

## 1c. Curriculum Overview: Personal Development



SAINTS PETER AND PAUL  
CATHOLIC HIGH SCHOOL

Year 10 Personal Development			
Refer to	Term 1 – September to December	Term 2 – January to March	Term 3 – April to July
	<p><b>Health and Wellbeing</b> <b>Mental Health</b></p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.</p> <p><b>Living in the Wider World</b> <b>Financial decision making</b></p> <p>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.</p>	<p><b>Relationships</b> <b>Healthy Relationships</b></p> <p>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.</p> <p><b>Health and Wellbeing</b> <b>Exploring influences</b></p> <p>The influence and impact of drugs, gangs, role models and the media.</p>	<p><b>Relationships</b> <b>Addressing extremism and radicalisation</b></p> <p>Communities, belonging and challenging extremism.</p> <p><b>Living in the Wider World</b> <b>Work experience</b></p> <p>Preparation for and evaluation of work experience and readiness for work.</p>

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	<p><b>Health and Wellbeing</b> <b>Building for the future</b></p> <p>Self-efficacy, stress management, and future opportunities.</p> <p><b>Living in he Wider World</b> <b>Next Steps</b></p> <p>Application processes, and skills for further education, employment and career progression.</p>	<p><b>Relationships</b> <b>Communication in relationships</b></p> <p>Personal values, assertive communication, relationship challenges and abuse.</p> <p><b>Health and Wellbeing</b> <b>Independence</b></p> <p>Responsible health choices, and safety in independent contexts.</p>	<p><b>Relationships</b> <b>Families</b></p> <p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.</p>