

STA-Personal Development overview to include PSHCE/RSHE OVERVIEW 2021/22 V.2 21.09.21 EGA

	Autumn Half-term 1		Autumn Half-term		Spring Half-term 1		Spring Half-term 2		Summer Half-term 1		Summer Half-term 2	
Day	Tuesday Form Time	Friday Form Time	Tuesday Form Time	Friday Form Time	Tuesday Form Time	Friday Form Time	Tuesday Form Time	Friday Form Time	Tuesday Form Time	Friday Form Time	Tuesday Form Time	Friday Form Time
Strand	Relationships & Sex Education		Relationships & Sex Education		Health & wellbeing	Character & Virtue	Living in the wider world	Character & Virtue	Health & wellbeing	Character & Virtue	Living in the wider world	My Character.
Year 7	Transition to secondary school Diversity, prejudice and bullying including cyberbullying Managing on- and off-line friendships		Self-esteem, romance and friendships Exploring family life		Diet, exercise and how to make healthy choices	How to handle our fears, pressures & anxieties. How to cope with adversity. Virtue of Self-Mastery	Enterprise skills and introduction to careers Challenging career stereotypes and raising aspirations	Virtue of Self-Mastery. Caring for the Body. How to practice Stillness. How to stimulate and manage our desire to know	The risks of alcohol, tobacco and other substances Managing puberty and the issues of unwanted contact and FGM	How to handle our emotions How can I refine my perceptions about what's required to live the good life? Virtue of Courage	Making ethical financial decisions Saving, spending and budgeting our money	Having a Dream. Saving for the future.
Year 8	Tackling racism and religious discrimination, promoting human rights Online safety and digital literacy		Introduction to sexuality and consent Introduction to contraception including the condom and the pill How to support and build healthy minds.		First aid and personal safety, focusing on road safety Alcohol and drug misuse and managing peer influence	Caring for the Body. How to practice Stillness. Learning – Curiosity.	Understanding careers and future aspirations Identifying learning strengths and setting goals as part of the GCSE options process	Virtue of Friendliness and Civility. How can I use language and words to build trust, friendship and express kindness? How to build good relations with words	Mental health and emotional wellbeing, including body image Managing change and loss	How to handle our fears, pressures & anxieties. Virtue of Self-Mastery. Virtue of Good Temper.	Evaluating value for money in services Risks and consequences making financial decisions	Having Courage. Being Patient.
Year 9	Managing conflict at home and the dangers of running away from home Tackling homophobia, transphobia and sexism		Relationships and sex education including healthy relationships and consent The risks of STIs, sexting and pornography		Transition to key stage 4 and developing study habits Peer pressure, assertiveness and risk, gang crime Dieting, lifestyle balance and unhealthy coping strategies	Virtue of Friendliness and Civility. Virtue of Good Humour. How to build good relations with words.	Rights and responsibilities in the community Tackling age and disability discrimination	Virtue of Good Temper. Virtue of Truthfulness. Using Technology More Wisely.	Managing peer pressure in relation to illicit substances Assessing the risks of drug and alcohol abuse and addiction	Using Technology More Wisely. How can I help others in need of my help? How to support those in distress; how to be supported when in distress	Planning and carrying out an enterprise project Reflecting on learning skills development in key stage 3	Working in Teams. Helping Others.
Year 10	Tackling relationship myths and expectations Managing romantic relationship challenges including break ups		Understanding different families and learning parenting skills Managing change, grief and bereavement		Mental health and ill health, tackling stigma	Virtue of Good Temper. Virtue of Truthfulness. Using Technology More Wisely.	Understanding the causes and effects of debt Understanding the risks associated with gambling	Building the Virtue of Compassion. How to support those in distress; how to be supported when in distress. How to support and build healthy minds.	Exploring the influence of role models Evaluating the social and emotional risks of drug use	How to support and build healthy minds. Virtue of Generosity. Building the Virtue of Gratitude.	Preparation for work experience Evaluation of work experience and readiness for work	Being Creative. Being Determined.
Year 11	Personal values and assertive communication in relationships Tackling domestic abuse and forced marriage	Intervention	British values, human rights and community cohesion Challenging extremism and radicalisation	Intervention	Promoting self-esteem and coping with stress Learning and revision skills to maximise potential	How to Practice compassion. How to support those in distress; how to be supported when in distress.	Understanding the college application process and plans beyond school Skills for employment and career progression	Virtue of Generosity. Building the Virtue of Gratitude. Virtue of Justice.	Health and safety in independent contexts Taking responsibility for health choices	How to handle our fears, pressures & anxieties. How to cope with adversity. How can I live with greater gentleness?		
Year 12	Relationship values, articulate their relationship values and to apply them in different types of relationships, cognise and challenge prejudice and discrimination, Consent & Sexual Assault	Vespa/ A level Mindset/ Breakfast talks	Forming and maintaining respectful relationships, mature friendships, including making friends in new places, mature friendships, including making friends in new places, manage the ending of relationships safely and respectfully, including online , Free speech vs Hate speech	Vespa/ A level Mindset/ Breakfast talks	Transition to 6th from Promoting self-esteem and coping with stress Learning and revision skills to maximise potential	Vespa/ A level Mindset/ Breakfast talks	Employment rights and responsibilities, Financial choices	Vespa/ A level Mindset/ Breakfast talks	Mental health and emotional wellbeing, recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety	Vespa/ A level Mindset/ Breakfast talks	Media literacy and digital resilience set and maintain clear boundaries around personal privacy and to manage online safety, build and maintain a positive professional online presence	Vespa/ A level Mindset/ Breakfast talks
Year 13	Consent, moral and legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people's right to give, not give, or withdraw their consent (in all contexts, including online), Sex and media,controlling reletionships, Ageism and prejudice.	Current Affairs/ Breakfast Talk	Bullying, abuse and discrimination, to recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online, develop a nuanced understanding of how to select appropriate contraception in different contexts and relationships	Current Affairs/ Breakfast Talk	Healthy eating, Dieting, lifestyle balance and unhealthy coping strategies, Body Image and alteration. How to access health services.	Current Affairs/ Breakfast Talk.	Understanding the UCAS application process and plans beyond school Skills for employment and career progression	Current Affairs/ Breakfast Talk	Managing risk and personal safety, travel safely around the UK and abroad; understand legal rights and responsibilities when travelling abroad, including passport, visa and insurance requirements	Current Affairs/ Breakfast Talk		

Date	Dropdown Day 1 22.10.21	Dropdown Day 2 19.11.21	Dropdown Day 3 11.1.22	Dropdown Day 4 31.03.22	Dropdown Day 5 27.05.22	Dropdown Day 6 10.06.22
Content	Healthy Relationships, Careers: Law, Sports, Racial Equality, Equality.	Sex & Consent, Careers: Creative Media, Sports, Bereavement, Sexual harassment.	Body Image, Careers: Journalism, Sports, Healthy Cooking, Road Safety.Apprenticeships	Managing Money, Careers: Finance, Sports, Creative Arts, Online Safety.	Substance use and abuse, Careers: STEM, Sports, Mental Health, Knives and Gangs.	Managing Stress, Careers: Medicine, Sports, Staying Safe during the Holidays.
External Speakers	Arthur Torington: Windrush Foundation. Catholic Voices: Consent and dignity of the Person Philips Sands- Lawyer Dr Funke Abimbola MBE- Solicitor. Met Police Community school's officer- Consent, sexting, Online images.	David Heyman – Film maker Flipbook Studio Panel. Katie Vanneck-Smith- Publisher Met Police Safeguarding: Sexual Harassment Martin Pedergrast: tackling prejudice, homophobia and transphobia from a Catholic perspective.	Mark Woods- Journalist Dan Snow- Historian and broadcaster. Met Community Police Officer: Substance use and abuse. St Giles Trust: Prevent & Extremism	Met Police Community school's officer--on-line safety. Sarah Breeden- Executive Director Bank of England. Branko Bjelobaba, Finance and Engaging in Democracy. The Money Charity, Financial Education Workshop	Met Police Specialist Firearms Command--knife, gun crime and grooming boys into gangs. Alice Delahunty- President of Electricity Transmission, National Grid. Royal Army Engineer Corps.	Met Police Community school's officer- Staying Safe over the Summer Holidays. Martin Houghton-Brown- CEO St Johns Ambulance. Millie Banerjee CBE- Chair of NHS Blood Transplant.