Personal Development Curriculum, Hyde High School, 2022 - 2023

Year	Autumn	Spring	Summer
7	**Internet Safety & Harms** **Inappropriate content:** ● SMART rules (Safe, Meet, Accept, Reliable, Tell) ● Harmful content, what is harmful and what age ratings are. ● Who the BBFC and PEGI are and why certain products have age ratings. ● The impact of viewing inappropriate content. **Fake news:** ● Why is the news important and can we trust everything we see online? ● The difference between disinformation, misinformation & opinion. ● How and why false information is shared. ● That the viral spread of this content can be seen as a stamp of authenticity. ● The CRAAP rules for spotting false information ● How can false information be harmful? ● How to report any concerns & find help online. ● **Assessment** **(All content delivered through computing curriculum)** **Careers programme delivered through STEPS programme delivered through form time**	**Relationships, Sex and Health Education workshops:** **Respectful and positive relationships and friendships** ● How to recognise positive and healthy friendships ● Strategies to Improve and support respectful relationships including tolerance and respect ● Behaviours and stereotyping that can damage relationships including protected characteristics **Family and relationships** ● Different types of committed stable relationships ● Family and happiness/wellbeing ● Marriage and its legal status ● The roles of parents ● Sources of trustworthy and reliable information **Changing adolescent bodies** ● Facts around puberty ● Changing bodies physical and emotional ● Menstrual wellbeing and facts on menstrual products ● **Assessment** **(All content delivered through workshops delivered through March drop down day)** **Citizenship programme delivered through form time throughout Spring term. The**	**(Mental health programme delivered through form time throughout Summer term.** ● **Assessment**

	throughout Autumn term plus bespoke events	**focus is rules, fairness, right and responsibilities. Money management. Topics include:** ● Why rules are necessary ● How can communities get along better? ● Local active citizenship projects ● Having a voice ● Why we use money ● How do you use your money?	
8	**Internet Safety & Harms** **First to a million** ● How pupils can protect themselves, including what to do if something goes wrong. ● How difficult it is to remove something a user wishes they had not shared. ● The risks of sharing material online and that removing compromising material can be difficult. ● The impact of unhealthy or obsessive comparison with others online. Over reliance on on-line relationships including social media ● Your rights and responsibilities online. ● How to identify harmful behaviours and where to get help if pupils are affected. **Sharing nudes** ● How pupils can protect themselves, including what to do if something goes wrong. ● What is illegal online, especially what may be seen as normal e.g. sexting. ● Some online behaviours are abusive, they are negative, potentially harmful and sometimes illegal. ● People can behave differently online to how they would face to face. ● The risks of sharing material online and that	**Relationships, Sex and Health Education workshops:** **Healthy eating** ● What constitutes a healthy diet and the characteristics of an unhealthy diet ● The role of a balanced diet as part of a healthy lifestyle ● Food content and risks ● What influences decisions about diet and managing eating choices **Respectful versus coercive relationships and consent** ● The characteristics of healthy relationships ● How some behaviours within a relationship are criminal ● What constitutes as harassment and violence ● **Assessment** **(All content delivered through workshops delivered through March drop down day)** **Citizenship programme delivered through form time during the Spring term. The focus is the nature of rules and the justice system. The role of the police and courts. Precious liberties enjoyed by UK citizens and money management** ● Laws and the justice system	**Internal school assessment** **(Mental health programme delivered through form time throughout Summer term.** ● **Assessment**

	removing compromising material can be difficult. ● The impact of unhealthy or obsessive comparison with others online. Over reliance on on-line relationships including social media ● Your rights and responsibilities online. ● How to identify harmful behaviours and where to get help if pupils are affected. **Online Hate** ● Extreme behaviour online. ● Misinformation and being aware of misleading information can be shared inadvertently. ● The laws protecting and governing what information and opinions can be shared online. ● The concept of filter bubbles and how content online is targeted towards individuals based on their digital interactions. ● The impact filter bubbles can have on people's actions outside of the online world. ● How filter bubbles and the content we see online can lead to extreme behaviours. ● **Assessment** **(All content delivered through computing curriculum)** **Careers programme delivered through STEPS programme delivered through form time plus bespoke events**	● Youth crime ● Rights and the police ● Sentencing ● Punishment ● Paying for goods and services ● Borrowing money	
9	**Internet Safety & Harms** **Cyber Security:** ● How to identify key threats to the security of a computer system and its data (Including personal data)	**Relationships, Sex and Health Education workshops:** **Intimate and sexual relationships** ● The facts surrounding reproductive health	**Health Education:** ● The definition of drugs and the laws surrounding drugs in the UK ● Addiction ● Rehabilitation ● Alcohol and its effects

- Different kinds of malware and their threats.
- What social engineering is and how it is used to trick people into revealing sensitive information.
- Methods of prevention and protecting sensitive data.

Online Data

- How cookies work.
- Online platforms and search engines gather personal information.
- How and why personal data is shared by online companies.
- How to limit the data companies gather including paying particular attention to tick boxes when accessing a game or app for the first time.
- Much of the content seen online is the result of some form of targeting.
- How adverts seen at the top of online searches and social media often come from companies paying to be there, different people will see different ads.
- How pupils can protect themselves, including what to do if something goes wrong.
- What a digital footprint is, how it develops and how it can affect future prospects.
- How content can be shared, tagged and traced.
- How difficult it is to remove something a user wishes they had not shared.

- Strategies for identifying and managing sexual pressure and choices
- The facts surrounding a range of contraceptive choices
- How STI's are transmitted and how risk can be reduced
- The impact of STI's
- Where to get confidential advice

Mental wellbeing

- Emotional literacy
- Stigma surrounding mental health and seeking help
- Analysing emotions and experiences
- Recognising concerns and illness
- Self care techniques
- Sources of help and support
- Healthy lifestyles (physical)

Healthy Lifestyles

- Physical health and fitness
- The importance and characteristics of a healthy lifestyle
- Risks associated with an inactive lifestyle
- Health worries and support

(All content delivered through workshops delivered through March drop down day)

- **Assessment**

Citizenship programme delivered through form time throughout Spring term. The focus is the role of The Monarchy and Parliament, working as an MP and how to influence government. Money management

- The history of democracy
- The role of The Monarchy
- Voting and elections

- The dangers of smoking and vaping
- Attitudes towards cannabis
- How drugs and alcohol can lead to risky behaviour
- The importance of sleep
- Dental hygiene, sun safety and vaccinations

- **Assessment**

(taught through RE curriculum time, Summer term)

	- Online platforms and search engines gather personal information. - How to find information about privacy settings on various platforms. - Privacy settings have limitations. - Much of the content seen online is the result of some form of targeting **Assessment** **(All content delivered through computing curriculum)** **Careers programme delivered through STEPS programme delivered through form time plus bespoke events**	- How does Parliamentary Democracy work - The role of an MP - The House of Lords - The House of Commons - Saving and spending - Being a smart consumer	
10	**Careers (taught PD curriculum)** - The careers framework - Writing a C.V. - Post 16 qualifications - Action planning - Record of achievement (Xello) - College and apprenticeship application. - Finance and budgeting - LMI **Assessment**	**Relationships, Sex and Health Education (taught PD curriculum)** **Positive and respectful relationships** - The characteristics of positive and healthy relationships - How stereotyping can damage relationships - Steps to improve relationships - Hate crime - What constitutes as sexual harassment and violence - Criminal and coercive behaviour - Rights and responsibilities **Family and relationships (taught through year 10 RE, Spring term)** - Different types of relationship and how relationships can lead to happiness - Bringing up children in a relationship	**Relationships, Sex and Health Education (taught PD) curriculum** **Intimate and sexual relationships** - Positive and healthy intimate relationships - Reproductive health - The facts surrounding contraception - Fertility - Issues surrounding pregnancy including abortion and choices - The facts surrounding different Sexually transmitted diseases **Mental wellbeing** - How to recognise the signs of mental ill health - Healthy and unhealthy coping strategies - Sources of support

		● Marriage and the legal status compared to other types of relationship ● Healthy and unhealthy relationships and managing conflict ● Stereotyping	
11	**Online and media** ● The issues surrounding pornography ● Managing risks including gambling and debt ● **Assessment** **British values/citizenship (taught PD curriculum)** ● The origins of democracy ● Voting and elections ● The rule of law ● How laws are made	**British values/citizenship** ● Individual liberty ● Mutual respect and tolerance ● Extremism and radicalisation ● **Assessment (external examination)**	**First aid workshop** ● Basic first aid ● Life saving skills and CPR ● The purpose of defibrillator**s**

● Social, Moral, Spiritual and Cultural education is mapped and audited across all subject areas, see separate SMSC delivery plan.