

Years 7 – 13 Personal Development Provision Maps

Year 7	Term	Session topic	Learning objectives	Statutory outcomes
Year 7	Autumn 1	Developing positive relationships	<ul style="list-style-type: none"> • What makes a positive friendship, • What is means to be a good friend, • Why it is important to have a variety of positive relationships 	Relationships; Mental wellbeing
		Being a citizen of Ravens Wood	<ul style="list-style-type: none"> • What is means to have integrity • How we can act with pride • Behaviours that help our community 	Relationships, Mental wellbeing; Citizenship; Rights and Responsibilities
		Intersectionality and diversity	<ul style="list-style-type: none"> • What we mean by intersectionality • Why some achievements are less visible than others • How we can champion all achievements 	Relationships; Citizenship; Rights and Responsibilities
		The dangers of sexting	<ul style="list-style-type: none"> • What we mean by sexting • The dangers and legal implications of sexting • How we can stay safe online 	Online safety; Relationships; Safeguarding
	Autumn 2	AI and Misinformation	<ul style="list-style-type: none"> • What misinformation means • How misinformation can be dangerous • How we can spot misinformation in the media 	Online Safety; Safeguarding
		What is a career?	<ul style="list-style-type: none"> • What it means to have a career • Different types of career path • The skills required for different jobs 	Careers education
		Emotional wellbeing	<ul style="list-style-type: none"> • What emotional wellbeing is • The factors that impact emotional wellbeing • How to look after emotional wellbeing 	Mental wellbeing; Relationships

		Introduction to the British Values	<ul style="list-style-type: none"> • What the British Values are • Why we have British Values • How the British Values are valuable to us 	Citizenship; Rights and Responsibilities; Relationships
	Spring 1	Stereotyping and discrimination	<ul style="list-style-type: none"> • What is meant by discrimination • What is meant by stereotyping • How can these behaviours be harmful 	Relationships; Citizenship; Rights and Responsibilities
		Understanding LGBTQ+	<ul style="list-style-type: none"> • What LGBTQ+ means • How we might understand LGBTQ better • How we can ensure that we are respectful to all people 	Relationships; Citizenship; Rights and Responsibilities
		Safer Internet Day PSHE	Theme changes depending on year	Online safety
	Spring 2	Body Image	<ul style="list-style-type: none"> • What is meant by body image • The link between poor body image and eating disorders • How we can promote a positive body image 	Health and wellbeing; Safeguarding
		Puberty and the changing adolescent body	<ul style="list-style-type: none"> • What changes occur during puberty • Why and when puberty occurs • How we can look after ourselves during puberty 	Health and wellbeing; Safeguarding
		How careers can help the climate	<ul style="list-style-type: none"> • What it means to have a green career • What it means to have a sustainable career • Why each career type is important for the environment 	Careers education
	Summer 1	Antibullying	<ul style="list-style-type: none"> • What bullying looks like • How bullying is harmful • Ways that we can prevent bullying at school 	Relationships; Health and wellbeing; Safeguarding
		Screen time and sleep hygiene	<ul style="list-style-type: none"> • What sleep hygiene means • How screen time affects sleep • Ways to improve our sleep routines 	Health and wellbeing; digital wellbeing
		Being aware of addiction	<ul style="list-style-type: none"> • What addiction is • Which substances are addictive (nicotine, alcohol, drugs) • How addiction affects our body and mind 	Health and wellbeing; Safeguarding

		Democracy	<ul style="list-style-type: none"> • What democracy is • How democracy works • The benefits of living in a democratic country 	Citizenship; Rights and Responsibilities
	Summer 2	Human Rights	<ul style="list-style-type: none"> • What human rights are • Why human rights are important • What life might be like without human rights 	Citizenship; Rights and Responsibilities; Relationships
		How to be employable	<ul style="list-style-type: none"> • What employability skills are • Why employability skills are important • How you can improve your employability skills 	Careers education
		Values week	Health and body image day	Health and wellbeing; first aid
		Being safe over the summer	<ul style="list-style-type: none"> • Risks to be aware of over the summer • How to safeguard ourselves from these risks • Who can be contacted for support over summer 	Staying safe; Health and wellbeing; Safeguarding

Year 8	Term	Session topic	Learning objectives	Statutory outcomes
Year 8	Autumn 1	Developing and maintaining positive relationships	<ul style="list-style-type: none"> • What makes a positive friendship, • What it means to be a good friend, • How to rebuild old friendships 	Relationships; Mental wellbeing
		Intersectionality and diversity: Mary Seacole	<ul style="list-style-type: none"> • What we mean by intersectionality • Why some achievements are less visible than others • How we can champion all achievements 	Relationships; Citizenship; Rights and Responsibilities
		The dangers of sexting	<ul style="list-style-type: none"> • What we mean by sexting • The dangers and legal implications of sexting • How we can stay safe online 	Online safety; Relationships; Safeguarding
	Autumn 2	The dangers of AI	<ul style="list-style-type: none"> • What AI is • The harm that can be caused by AI misuse • How to protect against AI misuse 	Online safety; Relationships; Safeguarding
		FGM and how to report it	<ul style="list-style-type: none"> • What FGM is • How FGM is harmful • How to report FGM if you suspect it has or will happen 	Relationships; Health and wellbeing; Safeguarding

		Conception and contraception	<ul style="list-style-type: none"> • What conception means • How contraception works • Where to get sexual health advice in the local area 	Relationships and sex education; Health and wellbeing; Safeguarding
Spring 1		County lines	<ul style="list-style-type: none"> • What we mean by county lines • How someone might get involved in county lines • What signs to be aware of and how to get help 	Staying safe; Safeguarding; Mental and physical wellbeing
		Radicalisation	<ul style="list-style-type: none"> • What it means to have radical views • How someone might get radicalised • What signs to be aware of and how to get help 	Relationships; Citizenship; Rights and Responsibilities; Safeguarding
		Safer Internet Day PSHE	Theme changes depending on year	Online safety
		Transphobia and homophobia	<ul style="list-style-type: none"> • What is meant by transphobia and homophobia • Why someone might have these views • How we can all promote a more tolerant and inclusive society 	Relationships; Citizenship; Rights and Responsibilities
Spring 2		Dealing with the pressure of social media	<ul style="list-style-type: none"> • What is meant by social media • Why someone might feel pressured by social media • Dealing with effect media has on mental health and relationships 	Online safety; Relationships; Citizenship; Health and wellbeing
		Creative careers	<ul style="list-style-type: none"> • What are creative careers • What skills do creative careers require • How to pursue a creative career 	Careers education
Summer 1		Antibullying	<ul style="list-style-type: none"> • What bullying looks like • How bullying is harmful • Ways that we can be an upstander when bullying occurs 	Relationships; Health and wellbeing; Safeguarding
		Consequences of drugs	<ul style="list-style-type: none"> • What addiction is • Why young people take drugs • The consequences of drugs on our mind and body • Where to get support if you are worried about addiction 	Health and wellbeing; Safeguarding
		Sexual harassment and consent	<ul style="list-style-type: none"> • What sexual harassment is • How sexual harassment affects people • Ways we can tackle sexual harassment 	Relationships; Citizenship; Rights and Responsibilities; Safeguarding
		Looking after our mental health	<ul style="list-style-type: none"> • What mental health is • How mental health affects people • Ways we can look after our mental health 	Health and wellbeing; Safeguarding

	Summer 2	Democracy	<ul style="list-style-type: none"> • What democracy is • How democracy works • Why democracy is important 	Citizenship; Rights and responsibilities
		Emerging tech careers	<ul style="list-style-type: none"> • What ia tech career is • Which tech jobs are the fastest growing • How to pursue a career in tech 	Careers education
		Values Week		
		What are our rights and responsibilities within the law	<ul style="list-style-type: none"> • What our rights are • What our responsibilities are • How we can enjoy our rights whilst being responsible 	Citizenship; Rights and responsibilities; Relationships

Year 9	Term	Session topic	Learning objectives	Statutory outcomes
Year 9	Autumn 1	Antibullying - how to be an upstander	<ul style="list-style-type: none"> • What bullying looks like • How bullying is harmful • How to be an upstander when bullying occurs 	Relationships; Citizenship; Mental wellbeing
		The Black Power Movement	<ul style="list-style-type: none"> • What the BPM was • Why the BPM was needed • How relevant the BPM is today 	Citizenship; Rights and responsibilities; Relationships
		The pressures and pitfalls of sexting	<ul style="list-style-type: none"> • What sexting is • Why people feel pressured into sexting • How to keep yourself and others safe 	Online safety; Relationships; Safeguarding
	Autumn 2	Understanding sexual consent	<ul style="list-style-type: none"> • What consent is • Why consent is important • How to know whether you have consent 	Relationships; Citizenship; Rights and Responsibilities; Safeguarding
		The GCSE options process	<ul style="list-style-type: none"> • How to identify what your goals are • How to decide what subject choices are best for you • Realistic ways to make a good decision 	Careers education
		Talking about mental health	<ul style="list-style-type: none"> • What we mean by mental health • Why mental health is hard to talk about • How to be more open about mental health issues 	Health and wellbeing; Safeguarding
		The dangers of carrying a knife	<ul style="list-style-type: none"> • What knife crime looks like in the UK • Why young people are carrying knives • The dangers of carrying a knife 	Relationships; Citizenship; Rights and responsibilities; Physical wellbeing and safety; Safeguarding

	Spring 1	Having positive relationships with women	<ul style="list-style-type: none"> • What misogyny is • Why someone might have misogynistic attitudes • What positive relationships with women look like 	Relationships; Citizenship; Rights and Responsibilities; Safeguarding
		How pornography can be damaging	<ul style="list-style-type: none"> • What we mean by pornography • How pornography can be damaging • What realistic attitudes towards sex look like 	Relationships; Sex education; Safeguarding
		Safer Internet Day PSHE	Theme changes depending on year	Online safety
	Spring 2	Managing conflict at home	<ul style="list-style-type: none"> • What conflict is • How we might experience conflict at home • Ways to manage conflict at home 	Relationships; Health and wellbeing
		Developing positive body image	<ul style="list-style-type: none"> • What we mean by body image • How bad body image can lead to eating disorders • How to develop a positive body image 	Health and wellbeing; Safeguarding
		Digital careers	<ul style="list-style-type: none"> • What digital careers are • Why digital careers are so relevant today • How to ensure you have a good digital footprint 	Careers education
	Summer 1	Road safety assembly	External provision	Health and wellbeing; Safeguarding
		Stress and its effect	<ul style="list-style-type: none"> • Why we experience stress • How stress affects the mind and body • Ways that we can manage stress when it occurs 	Health and wellbeing; Safeguarding
		Being aware of microaggressions	<ul style="list-style-type: none"> • What a microaggression is • How microaggressions can be harmful • How we can be aware of microaggressions 	Citizenship; Rights and responsibilities; Relationships
		Elections and voting	<ul style="list-style-type: none"> • What general elections are • How voting works in the UK • Ways that we can improve voter turnout 	Citizenship; Rights and responsibilities
	Summer 2	Careers in marketing	<ul style="list-style-type: none"> • What marketing is • What a marketing career involves • How to pursue a career in marketing 	Careers education
		Being aware of misinformation	<ul style="list-style-type: none"> • What misinformation is • How misinformation can be harmful • How we can develop a positive relationship with social media 	Online safety; Citizenship; Rights and responsibilities

		Values week	<i>RSE external provision - Your Choice Your Voice</i>	Relationships and sex education

Year 10	Term	Session topic	Learning objectives	Statutory outcomes
Year 10	Autumn 1	Wellbeing and social connections	<ul style="list-style-type: none"> • What we mean by wellbeing • How connection improves our wellbeing • How to nurture our social connections 	Health and wellbeing; Relationships
		Being Black and British	<ul style="list-style-type: none"> • What we mean by identity • What it means to have a dual identity • How to recognise Black contributions to British culture 	Citizenship; Rights and responsibilities; Relationships
		Drugs and their effects	<ul style="list-style-type: none"> • What the dangers of drug use are • What the law says about drug use • How we can feel empowered to make positive choices 	Health and wellbeing; Safeguarding
	Autumn 2	AI and conspiracy theories	<ul style="list-style-type: none"> • What AI hallucinations are • How we can be aware of AI misuse • How we can promote digital citizenship 	Online safety; Citizenship; Rights and responsibilities
		Different career types	<ul style="list-style-type: none"> • What a career is • How to decide what your career priorities are • How we can learn more about careers 	Careers education
		Catfishing and sextortion	<ul style="list-style-type: none"> • What catfishing is • How someone might become a victim of sextortion • Ways we can protect ourselves online 	Online safety; Relationships; Health and wellbeing
		Dealing with exam pressure	<ul style="list-style-type: none"> • What workload anxiety is • How to deal with workload anxiety • Ways we can help ourselves when preparing for exams 	Health and wellbeing; Safeguarding
	Spring 1	Sexual harassment and consent	<ul style="list-style-type: none"> • What sexual harassment is • Which actions constitute sexual harassment • How we can ensure we engage with others respectfully 	Relationships; Citizenship; Rights and responsibilities
		Being safe on the streets	<ul style="list-style-type: none"> • What we mean by street safety • The dangers teens typically face in public • How to keep safe whilst out 	Staying safe; Health and wellbeing; Safeguarding
		Safer Internet Day PSHE	Theme changes depending on year	Online safety

	Spring 2	Health and body image	<ul style="list-style-type: none"> • What body image is • How body image can damage our physical and mental health • How to ensure a balanced lifestyle 	Health and wellbeing; Safeguarding
		Contraception and reproductive health	<ul style="list-style-type: none"> • What contraception is • How to have good reproductive health • How to make safe and responsible choices • Where you can get sexual health advice 	Relationships; Sex education; Health and wellbeing
		Is AI a threat to our jobs?	<ul style="list-style-type: none"> • What AI is • How AI is changing our jobs and careers • The skills that make it harder to be replaced by AI 	Careers education
	Summer 1	Self-harm and suicide	<ul style="list-style-type: none"> • What we mean by self-harm and suicide • What is considered self-harm • How to get help for self-harm and suicidal thoughts 	Health and wellbeing; Safeguarding
		Harmful beliefs about gender	<ul style="list-style-type: none"> • What incel culture is • What the manosphere is • What to do if you are concerned about yourself or a friend 	Relationships; Citizenship; Rights and Responsibilities; Safeguarding
		Budgeting money and financial literacy	<ul style="list-style-type: none"> • What budgeting is • How to budget • How to be financially literate 	Economic wellbeing
		Managing difficult emotions	<ul style="list-style-type: none"> • What emotional disorders are • What might trigger negative emotions • How to effectively manage negative emotions 	Health and wellbeing; Relationships
	Summer 2	Vaping and edibles	<ul style="list-style-type: none"> • What the dangers of vaping are • What the dangers of edibles are • How to make positive choices around drugs 	Health and wellbeing; Safeguarding
		Entrepreneurship	<ul style="list-style-type: none"> • What an entrepreneur is • The advantages and disadvantages of entrepreneurship • The enterprise skills needed for entrepreneurship 	Careers education
		Values week	Heart health, CPR, CV skills	Health and wellbeing; first aid ; careers education

	Human rights	<ul style="list-style-type: none"> • What human rights are • Why human rights are important • How our human rights are protected 	Citizenship; Rights and responsibilities
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Year 11	Term	Session topic	Learning objectives	Statutory outcomes
Year 11	Autumn 1	Sexual health	<ul style="list-style-type: none"> • What we mean by sexual health • Why looking after our sexual health is important • How to access local sexual health services 	Relationships; Sex education; Health and wellbeing
		Transatlantic Slave Trade	<ul style="list-style-type: none"> • What the transatlantic slave trade was • How it affected British history • Why it is important for us to acknowledge British history 	Citizenship; Rights and responsibilities; Relationships
		The effect of porn on relationships	<ul style="list-style-type: none"> • What is normal in pornography • How these norms can be damaging for relationships • How to ensure porn use isn't damaging 	Relationships; Sex education; Health and wellbeing
	Autumn 2	Post-16 options	<ul style="list-style-type: none"> • What our post 16 goals are • How to make an informed decision • Having a Plan A and Plan B 	Careers education
		Income and expenditure	<ul style="list-style-type: none"> • What is meant by income • How to manage expenditure • How to become financially literate 	Economic wellbeing
		Debit, credit and loans	<ul style="list-style-type: none"> • The difference between debit and credit cards • How loans work • How to make responsible choices regarding finances 	Economic wellbeing
		Sexual violence	<ul style="list-style-type: none"> • What sexual violence is • Why sexual violence happens • How to set and respect sexual boundaries 	Relationships; Safeguarding; Wellbeing
	Spring 1	Child exploitation	<ul style="list-style-type: none"> • What grooming is • How grooming happens • How to stay safe and get help 	Personal safety; Safeguarding
		Dangers of gambling	<ul style="list-style-type: none"> • What things constitute gambling • What the dangers of gambling are • How to protect against gambling addiction 	Health and wellbeing
		Safer Internet Day PSHE	Theme changes depending on year	Online safety

	Spring 2	College vs apprenticeships	<ul style="list-style-type: none"> • What the benefits of apprenticeships are • What the benefits of college are • How to be sure of the best option for you 	Careers education
		Preparing for future transitions	<ul style="list-style-type: none"> • What transitions are • What makes transitions successful • Strategies that can help us manage transitions 	Mental wellbeing; Safeguarding
		Resilience during exam season	<ul style="list-style-type: none"> • What resilience is • How we can practice resilience • Strategies that can help us remain resilient under pressure 	Mental wellbeing; Safeguarding
	Summer 1	Exam season		

Year 12	Term	Session topic	Learning objectives	Statutory outcomes
Year 12	Autumn 1	Transitioning to Sixth Form	<ul style="list-style-type: none"> • What emotions are expected with change • What challenges transitions bring • How to navigate new transitions 	Mental wellbeing; Relationships
		Building relationships	<ul style="list-style-type: none"> • Different types of relationships • Why relationships are important • How to build positive relationships 	Mental wellbeing; Relationships
		Racism and the criminal justice system	<ul style="list-style-type: none"> • Systemic racism and how it differs from individual racism • Examples of systemic racism within the CJS • The impacts of systemic racism and possible reforms 	Citizenship; Rights and responsibilities; Relationships

		The dangers of vaping	<ul style="list-style-type: none"> • What the dangers of vaping are • How vaping has been damaging • How to give up vaping 	Physical wellbeing; Safeguarding
Autumn 2		AI and deepfakes	<ul style="list-style-type: none"> • What deepfakes are • How deepfakes can be used to cause harm • How to stay safe online 	Online safety; Relationships; Mental wellbeing
		How to use LinkedIn	<ul style="list-style-type: none"> • What LinkedIn is • The benefits of a LinkedIn account • How to set up a LinkedIn account 	Careers education
		Respectful relationships	<ul style="list-style-type: none"> • What respectful relationships are • How boundaries and consent are important • How to cultivate respectful relationships 	Relationships; Health and wellbeing
		Being safe on a night out	<ul style="list-style-type: none"> • What risks there are on a night out • How to be aware of these risks • How to keep safe 	Physical wellbeing; Safeguarding
		Catfishing	<ul style="list-style-type: none"> • What catfishing is • The ethical and legal consequences of catfishing • How to practice digital responsibility 	Online safety; Relationships; Mental wellbeing
Spring 1		Sexual Health	King's College Sexual Health Outreach	Relationships; Sex education; Health and wellbeing
		Safer Internet Day PSHE	Theme changes depending on year	Online safety
		Financial literacy	<ul style="list-style-type: none"> • What it means to be financially literate • How to make smart money choices • How to budget and organise finances effectively 	Economic wellbeing; Living in the wider world
Spring 2		Marital rights	<ul style="list-style-type: none"> • What marital rights are • How someone might be forced into marriage • How to get help with concerns around forced marriage 	Relationships; Safeguarding
		Careers	Internal speaker: LinkedIn and CVs	Careers education
		Screen time and sleep hygiene	<ul style="list-style-type: none"> • What we mean by sleep hygiene • How screen time affects sleep • How to have healthy routines 	Health and wellbeing
Summer 1		Resilience during exam season	<ul style="list-style-type: none"> • What is meant by resilience • How you can practice resilience • Strategies to help develop resilience 	Mental wellbeing; Safeguarding

		Preparing for work experience	<ul style="list-style-type: none"> • What is expected during work experience • How to prepare for work experience • Support and guidance on a successful work experience 	Careers education; living in the wider world
		Transitioning to Year 13	<ul style="list-style-type: none"> • Celebrating this years achievements • Identifying this years challenges • Setting targets for the year ahead 	Mental wellbeing
	Summer 2	Elections and voting	<ul style="list-style-type: none"> • What general elections are • How voting works • The importance of engaging with politics 	Citizenship; Rights and responsibilities; Living in the wider world
		Road safety assembly	External provision	Safeguarding
		Values week	Work experience	Careers education; living in the wider world
		Being safe over summer	<ul style="list-style-type: none"> • The risks of drug and alcohol use • The effect of drugs and alcohol on the body and mind • How to stay safe during summer events 	Physical wellbeing; Safeguarding

Year 13	Term	Session topic	Learning objectives	Statutory outcomes
Year 13	Autumn 1	Healthy relationships	<ul style="list-style-type: none"> • What attachment styles are • How attachment styles impact our relationships • How to spot an unhealthy relationship 	Relationships; Mental wellbeing
		Resilience during exam season	<ul style="list-style-type: none"> • What resilience is • How to practice resilience • Strategies that help us to remain resilient 	Mental wellbeing; Safeguarding
	Autumn 2	AI and parasocial relationships	<ul style="list-style-type: none"> • What AI is • How people can become over reliant on AI • How to avoid over reliance on AI 	Online safety; Relationships
		Preparing for future transitions	<ul style="list-style-type: none"> • What transitions are • What options are available after Sixth Form • How to make the best choice for ourselves 	Careers education
		Dangers of drug use	<ul style="list-style-type: none"> • What the effect and risks of drugs are • How these can be shown through case studies • How to make positive choices around drugs 	Physical wellbeing; Safeguarding

		Sexual violence	<ul style="list-style-type: none"> • What sexual violence is • Why sexual violence happens • How to set and respect sexual boundaries 	Relationships; Safeguarding; Wellbeing	
	Spring 1	Social media and dangerous content	<ul style="list-style-type: none"> • What online content is dangerous • How to avoid dangerous online content • The risk of engaging with dangerous online content 	Online safety; Relationships; Wellbeing	
		Ultra-processed diets	<ul style="list-style-type: none"> • Which foods are considered ultra-processed • The risks associated with ultra-processed foods • How to limit ultra-processed food consumption 	Health and wellbeing	
		Safer Internet Day PSHE	Theme changes depending on year	Online safety	
	Spring 2	CVs, interviews and employability	<ul style="list-style-type: none"> • What we mean by CVs and interviews • How CVs and interviews affect employability • How to make yourself more employable 	Careers education	
		Mortgages and loans	<ul style="list-style-type: none"> • What a mortgage is • How loans work • How to be financially literate 	Living in the wider world; Financial education	
		Preparing to leave school	<ul style="list-style-type: none"> • How to prepare for leaving school • How to make this transition easier now • How to improve self-management and professionalism 	Mental wellbeing; Safeguarding; Living in the wider world	
	Summer 1	Exam season			