



Prince William School

Personal Development Curriculum Overview



Why Teach Personal Development?

- To enable students to develop the knowledge, skills, and attributes they need to manage many of the critical opportunities, challenges, and responsibilities they will face as they grow up and enter into adulthood.
- To support students in developing their self-esteem, resilience, and empathy and to stay safe and healthy.
- To equip students with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.
- To develop students' Social, Moral, Spiritual and Cultural education.

Six Strands of Learning Opportunities

The plan for Personal Development will be delivered through 6 strategic strands of learning opportunities.

Strand 1	Strand 2	Strand 3	Strand 4	Strand 5	Strand 6
Skills for Life Curriculum	Broader curriculum	Form Time	Assemblies and guest speakers	Super-curricular	Extra-curricular and community events
PSHE timetabled lessons	Curriculum lessons with links to PD curriculum	2 x 20-minute sessions weekly	1 x assembly weekly Calendar of events	Opportunities focussed on next steps and careers	Opportunities outside timetabled lessons
70mins PSHE lesson including taught through Jigsaw 30mins Careers lesson taught through Unifrog	All curriculum subjects contribute to elements of our Personal Development programme	Votes for Schools – Topical big question debate. Focus on British Values	Assembly programme linked to school values and current affairs. Responsive to emerging social needs by year group. Programme of workshops led by expert outside speakers e.g. sexual health, careers fair, drugs, keeping safe, finance	Careers interviews Subject specific additional learning opportunities Webinars, talks etc. Work Experience	Programme of extra curricula activities and trips. Information evenings and workshops arranged for parents/carers and the wider community

Substantive Big Ideas

	Identity and Character Development
	Health and Wellbeing
	Careers, Advice, and Guidance
	Relationships
	Fundamental British Values and Citizenship
	Inclusion, Diversity, and Equality (including Protected Characteristics)



Learning for Life



Respectful

Be respectful of yourself, of each other, of staff, of the community, and of the environment.



Ambitious

Be ambitious to reach your potential. Take pride in your achievements and admire the achievements of others.



Resilient
























































Be resilient and keep trying. Mistakes and difficult times are often the things which help us to learn the most.



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Strand 1 Skills for Life Curriculum Map – Topics by Term








	Identity and Character Development	Health and Wellbeing	Careers, Advice, and Guidance	Relationships	Fundamental British Values and Citizenship	Inclusion, Diversity, and Equality (including Protected Characteristics)	
	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Autumn 1	Being me in my world and Celebrating differences  	Being me in my world and Celebrating differences  	Being me in my world  	Being me in my world  	Being me in my world  	Growth Mindset and Resilience	Destinations
	Unifrog – Introduction	Unifrog – identifying interests	Unifrog – GCSE options	Unifrog – skills development	Unifrog – post 16 choices		
Autumn 2	Relationships   	Celebrating differences continued   	Celebrating differences   	Being me in my world continued and Celebrating differences    	Being me in my world continued and Dreams and goals  	Staying safe	Resilience and exam preparation
	Unifrog – what are skills?	Unifrog – subjects linked to careers	Unifrog – GCSE options	Unifrog – CV writing	Unifrog – BTEC and A level options		
Spring 1	Relationships continued and Changing me/Healthy Me    	Relationships  	Dreams/goals and Relationships   	Celebrating differences continued  	Dreams and goals continued	Sex and relationships	Life beyond PWS
	Unifrog – what's your dream job?	Unifrog – university vs apprenticeships	Unifrog – talking about your activities	Unifrog – careers library	Unifrog – post 16 intentions		
Spring 2			Relationships continued  	Celebrating differences continued and Relationships   	Relationships   	Mid-Year review/Destinations	Review of mock exams/review of mock exams
			Unifrog – skills development	Unifrog - apprenticeships	Unifrog – managing stress and anxiety		
Summer 1			Healthy Me 	Relationships   	Relationships continued   	Destinations	Exam Preparation
			Unifrog – CV writing	Unifrog - university	Unifrog – Post 16 choices		
Summer 2			Changing me  	Changing me  	EXAMS	Exam Preparation	Exams
			Unifrog – CV writing	Unifrog – logging activities			




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Personal Development – Substantive progression



	Identity and Character Development		Health and Wellbeing		Careers, Advice, and Guidance		Relationships		Fundamental British Values and Citizenship		Inclusion, Diversity, and Equality (including Protected Characteristics)
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	Learning Opportunity	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12 and 13
 Identity and Character Development	Skills for Life Curriculum	<p>Who am I? Identity is affected by a range of factors. As a unique individual we can think about ourselves on different levels.</p> <p>Peer Pressure and Belonging Peer pressure operates within groups. Achieving independence while maintaining positive relationships</p> <p>Prejudice and discrimination. Understanding prejudice and discrimination. Challenging prejudice and discrimination assertively.</p>	<p>Who am I? Understand identities are complex and can change. Appreciation of the similarities and diversity of people's identities. Understand the range of factors that can influence identity.</p> <p>The power of first impressions. Understand that first impressions can lead to judgements that may be misinformed. Understand that we can make accurate and inaccurate assumptions about our own and others' identities. Understand choices we can make about influences on our identity.</p>	<p>My personal strengths. Identify personal strengths. Identify personal strengths that could be improved.</p>	<p>How I feel when things end. Understand the stages of bereavement and discern which sources of support are helpful Understand the behaviours that some people experience as a result of grief.</p> <p>Changing society and me. Identify changes in society. Assess the role of media on social change. Develop strategies to manage change.</p> <p>Managing change and decision making. Understand the impact of the range of changes families can experience. Understand different types of decision-making. Reflect on ways change has been managed.</p> <p>Gender and sexual identity. Understand change in relation to sexual identity. Recognise reality and myths surrounding sexual identity and gender. Understand range of relationship changes including with self.</p>	<p>Becoming an adult. Identify legislation that affects young people at 16. What does 'being an adult' mean? Recognise what to look forward to in adulthood and things that may raise concerns. Know where to access help.</p>	<p>Motivation and Achievement Identify methods of self-management to improve achievement. Identify motivating factors, and how they relate to ourselves. Identify self-management skills and behaviours and apply to individual situations.</p> <p>Growth mindset Identify features of growth mindset and learn to cultivate them in ourselves. Understanding and applying features of growth mindset to ensure success and personal development.</p> <p>Resilience Reviewing understanding of and applying to sixth form experience what it means to be psychologically resilient and establish coping mechanisms. Ensuring resilience for independent learning in sixth form life by identifying coping strategies for stressful situations and identifying where they can be utilised.</p> <p>UCAS/destinations process Review where students are in the destinations process. Identify and explain the different routes available. Complete application process for jobs, higher and working apprenticeships and UCAS. Complete personal statements and application letters using super curricular and extracurricular examples identified at the end of Year 12.</p>
	Broader curriculum	Eng Humanities	Eng Humanities	Eng Humanities	Eng Humanities	Eng Humanities	Eng Humanities



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Personal Development – Substantive progression



	Identity and Character Development		Health and Wellbeing		Careers, Advice, and Guidance		Relationships		Fundamental British Values and Citizenship		Inclusion, Diversity, and Equality (including Protected Characteristics)		
Learning Opportunity		Year 7		Year 8		Year 9		Year 10		Year 11		Year 12 and 13	
Super-curricular		Representing the school in sporting fixtures £1 Challenge		Representing the school in sporting fixtures Careers event day		Representing the school in sporting fixtures Careers Fair KS4 options		Representing the school in sporting fixtures Careers Fair World of Work Day		Representing the school in sporting fixtures Careers Fair Post 16 options		Sports Leaders Early Entry programme of support Careers interviews (1-1 interviews) External speaker presentations Careers Fair University Visit Apprenticeship presentation Work experience Subscription to MySuperCurricular online platform for each student. Programme of Oundle talks as further engagement around subject areas. Independent target reading during tutor time.	
Extra-curricular, and community events		Open Evening/Day guides Membership of extra-curricular groups and teams. Trips		Open Evening/Day guides Membership of extra-curricular groups and teams. Trips		Open Evening/Day guides Membership of extra-curricular groups and teams. Trips		Open Evening/Day guides Membership of extra-curricular groups and teams. Trips		Open Evening/Day guides Membership of extra-curricular groups and teams. Trips		Membership of extra-curricular groups and teams. Trips Opportunities to develop additional skills such as empathy and communication: Peer Mentoring, Sixth Form Ambassadors, Sixth Form Leadership Team, Maths and Reading mentoring, Charity days, volunteer days at the feeder schools, sport leaders. Enrichment Programme. Leadership Team	
Form time		Student council Vote topics		Student council Vote topics		Student council Vote topics		Student council Vote topics		Student council		Elections for Sixth Form Leadership Team Student Council Student Leadership Team weekly meetings Debate topic Fun Friday	
Assemblies and guest speakers		Skills for Life lesson on prejudice and discrimination (led by Souster Youth) Introduction to Sixth Form Student Leadership Team and agenda for this year Core values		Introduction to Sixth Form Student Leadership Team and agenda for this year Core Values		Introduction to Sixth Form Student Leadership Team and agenda for this year Core values		Introduction to Sixth Form Student Leadership Team and agenda for this year		Introduction to Sixth Form Student Leadership Team and agenda for this year Core Values		Standards & core values Introduction to Sixth Form Leadership Team and agenda for this year Ambition Student Leadership team assemblies to rest of school Subject experts take assemblies relevant to destinations for example apprenticeships. Holocaust survivor presentation	

	<p>ICT F7 - cyberbullying RR5 – cyberbullying OM1 – cyberbullying OM2-5, 7&8 – social networking/digital footprint ISH1&2 – social networking/digital footprint Food Tech HE1 – healthy diet HP2 – oral hygiene PE PHF1 – importance of physical activity. PHF2 – healthy lifestyle HP5 and 6 – healthy sleep Science CAB1 – changes to adolescent body and introduction to menstrual cycle</p>	<p>ICT RR5 – sexting OM1 – grooming (sexual) OM2-5, 7&8 - sexting ISH1 – searching and sources ISH2 – grooming (sexual) Food Tech HE1 – healthy eating PE PHF1 – importance of physical activity. PHF2 – healthy lifestyle HP5 and 6 – healthy sleep Science HE1 – healthy eating HP1 – personal hygiene</p>	<p>ICT F7 – grooming (extremism) ISH1&2 – grooming (extremism) Food Tech HE1 – diet related disorders HP2 – oral hygiene PE PHF1 – importance of physical activity. PHF2 – healthy lifestyle HP5 and 6 – healthy sleep Science PHF3 – stem cells, difference between adult and embryonic. Heart and blood. RPE DAT1, 2, 3, 4, 5, 6. L9, L12 – issues of drugs</p>	<p>PE PHF1 – importance of physical activity. PHF2 – healthy lifestyle HP5 and 6 – healthy sleep</p>	<p>PE PHF1 – importance of physical activity. PHF2 – healthy lifestyle HP5 and 6 – healthy sleep Science PHF3 – body and blood defence mechanisms HE1 – lifestyle factors that increase rate of heart disease HP1 – the relationship between health and disease. HP4 – vaccinations</p>	
Extra- curricular, and community events	MW2 House competitions Souster Youth Lunchtime Chat	MW2 House competitions Souster Youth Lunchtime Chat	MW2 House competitions Souster Youth Lunchtime Chat	MW2 House competitions Souster Youth Lunchtime Chat	MW2 House competitions	Sport Leaders – promoting physical wellbeing to primary students. Enrichment Programme.
Form Time	Vote topics Guided Reading	Vote topics Guided Reading	Vote topics Guided Reading	Vote topics Guided Reading		Fun Friday – Opportunity to spend time with students from another year group on a non-academic activity. 1-1 conversations with tutors
Assemblies and guest speakers	Core values - resilience	Core values - resilience	Core values- resilience	Core values - resilience	Core values - resilience	Specialist guest speakers and presentations. Using external charities to support mental health



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

Personal Development – Substantive progression



	Identity and Character Development		Health and Wellbeing		Careers, Advice, and Guidance		Relationships		Fundamental British Values and Citizenship		Inclusion, Diversity, and Equality (including Protected Characteristics)
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Learning Opportunity		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12 and 13
<p>Careers advice and guidance</p>	Skills for Life Curriculum Using Unifrog and recording personal extra-curricular activities to build up personal profile. Identification of skills and career terminology/key words. Your dream job	What money can't buy. Understand the positive and negative roles money can play in society. Importance of forming opinions on moral issues around money. Understand that people have different relationships with money. Money and earnings. Understand importance of keeping track of spending. Understand that money can be a divisive element in relationships and communities. Identifying skills and interests, university versus apprenticeships, competencies and real-life situations, understanding transferable skills	GCSE options and advice, being able to talk about yourself and your activities, skill development and leadership, CV writing and maximising your potential My personal strengths. Identify personal strengths. The power of planning. Produce a SMART plan and know how to apply it to life and learning. Understand importance of planning to achieve goals.	Skills development – independence, updating CV, universities and apprenticeships, updating interests and activities on Unifrog	Post 16 options and pathways, BTEC and A level options, coping with changes and Post-16 intentions, managing stress and anxiety, exam leave Dream jobs and skill set. Identify dream job as well as understand need to change skill set as career develops. Reflect on skills and progression made. What to do when things go wrong. Identify possible barriers to dreams and goals as well as contingency plans. Suggest ways to build resilience. Money and debt. Identify financial goals and whether realistic in short or longer term. Identify skills and attributes needed. Understand the importance of budgeting and risks associated with gambling Identify financial pressures that come with increasing independence and adulthood.	UCAS/destinations process Identify which destinations pathways are of interest and appropriate super curricular activities to match these during Year 12. Use of My Super Curriculum online platform. Begin navigation of the UCAS HUB for post sixteen opportunities and information. UCAS/destinations process Review where students are in the destinations process at the beginning of Year 13. Identify and explain the different routes available. Complete application process for jobs, higher and working apprenticeships and UCAS. Complete personal statements and application letters using super curricular and extracurricular examples identified at the end of Year 12. Employment rights and responsibilities What legal and financial rights a young person has an employee. Understand how to protect yourself in the workplace. Appropriate behaviour in the workplace and how to report concerns.	
	Broader curriculum	Professional Sports Personality presentation Yr7 Career Lessons in all subjects Career displays within departments	Career displays within departments	Yr9 Career Lessons in all subjects Career displays within departments	PE: Professional Sports Personality presentation Career displays within departments	PE: Professional Sports Personality presentation Yr11 Career Lessons in all subjects Career displays within departments	Career displays within departments
	Extra- curricular, and community events	Open Evening/Day guides	STEM day at Oundle School Y8 Careers Evening Yr8 Student Runners Student Panel Interviews	Options Evening Careers Fair Student Panel Interviews	World of Work Day Careers Fair Science STEM with Imperial College	Careers Fair Career Interviews	See Super Curricular
	Super-curricular	£1 Challenge	Career event day and evening	Careers Fair KS4 options	World of Work Day Careers Fair University presentation	Post 16 intentions Careers interviews – November-January (1-1) Careers Fair	Year 12 September induction day – introduction to super curricular opportunities. Work Experience Week Use of the UCAS Hub and Discovery Day information Skills for Life lessons on researching different courses and writing a personal statement. Support for UCAS and apprenticeship applications University visit PWS Sixth Form Careers Fair Early Entry programme of support.

							One to one career interview with career's advisor Individual open day visits
	Form Time	Vote topic where appropriate	Vote topic where appropriate	Vote topic where appropriate Options discussion	Vote topic where appropriate	Options discussions	One to one interview with tutor about destinations
	Assemblies and guest speakers	Core values - ambition	Core values - ambition	Options assembly Core values - ambition	Core values - ambition	Options assembly Local college presenters Core values - ambition	Sixth Form Careers Fair








	Identity and Character Development		Health and Wellbeing		Careers, Advice, and Guidance		Relationships		Fundamental British Values and Citizenship		Inclusion, Diversity, and Equality (including Protected Characteristics)
Learning Opportunity		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12 and 13				
 <p>Relationships (including SRE and child on child abuse)</p>	<p>Skills for Life Curriculum</p> <p>Families F1 – F7</p>	<p>F1. (L2). Positive qualities of healthy relationships. Identifying characteristics and benefits of positive healthy relationships. Understanding meaning of consent. Understanding range of positive qualities people can bring to relationships. Understanding importance of respecting other person’s wishes in a relationship.</p> <p>L3. Changing body. Revisit changes to body in puberty. Understand abusive behaviours to body. Understand where to access help in cases of abuse. Understand that people develop at different rates. Understand what to do if concerned about abuse.</p>		<p>F1. (ISR1). Expectations and perceptions of relationships. Understand that different people have different expectations of intimate relationships. Know how to access support if worried about relationship issue. Have own understanding of expectations of intimate relationships.</p> <p>F2. (L2. BS2). Consent. Understand the links between a positive self-identity and having intimate relationships. Understand consent in peer and intimate social groups and know how to report abusive or coercive behaviour. Understand how negative self-identity and low-self-esteem can contribute towards risky behaviour.</p> <p>F2. (ISR4). Power in relationships. Recognise when others might try to use their power in an intimate relationship. Know how to access help.</p> <p>F7. Equality. Give examples of different types of prejudice and discrimination, including distinguishing between ‘banter’ and sexist, LGBT-phobic and racist language. Understand protected characteristics in the Equality Act as well as the legal consequences of bullying and hate crime. Understand how discrimination feels for the victim.</p>	<p>F1, 3. Healthy long-term relationships. Understand factors involved in different types of healthy long-term relationships and know what is required to sustain them. Understand the key importance of relationship with self.</p> <p>F2, 4, 5. RR1. Healthy connections Understand the variety of benefits of healthy relationships to self and other. Understand how different types of relationships contribute towards happiness.</p> <p>F. Managing change and decision making. Understand the impact of the range of changes families can experience. Understand different types of decision-making. Reflect on ways change has been managed.</p>	<p>F1. Intimate romantic relationships Understand different stages of an intimate relationship. Identify examples of how media can portray unrealistic expectations of sex and relationships. Identify positive and negative connotations of sex and how to protect sexual and reproductive health. Judge whether information on intimate sexual relationships can be trusted. Know how to access confidential health advice.</p> <p>F2. My future relationships. Understand choices available in terms of different legal requirements in a relationship. Understand opportunities and challenges of becoming a parent. Reflect on long term relationship aspirations.</p> <p>F3, 4. (L3, L14.) The last taboos. Understand honour-based violence and forced marriage is unacceptable and illegal. Understand FGM and breast ironing are illegal. Know how to report these as well as hate crimes.</p> <p>Understand the difficulties young people might faced as a result of the culture they belong to.</p> <p>F5. (L1, L2). Relationships and the law. Identify examples of legislation that relates to sex and relationships. Understand legal status of different relationships and what is unacceptable in relationships. Understand how to keep self and others safe in regard to healthy positive relationships. Know where to access advice and support.</p> <p>F7. Who holds all the cards? Recognise when there is an imbalance of power in an intimate relationship. Suggest strategies for managing relationships that are imbalanced. Recognise illegal behaviour in an intimate relationship and how and where to report it. Lack of understanding or support can lead towards unhealthy intimate relationships.</p>	<p>Bereavement, Grief, and Loss Review understanding of the stages of grief and apply to personal experience and attitudes in the wider world. Understand the impact of grief on the individual and societal attitudes.</p>				
	Respectful Relationships RR1 – RR8;	RR1,2. Peer Pressure and Belonging Peer pressure operates within groups.	RR1&2. Being in control of personal space.	RR5. Bullying.	RR1. Power in relationships. Identify the misuse of power in relationships.	RR4&8 Gender diversity and sexuality. Understand there is a spectrum of gender and sexuality and know there is	Respectful relationships Further understanding of healthy and acceptable boundaries and applying				

		<p>Achieving independence while maintaining positive relationships</p> <p>RR1, RR2. Positive qualities of healthy relationships. Identifying characteristics and benefits of positive healthy relationships. Understanding meaning of consent. Understanding range of positive qualities people can bring to relationships. Understanding importance of respecting other person's wishes in a relationship.</p> <p>RR1, 2, 4, (L4). Assertiveness in relationships. Recognising when to use assertiveness. Understanding personal and legal consequences of sexting. Identify skills that will keep relationships happy and healthy.</p> <p>RR3. Do we need to feel 'the same as' to belong? Bullying Understanding what bullying is and what it is not. Understanding the impact of bullying, prejudice and discrimination and where/how to get help.</p>	<p>Define personal space and understand how this varies across online and offline relationships. Understand how personal space differs across different cultures. Understand online and offline etiquette and manners. Understand steps that can be taken when personal space and/or privacy are threatened</p> <p>RR2. Being in control of my relationships. Understand the features of positive and stable relationships. Understand that all relationships have positive and less positive aspects. Understanding how relationships affect everything we do in life.</p> <p>RR3. The power of first impressions. Understand that first impressions can lead to judgements that may be misinformed. Understand that we can make accurate and inaccurate assumptions about our own and others' identities. Understand choices we can make about influences on our identity.</p> <p>RR3. Bullying. Defining what is and is not bullying. Identify examples of LGBT bullying and how it can be challenged. Understanding the impact of LGBT bullying.</p> <p>RR5. How can I make a difference? Understanding that choices will have an impact on self-confidence and integrity. Understand the value of making a positive contribution to community. Recognise benefits of helping others. Taking positive action can support mental wellbeing.</p>	<p>Understand there are different types of bullying and that bullying can happen in workplace. Understand short- and long-term effects and consequences of bullying.</p> <p>RR6. Managing control and coercion in relationships. Understand meaning of control, power balance and coercion in a relationship. Identify good relationships and protect from unhealthy relationships.</p> <p>RR6 (BS1, MW5). Healthy Choices To understand the serious issue of county lines. To identify who may be at risk of criminal exploitation and why.</p>	<p>Understand how coercive control can develop.</p> <p>RR1, 2. Love and loss. Understand the relationship life cycle and managing the consequences of ending relationships. Understand relationship choices and support available when things go wrong.</p> <p>RR3. (L8) Gender and sexual identity Understand change in relation to sexual identity. Recognise reality and myths surrounding sexual identity and gender. Understand range of relationship changes including with self.</p> <p>RR3 Gender stereotypes and sexual identity Understand gender and stereotypes in relation to romantic relations. Understand range of emotions regarding romantic relationships.</p> <p>RR4. Equality – what does it mean to me in the UK? Define equality and recognise disabilities including hidden disabilities. Understand consequences for not adhering to Equality Act. Embrace individuality.</p> <p>RR4. Equality in the workplace. Understand how to promote equality and what is expected in the workplace. Recognise strategies to deal with situations that might occur in workplace.</p> <p>RR4. Multicultural society. Explain benefits of multicultural societies and appreciate differing views and opinions of individuals. Understand how being treated unequally can affect a person's physical and mental wellbeing.</p> <p>RR5. Challenging inequality. Understand how groups and individuals campaign for equality. Understand the impacts of unequal treatment of individuals</p> <p>RR7. Better together? Understand health benefits of positive relationships as well as the impacts of unhealthy relationships. Describe examples of legislation associated with coercion, exploitation, and abuse in relationships.</p>	<p>a difference between sexuality and gender diversity. Empathy with those who are LGBT+ and know how to access support if needed.</p>	<p>to peer and professional relationships. Learn strategies to help apply healthy boundaries to personal and professional relationships</p>
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Being Safe BS1, BS2:	<p>BS1. Positive qualities of healthy relationships. Identifying characteristics and benefits of positive healthy relationships. Understanding meaning of consent. Understanding range of positive qualities people can bring to relationships. Understanding importance of respecting other person's wishes in a relationship.</p> <p>BS1. Assertiveness in relationships. Recognising when to use assertiveness. Understanding personal and legal consequences of sexting. Identify skills that will keep relationships happy and healthy.</p> <p>BS1. Changing body. Revisit changes to body in puberty. Understand abusive behaviours to body. Understand where to access help in cases of abuse. Understand that people develop at different rates. Understand what to do if concerned about abuse.</p>	<p>BS2. Being in control of personal space. Define personal space and understand how this varies across online and offline relationships. Understand how personal space differs across different cultures. Understand online and offline etiquette and manners. Understand steps that can be taken when personal space and/or privacy are threatened.</p>	<p>BS1. (L11). Peer approval. Understand peer approval and how it can cause problems. Understand what is meant by grooming. Recognise strategies to help manage peer group relationships</p> <p>BS2 (F2. L2). Consent. Understand the links between a positive self-identity and having intimate relationships. Understand consent in peer and intimate social groups and know how to report abusive or coercive behaviour. Understand how negative self-identity and low-self-esteem can contribute towards risky behaviour.</p> <p>BS1 (MW5, RR6). Healthy Choices To understand the serious issue of county lines.</p>	<p>BS1. (L2, L5). Relationships – don't believe what you see! Critically evaluate the truth or otherwise of a relationship and understand the media portrayal of relationships. Understand the negative influence pornography can have on relationships.</p> <p>BS2. Relationships – don't believe what you see! Critically evaluate the truth or otherwise of a relationship and understand the media portrayal of relationships. Understand the negative influence pornography can have on relationships.</p>	<p>BS1. Better together? Understand health benefits of positive relationships as well as the impacts of unhealthy relationships. Describe examples of legislation associated with coercion, exploitation and abuse in relationships. Be able to discern when a relationship is positive or negative.</p>	<p>BS1. Becoming an adult. Identify legislation that affects young people at 16. What does 'being an adult' mean? Recognise what to look forward to in adulthood and things that may raise concerns. Know where to access help.</p> <p>BS1. Relationships and the law. Identify examples of legislation that relates to sex and relationships. Understand legal status of different relationships and what is unacceptable in relationships. Understand how to keep self and others safe in regard to healthy positive relationships. Know where to access advice and support.</p> <p>BS1. Who holds all the cards? Recognise when there is an imbalance of power in an intimate relationship. Suggest strategies for managing relationships that are imbalanced.</p>	<p>Drugs, alcohol, and me Applying knowledge linked to increasing independence in the 6th Form. the impact of alcohol on behaviours, linking to personal safety</p> <p>Reviewing understanding of the effects of alcohol and drugs and applying this to their developing independence.</p>
			<p>OM1 Being in control of myself Understand the need for relationship skills. Understand the positive and negative impacts of social media on self. Understand strategies for managing impact of social media on self.</p>	<p>OM6. Does watching pornography help people to understand relationships? Understand that pornographic images do not reflect reality. Understand how pornography can impact on expectations and self-image. Recognise role of pornography in society as well as the negative influence it can have on relationships</p> <p>OM5. Porn – is it real? Be able to challenge stereotypical ideas of 'ideal' males and females. Ways the pornography and media images can give false impression of sex and sexual relationships. Understand that 'my adolescence is normal for me'.</p>	<p>OM1. (L2, L5). Relationships – don't believe what you see! Critically evaluate the truth or otherwise of a relationship and understand the media portrayal of relationships. Understand the negative influence pornography can have on relationships.</p> <p>OM2,3,4. How social media affects me, my identity, and my culture. Recognise positive and negative role of social media, its impact on identity and culture and how online data can be used positively and negatively. Understand how social media can impact on safety.</p> <p>OM2,3. Rated! Identify potential threats to online safety and understand decision-making process regarding what you post online. Critically assess own online identity.</p> <p>OM2,3,7 Risk. Identify potential threats to safety on and offline. Understand how to mitigate risk and how to get help. Understand strategies for managing risk.</p> <p>OM8. Changing society and me. Identify changes in society. Assess the role of media on social change. Develop strategies to manage change.</p>	<p>OM 1-7 Me, the internet and the law. Identify examples of legislation in reference to online activity. Assess impact of illegal online activity. Know how and where to access advice and support</p>	<p>Image and self-esteem Identify barriers to success as a consequence of low self-esteem and poor self-image. Focus on goals and how to achieve them.</p> <p>Online Safety Understand the principles of online safety. Review individual online presence and the potential legal/personal pitfalls with regards to future employment and relationships. Considering the impact of screen time on wellbeing.</p>

		<p>BS2. Positive qualities of healthy relationships. Identifying characteristics and benefits of positive healthy relationships. Understanding meaning of consent. Understanding range of positive qualities people can bring to relationships. Understanding importance of respecting other person’s wishes in a relationship.</p>		<p>To identify who may be at risk of criminal exploitation and why.</p>		<p>Recognise illegal behaviour in an intimate relationship and how and where to report it. Lack of understanding or support can lead towards unhealthy intimate relationships.</p> <p>BS1. The last taboos. Understand honour-based violence and forced marriage is unacceptable and illegal. Understand FGM and breast ironing are illegal. Know how to report these as well as hate crimes. Understand the difficulties young people might face as a result of the culture.</p> <p>BS2. Relationships and the law Identify examples of legislation that relates to sex and relationships. Understand legal status of different relationships and what is unacceptable in relationships. Understand how to keep self and others safe in regard to healthy positive relationships.</p> <p>BS2. Intimate romantic relationships Understand different stages of an intimate relationship. Identify how media can portray unrealistic expectations of sex and relationships. Identify positive and negative connotations of sex and how to protect sexual and reproductive health. Judge whether information on intimate sexual relationships can be trusted.</p>	
<p>Intimate Sexual Relationships ISR1 – ISR12</p>	<p>ISR1,2,4. Positive qualities of healthy relationships. Identifying characteristics and benefits of positive healthy relationships. Understanding meaning of consent. Understanding range of positive qualities people can bring to relationships. Understanding importance of respecting other person’s wishes in a relationship.</p> <p>ISR2. Image and self-esteem. Understand the positive and negative impacts media can have on a person’s self-esteem or body image. Understand where to access help. Understand how self-image is linked to self-esteem and how to apply strategies to build on my self-esteem.</p> <p>ISR2. Changing feelings. Know there are changes in brain during puberty and link this to emotional changes. Understand where to access help. Understand how to stay positive and boost self-esteem.</p>	<p>ISR1,2. Being in control of my relationships. Understand the features of positive and stable relationships. Understand that all relationships have positive and less positive aspects. Understanding how relationships affect everything we do in life.</p>	<p>ISR1. Looks and smiles. Understand range of feelings associated with attraction. Know where to get information to safely explore feelings about sexuality Recognise that attraction towards others takes many forms.</p> <p>ISR1. (F1) Expectations and perceptions of relationships. Understand that different people have different expectations of intimate relationships. Know how to access support if worried about relationship issue. Have own understanding of expectations of intimate relationships.</p> <p>ISR4. (F2) Power in relationships. Recognise when others might try to use their power in an intimate relationship. Know how to access help.</p> <p>ISR5. Assertiveness & saying no. Understand sex and the law. Understand importance of consent in a sexual relationship. Know how to be assertive when appropriate and how to access help if needed.</p>	<p>ISR11. Risk Identify potential threats to safety on and offline. Understand how to mitigate risk and how to get help. Understand strategies for managing risk.</p>	<p>ISR1. Intimate romantic relationships Understand different stages of an intimate relationship. Identify examples of how media can portray unrealistic expectations of sex and relationships. Identify positive and negative connotations of sex and how to protect sexual and reproductive health. Judge whether information on intimate sexual relationships can be trusted.</p> <p>ISR12. Intimate romantic relationships Know how to access confidential health advice.</p>	<p>Consent Reviewing personal approach to consent in intimate relationships and its relevance to the law. Review and demonstrate understanding of the law in relation to consent and healthy intimate relationships to ensure successful and safe future relationships.</p>	

				<p>ISR6. Contraception. Understand key factors regarding contraception – method, communication, information, law. Feel able to make informed decision about contraception if and when needed. ISR9. Consequences of unprotected sex. Understand life and health consequences of unprotected sex. Know about sexual health clinics. Understand options available regarding unprotected sex</p>			
Law L1 – 14	<p>L2. (F1) Positive qualities of healthy relationships. Identifying characteristics and benefits of positive healthy relationships. Understanding meaning of consent. Understanding range of positive qualities people can bring to relationships. Understanding importance of respecting other person’s wishes in a relationship L4. (RR1, 2, 4) Assertiveness in relationships. Recognising when to use assertiveness. Understanding personal and legal consequences of sexting. Identify skills that will keep relationships happy and healthy.</p>	<p>L13. Prejudice and discrimination. Understand challenges faced by individuals when trying to make positive change.</p>	<p>L11. (BS1). Peer approval. Understand peer approval and how it can cause problems. Understand what is meant by grooming. Recognise strategies to help manage peer group relationships L2. (F2. BS2.) Consent. Understand the links between a positive self-identity and having intimate relationships. Understand consent in peer and intimate social groups and know how to report abusive or coercive behaviour. Understand how negative self-identity and low-self-esteem can contribute towards risky behaviour. L11 (BS1). Peer approval. Understand peer approval and how it can cause problems. Understand what is meant by grooming. Recognise strategies to help manage peer group relationships</p>	<p>L2, L5. (OM1). Relationships – don’t believe what you see! Critically evaluate the truth or otherwise of a relationship and understand the media portrayal of relationships. Understand the negative influence pornography can have on relationships. L7,8. (RR3). Gender and sexual identity Understand change in relation to sexual identity. Recognise reality and myths surrounding sexual identity and gender. Understand range of relationship changes including with self.</p>	<p>L3, L14. (F3, 4.) The last taboos. Understand honour-based violence and forced marriage is unacceptable and illegal. Understand FGM and breast ironing are illegal. Know how to report these as well as hate crime Understand the difficulties young people might face as a result of the culture they belong to. L1, L2. (F5) Relationships and the law. Identify examples of legislation that relates to sex and relationships. Understand legal status of different relationships and what is unacceptable in relationships. Understand how to keep self and others safe in regard to healthy positive relationships. Know where to access advice and support.</p>	<p>The Consent Project Organisation provides a lawyer to discuss the legal requirements for consent and the consequences of not acquiring it. Links to online safety.</p>	
Broader curriculum	<p>F7. C Sci - cyberbullying F3-5 RPE - rites of passage in Hinduism RR5. C Sci - cyberbullying RR7. RPE - Buddhism 5 moral precepts OM1. C Sci - cyberbullying OM2-5, 7&8. C Sci - social networking/digital footprint ISR1&2 C Sci – social networking/digital footprint ISR3 Sci - reproductive health ISR7 Sci - facts around pregnancy and miscarriage</p>	<p>F3-5 RPE - rites of passage in Islam RR5 C Sci – sexting OM1. C Sci – grooming (sexual) OM2-5, 7&8 C Sci - sexting ISR1 C Sci – searching and sources ISR2 C Sci – grooming (sexual)</p>	<p>F3-5 RPE - medical dilemmas fertility treatment F7 C Sci – grooming (extremism) ISR1&2 C Sci – grooming (extremism) ISR8 (L6) RPE – different attitudes towards abortion; religious and secular L6 (ISR8) RPE – different attitudes towards abortion; religious and secular</p>	<p>ISR3 Sci – the menstrual cycle ISR9 Sci – methods of contraception</p>	<p>ISR9&10 Sci – sexually transmitted infections and treatments</p>	tbc	
Form Time	Vote for schools covers contemporary issues	Vote for schools covers contemporary issues	Vote for schools covers contemporary issues	Vote for schools covers contemporary issues		Research and debate topic	
Assemblies and guest speakers	Core values - respect	Core values - respect	Skills for Life lesson – conflict /relationships (ISouster Youth) Core values - respect	Core values - respect	Core values - respect	Sexual Assembly – Corinna Flynn	

	Identity and Character Development	 Health and Wellbeing	 Careers, Advice, and Guidance	 Relationships	 Fundamental British Values and Citizenship	 Inclusion, Diversity, and Equality (including Protected Characteristics)	
Learning Opportunity		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12 and 13
 Fundamental British values and Citizenship	Skills for Life Curriculum Democracy - D	Democracy – first past the post	Democracy – UK political parties	Democracy – proportional representation	US democratic system		Sixth Form Leadership Team Identify and promote elections for the student leadership team. Understand the process of hustings and voting to select a president and a cabinet.
	Rule of Law - RoL	Core values and school code of conduct	Core values and school code of conduct	RoL. R&T. L13. Discrimination. Understand protected characteristics and that challenging discrimination is everyone’s responsibility. Understand there are some inequalities in the world. Understand ways of challenging discrimination and inequality.	Aspects of law as relevant to other topics, eg pornography.	RoL. Becoming an adult. Identify legislation that affects young people at 16. What does ‘being an adult’ mean? Recognise what to look forward to in adulthood and things that may raise concerns. Know where to access help. F3, 4. L3, L14. The last taboos. Understand honour-based violence and forced marriage is unacceptable and illegal. Understand FGM and breast ironing are illegal. Know how to report these as well as hate crimes. Understand the difficulties young people might faced as a result of the culture they belong to.	Online Safety Review principles of online safety newly legal online presence. Review individual online presence and the potential legal/personal pitfalls with regards to future employment and relationships. Employment rights and responsibilities What legal and financial rights a young person has an employee. Understand how to protect yourself in the workplace. Appropriate behaviour in the workplace and how to report concerns.
	Respect & Tolerance R&T	Core values and school code of conduct Souster Youth presentation on prejudice	R&T. L13. Prejudice and discrimination. Understanding positive contributions of people who have faced prejudice and discrimination. Identifying positive feelings that result from doing something positive. R&T. Inequality. Give examples of social injustice in the UK. Describe what inequality means in the UK. Understand the benefits of living in a multi-cultural society. R&T. When things go right. Celebrating diversity in the UK. Ability to challenge prejudice and discrimination. R&T. Being in control of personal space. Define personal space and understand how this varies across online and offline relationships.	RoL. R&T. L13. Discrimination. Understand protected characteristics and that challenging discrimination is everyone’s responsibility. Understand there are some inequalities in the world. Understand ways of challenging discrimination and inequality.	R&T. Equality – what does it mean to me in the UK? Define equality and recognise disabilities including hidden disabilities. Understand consequences for not adhering to Equality Act. Embrace individuality. R&T. Equality in the workplace. Understand how to promote equality and what is expected in the workplace. Recognise strategies to deal with situations that might occur in workplace. R&T. Multicultural society. Explain benefits of multicultural societies and appreciate differing views and opinions of individuals. Understand how being treated unequally can affect a person’s physical and mental wellbeing. R&T. Challenging inequality.	R&T. IL. F5. L1, L2. Relationships and the law. Identify examples of legislation that relates to sex and relationships. Understand legal status of different relationships and what is unacceptable in relationships. Understand how to keep self and others safe in regard to healthy positive relationships. Know where to access advice and support.	Online Safety Apply principles of online safety to individual experience of hate speech and extremism online. Review individual online presence in relation to hate speech and extremism.

		Understand how personal space differs across different cultures. Understand online and offline etiquette and manners. Understand steps that can be taken when personal space and/or privacy are threatened		Understand how groups and individuals campaign for equality. Understand the impacts of unequal treatment of individuals		
Individual Liberty - IL	IL. Challenging stereotypes. Understanding stereotyping and its potential impact. As unique individuals we can think about ourselves and others on different levels.	IL. Make a difference. Understand importance of making a positive contribution to community. Understand that choices can impact on self-confidence and integrity.	IL. Discrimination. Understand those that characteristics that are protected and that challenging discrimination is everyone's responsibility.	IL. Changing society and me Identify changes in society. Assess the role of media on social change. Develop strategies to manage change.	R&T. IL. F5. L1, L2. Relationships and the law. Identify examples of legislation that relates to sex and relationships. Understand legal status of different relationships and what is unacceptable in relationships. Understand how to keep self and others safe in regard to healthy positive relationships. Know where to access advice and support	
Broader curriculum	Remembrance Day 2 minute silence See SMSC/British Values specific subject contributions.	Remembrance Day 2 minute silence See SMSC/British Values specific subject contributions.	Remembrance Day 2 minute silence See SMSC/British Values specific subject contributions.	Remembrance Day 2 minute silence See SMSC/British Values specific subject contributions.	Remembrance Day 2 minute silence See SMSC/British Values specific subject contributions.	Remembrance Day 2 minute silence See SMSC/British Values specific subject contributions.
Form Time	Vote topics Voting for student council and pupil parliament Remembrance Day	Vote topics Voting for student council and pupil parliament Remembrance Day	Vote topics Voting for student council and pupil parliament Remembrance Day	Vote topics Voting for student council and pupil parliament Remembrance Day	Voting for student council and pupil parliament Remembrance Day	Research and Debate topic
Assemblies and guest speakers	Core values - respect Anti bullying	Core values - respect Anti bullying	Core values - respect Anti bullying	Core values - respect Anti bullying	Core values - respect	Road Safety Assembly – Matt Prior Second Road Safety – Keith Millard (1st gear presentation)
Extra- curricular, and community events	School Council and Form Reps	School Council and Form Reps	School Council and Form Reps	School Council and Form Reps	School Council and Form Reps	Yr12 Election – Manifesto, Husting and Presentation to peers Organisation of charity days Garden Committee Social Committee Peer Mentoring/Paired reading Thrapston Youth Group

 Identity and Character Development	 Health and Wellbeing	 Careers, Advice, and Guidance	 Relationships	 Fundamental British Values and Citizenship	Inclusion, Diversity, and Equality (including Protected Characteristics)		
 Inclusion, Diversity, and Equality (including Protected Characteristics and Sexual Harassment)	Learning Opportunity	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12 and 13
	Skills for Life Curriculum	<p>Do we need to feel ‘the same as’ to belong? Prejudice and discrimination. Understanding prejudice and discrimination. Challenging prejudice and discrimination assertively.</p> <p>Challenging stereotypes. Understanding stereotyping and its potential impact. As unique individuals we can think about ourselves and others on different levels.</p>	<p>Who am I? Understand identities are complex and can change. Appreciation of the similarities and diversity of people’s identities. Understand the range of factors that can influence identity.</p> <p>Inequality. Give examples of social injustice in the UK. Describe what inequality means in the UK. Understand the benefits of living in a multi-cultural society.</p> <p>When things go right. Celebrating diversity in the UK. Ability to challenge prejudice and discrimination.</p>	<p>L13. Equality. Give examples of different types of prejudice and discrimination, including distinguishing between ‘banter’ and sexist, LGBT-phobic and racist language. Understand protected characteristics in the Equality Act as well as the legal consequences of bullying and hate crime. Understand how discrimination feels for the victim.</p> <p>L13. Discrimination. Understand protected characteristics and that challenging discrimination is everyone’s responsibility. Understand there are some inequalities in the world. Understand ways of challenging discrimination and inequality.</p>	<p>L13. Equality – what does it mean to me in the UK? Define equality and recognise disabilities including hidden disabilities. Understand consequences for not adhering to Equality Act. Embrace individuality.</p> <p>Equality in the workplace. Understand how to promote equality and what is expected in the workplace. Recognise strategies to deal with situations that might occur in workplace.</p> <p>Multicultural society. Explain benefits of multicultural societies and appreciate differing views and opinions of individuals. Understand how being treated unequally can affect a person’s physical and mental wellbeing.</p> <p>Challenging inequality. Understand how groups and individuals’ campaign for equality. Understand the impacts of unequal treatment of individuals.</p> <p>Gender and sexual identity. Understand change in relation to sexual identity. Recognise reality and myths surrounding sexual identity and gender. Understand range of relationship changes including with self.</p> <p>Gender stereotypes and sexual identity. Understand gender and stereotypes in relation to romantic relationships. Understand range of emotions regarding romantic relationships.</p>	<p>F5. L1, L2. Relationships and the law. Identify examples of legislation that relates to sex and relationships. Understand legal status of different relationships and what is unacceptable in relationships. Understand how to keep self and others safe in regard to healthy positive relationships. Know where to access advice and support.</p> <p>RR2. RR8. The law and you. Identify examples of legislation around the possession and supply of substances. Understand the legal consequences of breaching the Equality Act. Suggest ways to keep self and others safe. Know how and where to access advice and support.</p> <p>F2. My future relationships. Understand choices available in terms of different legal requirements in a relationship. Understand opportunities and challenges of becoming a parent. Reflect on long term relationship aspirations.</p> <p>RR4&8. Gender diversity and sexuality. Understand there is a spectrum of gender and sexuality and know there is a difference between sexuality and gender diversity. Empathy with those who are LGBT+ and know how to access support if needed.</p>	<p>Prejudice, extremism and radicalisation. Applying understanding of prejudice and discrimination in relation to the 2010 Equality Act. Consider the dangers of extremism and radicalisation in the modern world.</p> <p>Gender diversity and sexuality Review understanding of gender and sexuality spectrum and apply to sixth form experience and wider world. Know where to access online information and support.</p> <p>Employment rights and responsibilities What legal and financial rights a young person has an employee. Understand how to protect yourself in the workplace. Appropriate behaviour in the workplace and how to report concerns.</p>
	Broader curriculum	Eng Humanities	Eng Humanities	Eng Humanities	Eng Humanities	Eng Humanities	tbc
Form Time	Vote topics	Vote topics	Vote topics	Vote topics		Research and debate topic	

	Assemblies and guest speakers	Core values – respect and resilience	Skills for Life lesson – Refugees (Souster Youth) Core values – respect and resilience	Core values – respect and resilience	Core values – respect and resilience	Core values – respect and resilience	



Prince William School PSHE Vocabulary



Year 7	Year 8 (building on from Yr7)	Year 9 (building on from Yrs 7&8)	Key Stage 4 (building on from key stage 3)	Dreams and goals/unifrog
Identity	Influences	Intimate	Liberty	Competencies/employability skills:
Values	Conscious	Coercion	Violation	Reading
Unique	Active sub-conscious	Peer approval	Bereavement	Writing
Peer pressure	Sub-conscious	Grooming	Honour based abuse	Speaking
Independence	Racial prejudice	Radicalisation	Forced marriage	Numeracy
Prejudice	Racial hate crime	Banter	Hidden disability	Listening
Discrimination	Religious prejudice	Protected characteristics	Workplace expectations	Planning/aiming
Positive bystander	Religious hate crime	Hate crime	Tolerance	Teamwork Leadership
Equality	Social injustice	Direct discrimination	Society	Resilience
Stereotyping	Inequality	Indirect discrimination	Coercive control	Independence
Bullying	Injustice	Harassment	Domestic violence	Creativity
Consent	Social inequality	Victimisation	Equity	Problem solving
Relationships	Multi-cultural	Pornography	Gender pay gap	
Assertive	Diversity	Contraception	Societal change	
Aggressive	LGBTQ+ bullying	STIs	Decision-making	
Passive	Privacy		Gender identity	
Empathy	Personal space		Sexual identity	
Rights	Mindfulness		3 rd gender	
Responsibilities	Photo-shopping		Gender diversity	
Sexting			Sexual diversity	
Puberty			Attraction	
Period			Lust	
Reproduction			Attachment	
Conception			Intimacy types	
IVF			Human trafficking	
AI			Gender spectrum	
Surrogacy			Sexuality spectrum	
Self-esteem				

