

The Garibaldi School – Composite Overview

Subject: Personal Development Date of Review 2022-2023

		Autumn Term 1 (x7 weeks, 5 th Sept-17 th Sept)		Autumn Term 2 (x7 weeks, 31 st Oct-12 th Dec)		Spring Term 1 (x5 weeks, 9 th Jan-6 th Feb)		Spring Term 2 (x6 weeks, 20 th Feb-27 th Mar)		Summer Term 1 (x6 weeks, 17 th Apr-22 nd May)		Summer Term 2 (x7 weeks, 5 th June-17 th July)
Y7	R38, R42, R13, R19, R14, R37, R43, R44, R1, R2, R46, R47, R13, R10, H30, R2, R21, H31, R9,	Relationships 1. Making Friends & reconciliation 2. Bullying, Impact, Support 3. Child-on-child abuse & online (where to go) 4. Cyber-bullying, Staying safe online, Media Influences 5. Gangs & weapons, pressures, exit strategies 6. How to stand up for yourself inc. relationship breakdown 7. Mental Health & managing strong feelings		Fundamental British Values 1. What are the British Values? 2. Individual Liberty: Opinions & Your Say 3. Rule of Law: Lying, Cheating, Stealing 4. Mutual Respect & Tolerance: Society & Local Community 5. Voluntary Groups 6. Importance of looking after our environment 7. Democracy: Global Environmental Issues- how can we resolve them? (Student Voice Project, inc. democratic voting)	R1, R35, R18, R19, H2, R21, R22, R23, H22	Family Dynamics 1. The concept of Family, roles & responsibilities of family members 2. Family Pressures & Family Conflict 3. Loss in the Family 4. Changing Lives, inc. parental divorce (where to go) 5. Private Body Parts	R24, R11, L10, H12	Diversity 1. Respecting Others & Consent 2. Disability Awareness 3. Different Lifestyles, inc. LGBTQ+ 4. Multicultural UK & employment stereotypes 5. Unifrog: Disabilities 6. Helping others: How to cope in an Emergency	H19, H15, H19, H23, H24, H26, H34, H33	Health and Hygiene 1. Keeping Healthy (sun-care & vaccines) & Happy 2. Sleep & good routine 3. Dental Hygiene, prevent infection 4. Personal Hygiene 5. Understanding the effects of Drugs, Alcohol, Smoking, Vaping 6. Menstruation and Puberty (in-school period support) DROP-DOWN Day Safety (road, first aid, water, fire, internet)	L4, L2, L7, L8, L1, L19, L27, L17, L18,	Career Development 1. CVs and employment Skills 2. Intro to Unifrog Courses & Careers 3. Unifrog Career Exploration + course 4. Unifrog Course Exploration 5. Presentation of Findings 6. Professional Presentation online 7. Cyber-crime, Online Scam, where to report, & emotions around money
Y8	L3, L6, L12, L9, L11, H9, H13, L14, H6	Future Goals 1. New School Year Targets with Action Plan 2. Hopes for the Future & life-long learning 3. Part-time Jobs, volunteering, self-employment 4. Writing a C.V. 5. Work/Life Balance 6. Concentration Strategies & online activity 7. Responding to set-backs and disappointment	H33, H23, H28, H24, H26, H10, H13, R18, H14, H4, H17, R13, R14, H11	Health & Wellbeing 1. First Aid & Helping Others 2. Drugs, the Law & safe use of prescribed drugs 3. The Effect of Drugs 4. The Impact of Smoking, Vaping 5. Physical Activity, Mindfulness, Mental Health & Managing strong sexual feelings 6. Healthy Eating, Disorders, Impact of unhealthy eating	R22, R1, R2, R3, R5, R11, R39, R7, R37, R10, R11, R6, R36,	Relationships 1. Teenage Family Life 2. Dealing with Death 3. Romantic Relationships, Sexuality & diverse relationships, inc. online 4. Child-on-child abuse Keeping Safe, what good friends should do 5. Marriage & Law, Civil Partnerships, Inc. children	H36, R24, R27, R33, H22, R31, R12, R32, H35, H2, H34	Sexual Health & Wellbeing 1. Consent, STIs 2. HIV and AIDS: Implications & stigmas 3. Male Circumcision 4. High Risk Behaviours & Intimacy without Sex, Pleasure 5. Contraception, where to go for advice 6. Body Changes and emotional changes	L24, H3, H12, H5, R7, H1, H18, H11, H8, L27	Body Image 1. Appearance Ideals & Banish Body Talk 2. Appearance & the Media 3. Confront Body Shaming & Influences on Eating 4. Change Appearance Attitudes 5. Safeguarding, inc. Self-Harming 6. When things go wrong online (where to go)	L13, R44, R45, R40, R41, R39	Fundamental British Values 1. Individual Liberty: Human Rights, inc. in employment 2. Law: Anti-Social Behaviour, In.c gang crime 3. Mutual Respect & Tolerance of all: Discrimination, Racism & its Impact 4. Rule of Law: Sexism, Homophobia, Biphobia, Transphobia, Inclusion 5. Challenging Prejudice & discrimination, inc. online 6. Democracy in Society 7. Morals: Positive & Negatives of online presentation (are people really who they say they are?) Dropdown Day
Y9	L3, L7, L14, L5, L9, L10, 25, R26, R27, R8, R28, R29, R30, R31, R32, R33, H35	Employment & the Workplace 1. Moving Forward & Target Setting, Which Job? 2. Enterprise 3. Career Planning & Managing Emotions in full-time employment 4. Technology in the Workplace 5. Unemployment & IMPACT Sex and Relationships 6: Sex in the Media, Porn & real-life expectations 7. Sex: Risks, contraception (inc. emergency contraception) Sexions Visit	R33, R34, H36, R5, R3, R11, R19, R24, R28, R26, R42, R43, R44, R27, R25, R37, H21, H22, R9,	Sexual Relationships 1. Consequences of Unintended Pregnancy & where to go for help 2. HIV-AIDS 3. Sexuality: LGBT & the Law 4. Marriage Breakdown 5. Domestic Abuse & Law 6. Child-on-child abuse & Consent, inc. Laws , online, no pressure & support 7. Female Genital Mutilation, Consent	R10, R29, R30, L25, L26	Fundamental British Values 1. Morals and moral compass, Trust 2. Right vs. wrong (sharing sexual images without consent, managing pressure, & law) 3. Values and commitments 4. Democracy 5. Extremist Views & Radicalisation	H7, H19, H26, R20, H25, H7, H8	Health & Wellbeing 1. Mental Health & Dealing with Depression 2. Homelessness & Mental Health 3. Self-examination (testicular cancer, breast cancer) 4. The Effects of Alcohol (Body & emotional, peer-pressure) 5. Alcohol: Knowing your Limits, Health: Importance of Vaccines 6. LGBT & Mental Health & Online mental health	L8, L9, L14, L21, L12, 22, 23, R45, R46, R47	Work Skills & Finance 1. Problem Solving Skills 2. Routes into Work 3. S&T's for the Workplace 4. Personal skills 5. Personal branding 6. Media Reputation Dropdown Day (Police visit on gangs/ knife crime? Local crime?)	L19, L24, L17, L16, L18, H32, L15,	Personal Finance 1. Mortgages and Rent 2. University, loans and Apprenticeships 3. Effective Budgeting 4. Payday Loans, Loan Sharks & recognising financial exploitation 5. Savings, Opportunities & Emotions 6. Luxuries vs. Essentials, Influences of Financial Decisions 7. Gambling: risks & addiction
Y10	L27, H1	Preparation for WEX 1. Workplace Experiences & reliable digital content	R28, R22	Sexual Relationships & the Risks Cont. 1. Child Sexual Exploitation & coercion	H26	Sexual Relationships Cont. 6: Different Types of Intimacy (inc. online) Fundamental British Values		First Aid 1. Sprains, Asthma & Allergies 2. Causes & Treatments of Shock 3. Treating Cuts & Bleeds	H3	Healthy Living 1. Healthy Eating, Extremes & Artificial Body Shapes in Media	L18, L17	Financial Capability 1. Enterprise 2. Managing Money Effectively & Influences

	R5, L22, L5, L1 L9 L10 R8 H28	2.Workplace: Behaviour, online opportunities, stereotypes, Equality Act 3.Safety Measures & Choosing a Placement 4. Writing a Formal WEX Letter 5.Writing a Formal WEX Letter 6. Phone Calls to Employers Sexual Relationships & Risks 7. Porn in the Media Sexions Visit (Accessing sexual health services)	R7, R31 R18, R35, R36, R27, R23 R21 H26, H27, H28, H29 H30 R24, R25, R5 R30	2.Sexting & images, the Law and the Media 3.Consent (& readiness for sex) & the Law & Child-on-child abuse (up-skirting) 4.Different Types of Contraception (inc. emergency contraception, abortion, where to go for help) 5.Different STI's & Effects (where to go) & Sexual Health Services 6.Teen Pregnancy (where to go & Equality Act) inc. healthy pregnancy & support for young parenthood 7.FGM (where to report to) & Abusive Relationships & Law DROP-DOWN Day	R5 L15 R6, R10, R9, R33	1. Democracy & Democratic Britain (S&Ts) & Democracy compared to other forms of govt. globally 2. Individual Liberty & Freedom: multi-cultural & multi-faith Britain & Law 3. Mutual Respect & Tolerance : What is Discrimination? Identifying, reporting discrimination & its illegality in workplace 4. Diverse Sexuality, Cultures & Beliefs, own values, decisions, Forced marriage & honour-based violence & Law	4.Recovery Position (practical) 5.Choking (practical) 6.CPR (practical)	H14, H19, H20 L19 H23 H21 L28, L29, L26, L24 L9, L10	2.Effects of Alcohol & Drugs (inc. on career), Law & NHS 3.Gambler's Fallacy & Risky Situations, (inc. Gangs) 4.Smoking & Vaping Implications & Addiction (where to go) & Dental hygiene 5. Extremism, Hate, Online Targeted Personalisation 6.Students out on WEX WEX Week!	L20 L16 L7, L8 L20, L19, L13, L14 H5 H8 H12	3.Financial Risk, Reward & Exploitation (& where to go) 4.Saving & Borrowing 5. Types of Employment & Labour Market info 6. Workplace: Health & Safety, Confidentiality, Exploitation & Money Concerns (where to go) 7. Benefits of Physical Activity & work-life Balance, inc mental health & Online Balance	
Y11	L25, L10 L2, L3, L4, L6 L11, L12 H5, H6, H4, H7 L1, L23, L2, L22 L4, L6 H28	Careers 1. Personal Data in workplace & Taking opportunities for education/work 2. WEX Reflection & What Do I Want to Do? 3. Intro to Unifrog 4.Mocks & Mental Health (managing mental health) 5.Revision Strategies & Resilience 6.The Ideal Candidate & Enhancing Online Reputation 7.CV Writing & Online Content Opportunities (vlogging, blogging, trip advisor) 1:1 Ideas 4 Careers Begins DROP-DOWN Day Sexions Visit	R1, R3, R16, R11, R17, R28, R29, R31 H9, H10, R13 R23, H33 H31 R18 R12 R4, R19	Relationships & Mental Health 1.Healthy & unhealthy Relationships (where to go & managing strong emotions), Stalking & Harassment & Law , inc Coercion, bullying, exploitation (where to go) 2.Mental Health, Self-Harming & Helping Peers 3.Dealing with Anger & Bereavement (where to go) 4.Sexual Health (recap of STIs, contraception, inc. emergency contraception, abortion, where to go for help) 5. FGM, inc breast ironing & Fertility, inc impact of STIs 6.Child-on-child abuse & Managing Relationships (inc break-ups) 7.Consent & Law , Legally Recognised Marriages & Sexual Assault (inc online)	R20 H16 R24, R25, R26, R27, R32 R14, R15	Healthy Lifestyles 1.Legal Highs (where to go) 2.Drugs, the Law, Drug-Taking (where to go) & impact on sexual choices 3.Dealing with Alcohol (where to go), Smoking & Cancer Awareness & Prevention, inc screening & self-examination (where to go) 4. Teen Pregnancy (where to go) 5. Domestic Abuse (where to go) & Online Relationships	R35, R36, R37, R38 H15	6: Gangs, inc. risks, organised crime (inc online) & supporting younger peers First Aid 1.First Aid as FBV: Helping Others/ Responsibility to protect life 2. Treating Shock & Bleeding 3.The Recovery Position 4.Choking 5.CPR & Blood, Organ & Stem-cell donation	H3, H11 L4	Fundamental British Values 1. Individual Liberty & Democracy 2. Rule of Law & Respect & Tolerance 3. Democratic Britain (S&Ts) & Democracy compared to other forms of govt. globally 4. Freedom : multi-cultural & multi-faith Britain & Law 5. What is Discrimination? Identifying, reporting discrimination & its illegality in workplace 6. Diverse Sexuality, Cultures & Beliefs, own values, decisions, Forced marriage & honour-based violence & Law	Broken up into 1 per half-term during year 11 mentor time Coping with Exam Stress 1. Taking Timeout: little and often 2.Priorities 3.Healthy Diet & Artificial Body Shapes 4. Chunking 5. Revision TT & Revision Strategies 6. Career progression, inc training, education & employment	
Y12	H6 H11 H12 H14	Core Theme: Health & Wellbeing Health and Wellbeing <ul style="list-style-type: none"> Immunization and Vaccination Tooth Decay and Dental Health Eating Habits Eating Disorders Stress - how to manage it Healthy Eating and cholesterol 	H14 H16 H18 H19 H20 R1 R4 R7 R11 R12 R13 R16 R17 R18	Core Theme: Health & Wellbeing Core Theme: Relationships Drugs and Risk Education <ul style="list-style-type: none"> Drugs and their Classifications Drugs and Their Effects Drugs Through Videos LSD Drugs Education MDMA Ecstasy - Drugs Ed SPICE - Synthetic Cannabinoids Drugs - Alcohol and Society Substance Misuse Sexions Visit (Year 12 & 13) <ul style="list-style-type: none"> STIs/STDs Accessing sexual health testing services C-Card provision Risk prevention 	L1 L2 L3 L5 L6 L9 L11 L25 L1 L3	Core Theme: Living in the Wider World Sixth Form Careers <ul style="list-style-type: none"> Writing a Personal Statement CV Writing Post 16 Options Planning For the future Personal Branding Making Applications Interview Preparation NTU 1: What can University do for you?	R2 R3 R6 R23 R20 R24 H15 H24 L1 L3 R16 R17 R18 H17	Core Theme: Health & Wellbeing Core Theme: Relationships Health, Safety and Diversity <ul style="list-style-type: none"> LGBT (Equality in the UK) Toxic Masculinity (Peer Pressure + Influence Instead) Dealing with my anger What is Cancer Stem Cell Research + Medical Ethics Why not to carry a knife Road Safety Awareness Visit (Year 12 & Year 13) NTU 2: Researching Your Options Sexions Visit (Year 12 & 13) Drop-in	H1 H4 H5 H6 H7 H8 H13 H14 L1 L3 L1 L2 L3 L4 L5 L6	Core Theme: Health & Wellbeing Positive Wellbeing <ul style="list-style-type: none"> Dealing with Depression Stress, Athletes and Performance Dealing with anxiety Paranoia, Fear and Anxiety Sleep, Hygiene + Mental Health Promoting Emotional Wellbeing Resilience and Growing Up NTU 3: The UCAS Process Raising Aspirations Week and Evening	L1 L4 L8 L12 L14 R16 R17 R18	Core Theme: Living in the Wider World Personal Finance <ul style="list-style-type: none"> Trade Unions – roles UK Tax System Explained Mobile Banking, Building Societies and Money P45 + P60 Types of Employment Different Types of Debt Multiple Income Sources + State Benefit System Understanding Insurance Sexions Visit (Year 12 & 13) Drop-in

			<ul style="list-style-type: none"> • Healthy relationships • Sexual intercourse and the law 				First Aid Workshop by British Red Cross	L7			
Y13	<p>H1 H2 H3 H5 H6 H7 H9 H9 H13 H14</p> <p>Core Theme: Health & Wellbeing</p> <p><u>Emotional Wellbeing</u></p> <ul style="list-style-type: none"> • Improving Body Image • Causes of Mental Health • Looking after Health and Wellbeing • Stress - Life Events Sleep & Exercise • Stress - Balancing Stress and Relaxation • Physical Health & Wellbeing 	<p>H10 H18 H19 H20 R1 R7 R11 R12 R13 R14 R15 R16 R18</p>	<p>Core Theme: Relationships</p> <p><u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • Fertility - what impacts it • Alcohol, Parties and Bad Choices • Importance of Sexual Health • Revisiting Contraception • Porn and its impact on Society • Respect Love and Relationships • Revisiting STI's • Menstrual Charting 	<p>L13 L17 L1 L2 L3 L4 L5 L7</p>	<p>Core Theme: Living in the Wider World</p> <p><u>Personal Finance</u></p> <ul style="list-style-type: none"> • Inflation, Money and Careers • Value for Money & Making More • Going Abroad & Understanding Foreign Currency • Managing a Household Budget • Payment Methods Used in the UK • Borrowing Money and the Risks (Debt) • Foreign Exchange Rates <p><u>NTU 1: Student Finance and Budgeting</u></p> <p><u>UCAS Deadline: Wednesday 25th January 2022</u></p> <p><u>Employer Engagement Day – Mansfield District Council</u></p>	<p>H14 H21 H22 H23 H24 H11 H15 H24 H1 H2 R16 R17 R18 H17</p>	<p>Core Theme: Health & Wellbeing</p> <p><u>Drugs and Risk Education</u></p> <ul style="list-style-type: none"> • Drugs - Cannabis Products • Drugs - New Psychoactive Substances (Old Legal Highs) • Drugs - Festivals and Nitrous Oxide • Drugs and their Classifications • Drugs and the War on Drugs • Crack Cocaine - Drugs Ed • HEROIN - Drugs Ed • GHB - Drugs Ed <p><u>Road Safety Awareness Visit (Year 12 & Year 13)</u></p> <p><u>Proposed Cooking Class: BW/BH/KL/SH to finalise</u></p> <p><u>Sexions Visit (Year 12 & 13) Drop-in</u></p> <p><u>First Aid Workshop by British Red Cross</u></p>		<p>Exam Preparation Unit</p> <p>w/c 17th April</p> <p>Core Theme: Health & Wellbeing</p> <p>Exam stress and relaxation</p> <p>w/c 24th April</p> <p>w/c 1st May</p> <p>w/c 8th May</p> <p>w/c 15th May – exams commence</p>	<p>Exam Preparation/End of Year</p> <p>Self-service of:</p> <p>Destinations weekly drop-in and by appointment (SH and BW)</p> <p>Sexions Visit (Year 12 & 13) Drop-in</p> <p>Exam Skills Drop-in</p> <p>Destination transition</p>	