

UHS Personal Development Curriculum Overview 2025/26

	Autumn 1 Health & Wellbeing	Autumn 2 Living in the Wider World	Spring 1 Relationships	Spring 2 Health and Wellbeing	Summer 1 Relationships	Summer 2 Living in the Wider World
Year 7	<p>Introduction to PSHE, Transition and Safety</p> <ul style="list-style-type: none"> • Introduction to PSHE and Transition • Safety • First Aid • Reflection <p>BV4 BV1</p>	<p>Developing Skills and Aspirations</p> <ul style="list-style-type: none"> • Careers • Breaking Down Stereotypes in Society • Careers and Aspirations <p>BV2 BV4 EA</p>	<p>Diversity</p> <ul style="list-style-type: none"> • Multicultural Britain • Prejudice and Discrimination • Challenging Islamophobia and Hate Crime <p>BV 1 BV2 BV3 BV4 BV5 EA</p>	<p>Health & Puberty</p> <ul style="list-style-type: none"> • Introduction to Puberty • Puberty and Personal Hygiene • Sleep and Relaxation <p>BV4 BV5</p>	<p>Building Relationships</p> <ul style="list-style-type: none"> • Consent and Boundaries • Being Positive • Pressure and Influence <p>BV 1 BV2</p>	<p>Financial Decision-Making</p> <ul style="list-style-type: none"> • Saving and Managing Your Money • Finance, Budgeting and Employment • Consumer Rights <p>BV 1 BV2</p>
Year 8	<p>Drugs and Alcohol</p> <ul style="list-style-type: none"> • Understanding Drugs • Tobacco • Alcohol Education <p>BV4</p>	<p>Community & Careers</p> <ul style="list-style-type: none"> • Understanding the Workplace • Jobs and Opportunities • The Equality Act <p>BV 1 EA</p>	<p>Discrimination</p> <ul style="list-style-type: none"> • What is Your Identity? • Transphobia • Gender Equality <p>BV2 BV3 BV4 BV5 EA</p>	<p>Emotional Wellbeing</p> <ul style="list-style-type: none"> • What is Mental Health? • Promoting Emotional Wellbeing • Positive Body Image and Confidence <p>BV2</p>	<p>Identity & Relationships</p> <ul style="list-style-type: none"> • Bullying in all its Forms, including HBT bullying. • Gender Identity • Self-esteem and the Media <p>BV 1 BV2 BV4 EA</p>	<p>Digital literacy</p> <ul style="list-style-type: none"> • Targeted Advertisement and Personal Data • Keeping Data Safe Online • Critical Thinking and Fake News <p>BV 1 BV4</p>

<p>Year 9</p>	<p>Peer Influence, Substance Use and Gangs</p> <ul style="list-style-type: none"> • Being a Good Friend • Harmful Substances • Gang Culture <p>BV2 BV4</p>	<p>Setting goals</p> <ul style="list-style-type: none"> • Making Decisions about KS4 Options • Options Subjects • Qualification and Pathways <p>BV2</p>	<p>Respectful Relationships</p> <ul style="list-style-type: none"> • Respect, Love and Relationships • Teenagers and Pregnancy Choices • Dealing with Conflict in Relationships <p>BV2 BV4 BV5 EA</p>	<p>Healthy Lifestyle</p> <ul style="list-style-type: none"> • Health and Wellbeing • What is a Healthy Lifestyle? • Sleep Hygiene and Mental Health <p>BV2</p>	<p>Intimate Relationships</p> <ul style="list-style-type: none"> • Sexual Consent and the Law • Relationships and Partners • Delaying Sexual Activity <p>BV1 BV2 BV3 BV4</p>	<p>Employability Skills</p> <ul style="list-style-type: none"> • Preparing for the workplace • Rights of Employees. • How does Tax impact your payslip? <p>BV1 BV2 BV3 EA</p>
<p>Year 10</p>	<p>Mental Health</p> <ul style="list-style-type: none"> • Promoting Positive Mental Health • Reframing Negative Thinking • Recognising Mental ill-health <p>BV4 EA</p>	<p>Financial decision making</p> <ul style="list-style-type: none"> • Consumer Rights • Finance and Careers • Fair trade • Saving and Managing Money <p>BV 1 BV2 EA</p>	<p>Healthy relationships</p> <ul style="list-style-type: none"> • Sexual Consent and the Law • Sexual Orientation • Sexual Harassment <p>BV 1 BV4 BV5 EA</p>	<p>Exploring Influence</p> <ul style="list-style-type: none"> • County Lines • Who is at risk? • Alcohol and Bad Choices <p>BV2 BV 1</p>	<p>Addressing Extremism and Radicalisation</p> <ul style="list-style-type: none"> • Extremism in all its Forms • Conspiracy Theories • Antisemitism <p>BV1 BV3 BV5 EA</p>	<p>Work Experience</p> <ul style="list-style-type: none"> • Understanding the Workplace • Different industries within the UK • How do you enter industries? <p>BV1 BV2 BV4 BV5 EA</p>

<p>Year 11</p>	<p>Building For the Future</p> <ul style="list-style-type: none"> • Self-efficacy • Stress Management • Future Opportunities <p>BV2</p>	<p>Next steps</p> <ul style="list-style-type: none"> • CV prep • Making Applications • Writing a Personal Statement • Interview Prep <p>BV2</p>	<p>Communication in Relationships</p> <ul style="list-style-type: none"> • Revisiting Contraception • Bacterial and Viral STIs' • Love and Abuse Are Not the Same <p>BV2 BV4 EA</p>	<p>Independence</p> <ul style="list-style-type: none"> • Importance of Sexual Health • Cosmetic and Aesthetic Procedures • Organ and Blood Donation <p>BV2 BV4</p>	<p>Families</p> <ul style="list-style-type: none"> • Teenagers and Pregnancy Choices • Abortion Laws • Parenthood <p>BV 1 BV3 BV4 BV5 EA</p>	<p style="background-color: black; color: black;">[Redacted]</p>
<p>Year 12</p>	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Well being and Mental Health • Body image and eating disorders. <p>BV2</p>	<p>Wider World</p> <ul style="list-style-type: none"> • Personal/Future Finances • Careers profile - Work Experience, MOOCS, University Visits, Volunteering • Employability Skills 	<p>Relationships</p> <ul style="list-style-type: none"> • What are coercive and controlling relationships • Consent & sexual relationships • What is social justice? 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Critical thinking skills • Dealing with the future, exam/stress • Staying safe when socialising- drink, drugs. • Vaping. 	<p>Relationships</p> <ul style="list-style-type: none"> • Respect and relationships, including date rape. • Free speech and hate speech. • Honour violence. • Feminism. 	<p>Wider World</p> <ul style="list-style-type: none"> • UCAS - personal statements • Career benchmarks • Personal finance – gambling, loans and debt. • Part-time jobs – contracts, pay-slip¹s, rights and responsibilities.

BRITISH VALUES BV1=Rule of Law BV2=Individual Liberty BV3=Democracy BV4=Mutual Respect BV5=Tolerance of Different Faiths and Beliefs
EQUALITY ACT = EA

		<ul style="list-style-type: none"> Embracing Different cultures BV2 BV4 BV5 EA	BV1 BV2 BV3 BV4	BV2	BV1 BV2 BV4	BV2 EA
Year 13	Health and Wellbeing <ul style="list-style-type: none"> Balancing studies with wellbeing Looking after yourself first. Body image and eating disorders. BV2 BV4	Wider World <ul style="list-style-type: none"> Future destinations and career paths, including the 'dream job'. Interview skills for university and beyond. Being a critical consumer of news. BV2 BV3	Relationships <ul style="list-style-type: none"> Tackling sexual harassment, coercion and abuse. STDs and STIs Respect and relationships BV1 BV4 BV2 EA	Health and Wellbeing <ul style="list-style-type: none"> Wellbeing at University – stress, anxiety and sleep. Staying safe when socialising – drink, drugs. Mental Health and Exams BV2 BV5	Wider World <ul style="list-style-type: none"> Personal finance – gambling, loans and debt. Part-time jobs – contracts, pay-slips, rights and responsibilities Living away from home – safety, budgeting, and practical considerations BV2	

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