs that some one is being radicalised How to create a sense of belonging	Define emotional health. Develop solutions for communicating to others about emotional health.	Define mental health. Discuss factors that can affect a person's mental health. Identify ways to support own or others mental health.	Recognise that some behaviour can increase the chances of having an accident Recognise how some accidents can be prevented when we manage our behaviour Evaluate how my behaviour can affect others	The benefits of personal hygiene How to maintain personal hygiene How to manage personal hygiene each day How to prevent the spreading of germs	Develop simple tools for recognising worry in ourselves and others How to help you cope with worry Realise that worry is a very natural feeling and can be used for healthy personal development	Identify situations in which forms of saving and borrowing are suitable options Evaluate how planned and unplanned borrowing are different types of debt, can be manageable or unmanageable
	<i>Why are we learning this?</i>	To help you make friends in school To help you keep your friendships friendly and healthy To help you make good decisions in your friendships, including when online	To help you feel a sense of belonging in all aspects of your life To help you recognise that you should be shown love and respect	To help you understand your body as it changes To help you make good decisions about your health and hygiene	To help you understand relationships you have and any developments that may occur To help you make healthy decisions in your relationships	To stay safe in all areas of life To help you recognise worrying developments in your friends To promote a sense of belonging for everyone	To help you recognise the emotions you are feeling To help you describe the emotions you are feeling To help you discuss the emotions you are feeling	To help you recognise, describe and discuss the emotions you are feeling To help you assess when something affects your mental health	To help keep you become more aware of risks in your local area To help you avoid unnecessary injuries or accidents To help you create strategies for avoiding injury	To help you maintain good physical health To help you make good decisions around your lifestyle To help you prevent the spreading of germs	To learn how to be calm when needed, no matter how hard To learn how to be mindful – a healthy habit for our mind	To help you reflect on the value of money, including to different people To help you grasp where you might borrow money from, if you need to, and the terms on which you borrow this money To help you explore how a business is created and run
	<i>Why are we learning this now?</i>	Your social groups start to change at this age, especially as you have started a new school	So you have greater awareness and understanding of yourself and those around you	Your body is at an important stage of its development	As well as changes in your personal life that may occur at any time, you will be making new friendships as you progress through your teenage years	You meet new people in secondary school, which should always be a positive opportunity	The changes in your body and social environment(s) may lead to changes in your feelings and emotions	Your daily routines change when starting secondary school	Your body is at an important stage of its development	With so many new things, secondary school can be overwhelming	As your daily routines change with coming to high school, you may be given more responsibilities that involve money	

Levenshulme High School – Curriculum Map – Personal Development

		Focus Time Term 1 – Relationships – split across two half-days					Focus Time Term 2 – Self-Care – split across two half-days					Focus Day 3 – Planning For The Future		
	Title of Session	Online Bullying	The Internet and Me	Representation	Human Rights	Marriage and Long-Term Commitments	Menstrual Stigma	Dental Health	Healthy Eating	Food Fads	A Weekly Food shop	Critical Consumer	Conscious Consumer	Employment
Year 8	<i>What are we learning in the session?</i>	<p>Discuss what cyberbullying is.</p> <p>Distinguish the different ways that cyberbullying takes places.</p> <p>Identify strategies to manage cyberbullying</p>	<p>Discuss how to prevent technology damaging our social and mental wellbeing</p> <p>Know how to manage your digital footprint</p> <p>Identify the dangers of the internet, including trolls, targeted adverts and data sharing</p> <p>List ways to combat these dangers and stay safe online</p>	<p>Understand that identities are made up of different characteristics.</p> <p>Be aware that our identities have many things in common, but differences too.</p> <p>Be able to describe your own individual identity.</p> <p>Understand our country has a diverse population.</p> <p>Know where our diversity comes from.</p> <p>Appreciate the benefits of diversity and celebrate difference</p>	<p>Recognise the different Human Rights are</p> <p>Explain why we have Human Rights</p> <p>Be aware of how Human Rights protect us all</p>	<p>Recognise that there are different types of long-term commitments</p> <p>Explain what the legal differences are between each option</p>	<p>What stigma means</p> <p>What menstrual stigma is and what it looks like</p> <p>Things we can do to be more period positive</p> <p>Recognise where you can get support from</p>	<p>How to brush, rinse and floss effectively</p> <p>How different foods affect our dental hygiene</p>	<p>How to create a balanced meal</p> <p>How different food groups affect your body</p> <p>How to include different food groups as part of a healthy, balanced diet</p> <p>How to read food labels</p> <p>How to create a balanced meal to a budget</p>	<p>List different ways in which companies and individuals may try to influence my saving and spending</p> <p>Demonstrate ways to resist unwanted pressure to save or spend my money unwisely</p> <p>Explain how being a critical consumer can help me make responsible saving and spending choices</p>	<p>List skills that are useful in the world of work</p> <p>Recognise which skills I already have and which I can work on</p> <p>Identify different jobs that are available and their requirements</p> <p>Reflect on your journey towards employment</p>			
	<i>Why are we learning this?</i>	<p>To help you enjoy being online in a safe way</p> <p>To help you make good decisions in your friendships, including when online</p>	<p>To help you enjoy being online in a safe way</p> <p>To help you act responsibly towards others and yourself online</p> <p>To help you manage the extent to which digital activities impact on your mental well-being</p>	<p>To help you appreciate the value of your own identity</p> <p>To help you appreciate the value of other people and their identity, especially if it is different to ours</p> <p>To help you recognise under-representation</p>	<p>To help you appreciate the value of your identity</p> <p>To help you appreciate the value of other people and their identity, especially if it is different to ours</p>	<p>To help you understand different relationships you may encounter</p> <p>To help you make informed decisions in your future relationships</p>	<p>To help you understand your body</p> <p>To help you feel proud of yourself</p> <p>To help you support yourself and others</p>	<p>To help you maintain good dental hygiene</p> <p>To help you make good decisions around your diet</p>	<p>To help you maintain a healthy diet</p> <p>To help you make good decisions around your diet</p>	<p>To help you reflect on what you need to buy and what you want to buy</p> <p>To help you recognise who influences you and your spending habits</p> <p>To help you resist pressures, wherever they come from</p> <p>To help you shop effectively i.e. to help you consume critically</p>	<p>To help you be proud of skills you have!</p> <p>To help you recognise ways you can keep developing</p> <p>To help consider a wide range or jobs</p>			
	<i>Why are we learning this now?</i>	The minimum age for using many social media platforms is 13. Your learning and social		You and your peers can develop your own identities in a safe and respectful way.		You will meet a range of people in secondary	Your body will be developing at this age and it is important that	You are likely to experience more freedoms and trust at this age so it is important to learn how to stay healthy.	You may be given more financial independence at this age, with your approach to money open	You should be developing as many transferable				

		habits may also include more time online.		school, so this will help you develop empathy	you feel comfortable talking about it so you can get support when needed.		to influence from your developing social circles your experiences in the world	skills as possible at this age to give you as many employment opportunities further down the line
--	--	-------------------------------------------	--	-----------------------------------------------	---------------------------------------------------------------------------	--	--------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------

Levenshulme High School – Curriculum Map – Personal Development

	Focus Time Term 1 – Relationships – split across two half-days					Focus Time Term 2 – Self-Care – split across two half-days				Focus Day 3 – Planning For The Future		
Title of Session	Real Friendships	New Relationships	Conflict Resolution	Mindfulness	Being A Parent	Positive Psychology	Working With Worry	First Aid	The NHS and Me	Financial Risk	Personal Organisation	Types of Employment
<i>What are they learning in the session?</i>	<p>Identify the qualities of healthy and unhealthy friendships</p> <p>Describe strategies for dealing with challenges in friendship</p> <p>Explain how friends can support each other effectively</p>	<p>Identify the qualities of healthy and unhealthy friendships</p> <p>Describe strategies for dealing with challenges in friendship</p> <p>What constitutes harassment and stalking</p> <p>How to exit an unhealthy relationship safely</p>	<p>Define conflict and explore possible causes</p> <p>Describe strategies that can help diffuse conflict</p>	<p>Understand the importance of breath in training your attention</p> <p>Gain an insight into the mind's nature</p>	<p>Understand the legal and non-legal responsibilities of being a parent</p> <p>Understand the impact being a parent can be on your life due to the many responsibilities</p>	<p>Students will be participating in different workshops/sessions that will empower them to make a more effective and planned transition from school to further education, training and employment.</p> <p>Understand the different study pathways available to them after they finish school</p>	<p>Understand stress: where it comes from, why it is necessary, how it works and its harmful effects</p>	<p>Identify what help is needed in emergency situations</p> <p>Assess what first aid a person may need in an emergency situation</p> <p>How to help in emergency situations</p> <p>Learn a range of basic first aid treatments, including CPR</p>	<p>How to navigate their local healthcare system:</p> <p>What a GP is</p> <p>When to use A&E / minor injuries</p> <p>How to access sexual health and family planning clinics</p> <p>Understand the role of local pharmacies.</p>	<p>Identify the different taxes I must pay now and in the future</p> <p>Explain how taxation and public spending affects me and others</p> <p>Take the necessary steps towards protecting my money/identity when undertaking financial transactions</p> <p>Recognise the potential link between qualifications and earnings</p>	<p>Recognise the importance of organisation</p> <p>Explore different ways to be organized</p> <p>Reflect on your own organisation skills</p>	<p>Recognise a range of employment types</p> <p>Understand the differences between types of employment</p> <p>Understand the differing rights for each type of employment</p>
<i>Why are they learning this?</i>	<p>To help you make good decisions in your friendships</p> <p>To help you manage the extent to which friendships impact our mental well-being</p>	<p>To help you make good decisions in your friendships and relationships</p> <p>To help you manage the extent to which relationships impact our mental well-being</p> <p>To help keep you safe</p>	<p>To help you avoid conflict as much as possible</p> <p>To help you manage conflict when it does arise</p>	<p>To develop simple tools for training your own attention</p> <p>To help you understand that we can choose what we do with our attention</p>	<p>To help empathy for the roles of parents and guardians</p> <p>To help you make healthy decisions in their relationships</p>	<p>Through preparation for the day, participation in workshops and other work-related activities, the students will enhance their self confidence, employability skills, ability to make informed decisions, knowledge of post 16 routes, awareness of support available at key stages</p>	<p>To help you recognise where you feel stress in the body</p> <p>To help you work with stress in a healthy way</p>	<p>To help you should you ever need to assist in an emergency</p>	<p>To help you look after yourself and others in a timely and appropriate way</p> <p>To help you access support when needed</p>	<p>To help you make grasp the relative value of money</p> <p>To help you make good decisions around your money</p> <p>To help you reflect on how your life choices affect your money</p> <p>To help you reflect on how your money affects your life choices</p>	<p>To help you manage your well-being</p> <p>To help you develop employability skills</p>	<p>To help you understand types of employment</p> <p>To help you understand employment rights</p> <p>To help consider a wide range or jobs</p>
<i>Why are we learning this now?</i>	<p>Your friendships will continue to develop and there may be challenges to overcome.</p>	<p>Your social interactions may start to include new friendships and new kinds of relationships beyond friendships – it is important that you and your peers are able to develop these in a safe and respectful way</p>	<p>Stress and anxiety are increasingly common amongst this age group.</p>	<p>Stress and anxiety are increasingly common amongst this age group.</p>	<p>To help you understand those around you and in your community more</p>	<p>You are making decisions at your age which may have longer-term impacts in life, such as lifestyle choices and career paths. This session helps you to focus on staying happy and</p>	<p>Stress and anxiety are increasingly common amongst this age group.</p>	<p>So that you are prepared for an emergency – a skill for life</p>	<p>You are more independent at this age and may have more responsibilities and so may need to access support for you</p>	<p>You will begin to make decisions about your future, so it is important to recognise how these impact you financially</p>	<p>Your age may mean more independence and expectation, in school and outside of school</p>	

					fulfilled whilst making these.			or someone you know		
--	--	--	--	--	-----------------------------------	--	--	------------------------	--	--

Levenshulme High School – Curriculum Map – Personal Development

		Focus Time Term 1 – Relationships – split across two half-days					Focus Time Term 2 – Self-Care – split across two half-days					Focus Day 3 – Planning For The Future
Title of Session	Abuse	Respectful Relationships	The Law and me	Body Confidence	Forced/Arranged Marriage	Smoking	Drugs	Alcohol	Sleep	FGM	Stepping Into The Future	
Year 10	<p><i>What are they learning in the session?</i></p> <p>explain what is meant by 'relationship abuse'</p> <p>identify the different types of abuse that can affect all relationships</p> <p>describe ways to get help with relationship abuse</p>	<p>What consent means</p> <p>What consent looks like</p> <p>How to give consent and know when someone is giving consent</p>	<p>The laws that protect us from various kinds of abuse</p> <p>How laws are made and changed</p>	<p>How the media can present false or unrealistic body images and lifestyles</p> <p>How to recognise such presentations</p> <p>How to feel body confident</p>	<p>Recognise the differences between forced and arranged marriages</p> <p>Appreciate your legal protections around forced marriage</p> <p>Acknowledge where support is available</p>	<p>Understand the harm smoking does to your health</p> <p>Know who to ask for advice and where to look for guidance on resisting pressure to smoke</p> <p>Use different strategies to resist pressure to smoke</p>	<p>Understand the harm drug taking has on your physical and mental health</p> <p>Recognise the differences between different drugs and their classifications</p>	<p>Understand the harm drinking alcohol does to your health</p> <p>Know who to ask for advice and where to look for guidance on resisting pressure to smoke</p> <p>Use different strategies to resist pressure to drink alcohol</p>	<p>What the benefits of a good sleep are</p> <p>What can happen if we don't have good sleep</p> <p>What makes healthy sleeping habits</p> <p>How a healthy lifestyle can improve your sleep quality</p>	<p>Understand the physical and emotional damage which can be caused by female genital mutilation (FGM), virginity testing and hymenoplasty</p> <p>Where to find support</p> <p>Understand the law around these areas.</p>	<p>Students will be participating in different workshops/sessions that will empower them to make a more effective and planned transition from school to further education, training and employment.</p> <p>Understand the different study pathways available to them after they finish school</p>	
	<p><i>Why are they learning this?</i></p> <p>To help you make good decisions in your relationships</p> <p>To help you maintain healthy relationships throughout your life</p>	<p>To help you feel safe and comfortable in any kind of relationship</p> <p>To empower you to only give consent to things that you are comfortable with</p>	<p>To help you feel protected and know that you have a legal right to this</p> <p>To help you realise that laws protect you, and that they can be changed to help more people</p>	<p>To help keep you safe whilst interacting with the media and when online</p> <p>To help you make good decisions about your own body and self-image</p> <p>To help you maintain healthy levels of self-esteem and physical health throughout your life</p>	<p>To help you make good decisions in your relationships</p> <p>To help you maintain healthy relationships throughout your life</p>	<p>To help you manage your well-being and peer pressure</p> <p>To help you make good decisions to support a healthy lifestyle</p>	<p>To help you manage your mental and physical health</p> <p>To help you make good decisions to support a healthy lifestyle, including understanding the risks involved with drugs</p>	<p>To help you manage your well-being and peer pressure</p> <p>To help you make good decisions to support a healthy lifestyle</p>	<p>To help you make healthy decisions about your lifestyle</p>	<p>To help you know laws that protect you</p>	<p>Through preparation for the day, participation in workshops and other work-related activities, the students will enhance their self confidence, employability skills, ability to make informed decisions, knowledge of post 16 routes, awareness of support available at key stages</p>	
	<p><i>Why are we learning this now? i.e. how this fits into our 5 year PSHE journey</i></p> <p>Your social interactions may start to include new kinds of relationships beyond friendships – it is important that you and your peers are able to develop these in a safe and respectful way</p>		<p>You will be turning 16 very soon, so it is important to understand the laws that protect you and others in, especially as you are soon to be leaving high school and encountering new people and environments.</p>	<p>Your social circles inside and outside of school may be developing at this age and will develop further as a school leaver. It is important that you maintain good mental and physical health despite any external pressures.</p>	<p>You are close to the age at which it is legal to marry. Should you choose to be married, it should be a decision which you are happy and comfortable with in a relationship in which you are safe.</p>	<p>As your social interactions develop, and as you approach the legal age for some previously prohibited products, you are more likely to encounter people that smoke, drink or possibly take drugs. Therefore, it is important to recognise the risks and responsibility attached to these situations.</p>		<p>As your habits and routines develop, it is important to maintain healthy habits that allow you to flourish at school and in your social life.</p>	<p>It is important you know laws that protect you, with these laws being specific to protecting females.</p>	<p>You are very soon to be applying to colleges and committing to a pathway for life, so it is important that your decisions are as informed as possible.</p>		

Levenshulme High School – Curriculum Map – Personal Development

		Focus Time Term 1 – Relationships – split across two half-days					Focus Time Term 2 – Self-Care – split across two half-days				
	Title of Session	Personal Health	Consent in Relationships	Viewing Harmful Materials	Contraception	Sexually Transmitted Infections	Pregnancy Choices	Pregnancy Health	Budgeting	Interviews	Work/Life Balance
Year 11	<i>What are we learning in the session?</i>	<p>Explain what breast cancer is and give reasons for why it may occur</p> <p>Identify signs and symptoms of breast cancer</p> <p>Explain how healthy choices may lower the risk of getting breast cancer and other cancers</p>	<p>How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.</p> <p>Understand that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.</p> <p>that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.</p> <p>Recognise you have a choice to delay sex or to enjoy intimacy without sex.</p>		<p>Recognise the different purposes for contraception</p> <p>Identify the different types of contraception</p>	<p>Define HIV and AIDS.</p> <p>List the four main fluids that HIV is present in.</p> <p>Sort routes of transmission into two categories.</p> <p>List ways to challenge stigma and discrimination.</p>	<p>Recognise that there are choices in relation to pregnancy.</p> <p>Understand the medical and legal options available</p> <p>Know where to access support</p>	<p>Explain the importance of healthy behaviours before and during pregnancy,</p> <p>Understand miscarriage and pregnancy loss</p> <p>Recognise where to access care and support.</p>	<p>Analyse my attitudes towards spending and saving and recognise how these may influence future habits</p> <p>Explain how to plan and budget for my current and future spending and saving and</p> <p>Demonstrate how to manage a personal budget for when I plan to live independently.</p> <p>Recognise there are different ways to save for the long-term and for my retirement</p>	<p>Recognise the purpose of an interview</p> <p>Explore how to overcome nerves in this situation</p> <p>Explore different ways to prepare for an interview</p>	<p>Explore the difficulty of achieving a good work/life balance</p> <p>Explain the importance of sleep, diet, exercise and socializing to our wellbeing</p> <p>Analyse your own typical week and reflect on how good your work/life balance is</p>
	<i>Why are they learning this?</i>	<p>To help you make decisions around your health</p> <p>To help you identify unhealthy symptoms in yourself and others</p>	<p>To help you make good decisions in your relationships</p> <p>To help you maintain healthy relationships throughout your life</p>		<p>To help you consider the effect of using contraception and not using it</p> <p>To help you make choices around contraception that work for you</p> <p>To help you discuss contraception with sexual partners</p>	<p>To help you consider the effect of using contraception and not using it</p> <p>To help you make good decisions in your relationships</p> <p>To help you recognise where support is available</p>	<p>To help you make healthy choices in your relationships</p> <p>To help you recognise where support is available</p>	<p>To help you make healthy choices in your life</p> <p>To help you recognise where support is available</p>	<p>To help you become more independent</p> <p>To help you understand money and its value</p> <p>To help you avoid financial issues through good planning</p>	<p>To help you manage yourself in a potentially stressful situation</p> <p>To help you feel confident in the future when in an interview</p>	<p>To help you manage your well-being</p>
	<i>Why are we learning this now?</i>	<p>As your body continues to develop, it is important that you take responsibility for looking after it and checking regularly for signs of more serious illnesses</p>	<p>Your social interactions may start to include new kinds of relationships beyond friendships – it is important that you and your peers are able to develop these in a safe and respectful way</p>		<p>Your social interactions may start to include new kinds of relationships beyond friendships – it is important that you and your peers are able to develop these in a safe and respectful way</p>	<p>Your social interactions may start to include new kinds of relationships beyond friendships – it is important that you and your peers are able to develop these in a safe and healthy way</p>	<p>Your social interactions may start to include new kinds of relationships beyond friendships – it is important that you and your peers are able to develop these in a safe and healthy way</p>	<p>As you near the end of your time at high school, it is important that you are able to make informed decisions about your future</p>	<p>You are approaching working age so you need to know what to expect so you can give your best self in an interview</p>	<p>You are now completing your GCSE courses so it is important to maintain studious but also healthy</p>	