



The Skipton Academy

Personal Development Time Curriculum Lower School – Year 7 and 8

Year 7	What makes a healthy friendship? <ul style="list-style-type: none">- Importance of friendships- Characteristics of healthy friendships- Bullying and what to do if bullying is happening- Peer pressure and consent	What makes a confident person? <ul style="list-style-type: none">- Confidence and self-esteem- Mental health- Emotional wellbeing	How do we stay safe in and out of school? <ul style="list-style-type: none">- Online safety- Road safety- Stranger danger	What is puberty? <ul style="list-style-type: none">- The changing body during puberty- Menstruation- Managing your changing body	How do we challenge prejudice in society? <ul style="list-style-type: none">- Stereotypes- Discrimination- Equality and diversity- Introduction to the Equality Act	How do people identify with themselves and others? <ul style="list-style-type: none">- Personal identity- Differences in personal circumstances. Including types of families- Introduction to LGBTQ+	Drop down days: <ul style="list-style-type: none">- Law and justice system- Gang crime- Crime and its effects on communities- First aid
	Drop down days: <ul style="list-style-type: none">- Introduction to finance- Budgeting- Credit and debit cards- Avoiding debt- Mental health day (mindfulness, yoga etc.)	What is female genital mutation? <ul style="list-style-type: none">- Women's rights- Cultural awareness- Social pressure- Laws surrounding FGM	Does the internet portray a realistic image of life? <ul style="list-style-type: none">- Pornography- Sexting- Online safety- Media influences on body image and expectations	What is love? <ul style="list-style-type: none">- Different types of friendships/relationships- Laws around consent- Gender identify and sexual orientation- Communicating consent- Dealing with changes in relationships	How do I maintain a healthy lifestyle? <ul style="list-style-type: none">- Mental, physical and emotional health- Self-esteem and body image- Eating disorders and their impact- Toxic gender behaviour	How can we manage different influences in our lives? <ul style="list-style-type: none">- Coercion and consent- Decision making- Peer pressure and external influences	Why are drugs a concern for society? <ul style="list-style-type: none">- The risks of tobacco, alcohol, e-cigarettes- Impact of drugs on individuals and communities- County lines



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Personal Development Time Curriculum
Upper School – Year 9 to 11

Year 9	What risks do young people face in society?	What makes a person 'emotionally' healthy?	How will I know if I am ready for sexual activity?	What is sexual health?	What are my future options in life?	Drop down days:
	<ul style="list-style-type: none"> - Drugs and addiction - Classifying drugs - Laws around supply, possession, trafficking - Knife crime 	<ul style="list-style-type: none"> - What is happiness? - Anger management - Depression and self-harm - Resilience – attitudes to failure - Grief and loss 	<ul style="list-style-type: none"> - Healthy intimate relationships - What are the myths and misconceptions around consent? 	<ul style="list-style-type: none"> - STIs - Contraception - Where to go for specialist support/testing 	<ul style="list-style-type: none"> - Life after secondary school - Future career choices - Apprenticeships 	<ul style="list-style-type: none"> - Options day

What is financial wellbeing?	What does the working world look like?	What to do when a relationship becomes controlling?	What issues still exist in relationships in society?	What should you be aware of when growing up?	How can you manage stress and pressures of school?	Why should you be careful when using our phones?	Year 10
<ul style="list-style-type: none"> - Fraud - Protecting your identity - Savings and loans 	<ul style="list-style-type: none"> - Employment laws - Rights at work - Job application process - Mock interviews 	<ul style="list-style-type: none"> - Stalking - Sexual harassment - Harmful sexual behaviour 	<ul style="list-style-type: none"> - Modern day slavery - Honour based violence - Forced marriage 	<ul style="list-style-type: none"> - Screening for health issues - Screening for types of cancer - Blood, organ and stem cell donation 	<ul style="list-style-type: none"> - Healthy revision - School-life balance - Balancing commitments 	<ul style="list-style-type: none"> - Impacts of screen time - Sexting - Online gambling - Online reputation and footprint 	

Year 11	How to prepare for your final year at secondary school?	What does it mean to be a parent?	How do I know I have healthy relationships?	What does an unhealthy relationship look like?	How do I support myself through the exam period?	Drop down days:
	<ul style="list-style-type: none"> - Healthy revision - Mental wellbeing - Ambition and unrealistic aspirations 	<ul style="list-style-type: none"> - Abortion laws - Alternatives to traditional pregnancies - Miscarriage - Fertility - Parenting styles 	<ul style="list-style-type: none"> - Consent - STIs - Contraception 	<ul style="list-style-type: none"> - Domestic abuse - Revenge porn - Coercive relationships - Rape - Sexual abuse 	<ul style="list-style-type: none"> - Importance of sleep - Revision timetabling - Having a healthy lifestyle 	<ul style="list-style-type: none"> - September transition day - Study skills day