

Ashby School Personal Development

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
8 – PSD	Health 1. Alcohol 2. Drugs 3. Vaping 4. Peer Pressure	Being Safe 1. Grooming & Exploitation 2. FGM/Strangulation 3. Managing Risk: Looking After Your Personal Safety	Respectful Relationships 1. Recognising and Preventing Discrimination 2. Diversity 3. Gender Identity and Sexuality	Health 1. Mental Health 2. Self-Esteem and Confidence 3. Healthy Lifestyles	Families 1. Spotting Unhealthy Relationships 2. Understanding Marriage 3. Overcoming Conflict	Being Safe 1. Developing Bodies 2. Personal Safety 3. Emergency First Aid 4. Developing Your Leadership Skills
	Citizenship 1. What Does It Mean to Be an Active Citizen? 2. Laws, Rights, and Responsibilities in the UK 3. Democracy, Fairness, and Making a Difference	Families 1. Different Family Structures and Roles 2. Communication, Support, and Respect in Families 3. Managing Change: Conflict, Separation, and Loss	Finance 1. Understanding Money: Income, Wants, and Needs 2. Budgeting Basics and Managing Personal Spending 3. Value for Money, Saving, and Avoiding Debt	Online Safety & Awareness 1. Staying Safe Online: Privacy, Passwords, and Personal Data 2. Responsible Online Behaviour and Digital Footprints 3. Cyberbullying, Reporting Concerns, and Online Support	Respectful Relationships 1. What Makes a Healthy and Respectful Relationship? 2. Boundaries, Consent, and Personal Space 3. Dealing with Friendship Issues and Peer Pressure	
9 – PSD	Being Safe 1. Peer Pressure 2. Managing Risk 3. Gangs and Knife Culture 4. Social influences: Young People and Gangs	Health 1. Addictive Substances: Legal and Illegal Drugs 2. Healthy Lifestyles: Health Services, Self-Examination, and Vaccination 3. Health Related Choices: Blood, Organ, and Stem Cell Donation 4. Health-Related Choices: Aesthetic Procedures	Online Safety & Awareness 1. Online Identity, Reputation, and Digital Footprints 2. Online Relationships and Grooming Awareness 3. Misinformation, Influence, and Online Manipulation 4. Managing Screen Time and Digital Wellbeing	Finance 1. Financial Choices: Budgeting, Saving, Debt 2. Financial Choices – Managing Finances in the World of Work 3. Know Your Rights – Equality Act 2010 4. Introduction to Gambling	Respectful Relationships 1. Consent 2. Practicing Safe Sex 3. Overcoming Conflict and Finding Forgiveness 4. Changing Relationships: Managing Your Feelings	Being Safe 1. Personal Safety in Public and Social Situations 2. Risky Behaviours and Managing Pressure 3. Emergency Situations and Getting Help 4. Emergency First Aid
	Respectful Relationships 1. Sex, Relationships, and the Media 2. Understanding Pornography 3. Family Life, Parenthood and Caring 4. Relationships and Conflict Communication	Families 1. Changing Relationships Within Families 2. Balancing Independence and Responsibility 3. Where to Get Support for Family Challenges	Citizenship 1. The Justice System and Consequences of Crime 2. Equality, Diversity, and British Values 3. How Young People Can Influence Society	Online Safety & Awareness 1. Managing Your Online Presence and Personal Information 2. Online Harm: Scams, Coercion, and Unsafe Requests 3. Making Safe Choices in Digital Spaces	Health 1. Healthy lifestyles: Achieving Balance 2. Developing Bodies 3. Self-Checking	
10 – PSD	Health 1. Mental Health and Wellbeing 2. Physical Health and Wellbeing 3. Sexual Health 4. Sexual Health	Citizenship 1. The Fundamental British Values 2. What Makes a Good Citizen 3. Active Citizenship 4. Government and Forms of Government	Respectful Relationships 1. The Impact of Relationships 2. Understanding Consent and Intimacy 3. Sexual Harassment/ Violence 4. FGM/Being Safe	Health 1. Alcohol 2. Drugs 3. Spiking	Online Safety & Awareness 1. AI 2. E-Safety 3. Scams/Fraud 4. Harmful Online Cultures	Being Safe 1. Emergency First Aid 2. Substance Use, Physical Safety, and the Law 3. Peer Influence, Exploitation, and Protective Behaviours 4. Where and How to Access Support and Emergency Services
11 – PSD	Citizenship 1. Immigration 2. History of Immigration 3. Immigration Case Study 4. Extremism	Health 1. Developing Bodies 2. Medical Choices 3. General Safety including Water, Fire and Trains	Respectful Relationships 1. Commitment and Communication in Relationships 2. Gender Identity and Sexual Orientation 3. Unhealthy Relationships	Finance 1. Mortgages 2. Budgeting 3. Rights	Being Safe 1. Self-Examination and Screening 2. Emergency First Aid 3. Knife Crime	Study Leave