

## Personal development: Year 12 & 13 year plan

Students will cover 3 core themes of:

- 1) Health and Well being
- 2) Relationships
- 3) Living in the wider world

	<b>Autumn 1</b> Independence and aspirations	<b>Autumn 2</b> Autonomy and advocacy	<b>Spring 1</b> Choices and influences	<b>Spring 2</b> Independence and aspirations	<b>Summer 1</b> Autonomy and advocacy	<b>Summer 2</b> Choices and influences
Year 12	skills to support home and online learning <ul style="list-style-type: none"> <li>• Teams, e mail and homework access</li> <li>• Mental Health and well being Recognise common mental health issues- anxiety, depression</li> <li>• Recognise when they or others need help and use of effective strategies</li> </ul>	relationships forming and maintaining relationships <ul style="list-style-type: none"> <li>• Relationship values in different types of relationships</li> <li>• Recognise respect (if applicable) challenge faiths cultural views</li> </ul>	confidence agency and support seeking skills <ul style="list-style-type: none"> <li>• How to produce CV and prepare effectively for interview</li> <li>• Set ambitious but realistic career and life goals</li> </ul>	empathy , compassion and understanding and support seeking skills <ul style="list-style-type: none"> <li>• Contraception in different relationships and cultures</li> <li>• Consent</li> <li>• Reducing risk of STI's</li> </ul>	confidence, self worth adaptability and decision making skills <ul style="list-style-type: none"> <li>• recognise and manage negative influence</li> <li>• Recognise and manage forms of abuse</li> <li>• Dangers and consequences of gangs serious organised crime carrying a weapon</li> </ul>	Develop decision making and risk management <ul style="list-style-type: none"> <li>• Alcohol and drug use</li> <li>• Impact on road safety work place , reputation career</li> </ul>
Year 13	skills to support home and online learning <ul style="list-style-type: none"> <li>• Teams, e mail and homework access</li> <li>• Mental Health and well-being-</li> </ul>	relationships forming and maintaining relationships <ul style="list-style-type: none"> <li>• Recognise and challenge prejudice discrimination</li> </ul>	confidence agency and support seeking skills <ul style="list-style-type: none"> <li>• Evaluate next step options</li> <li>• Global markets</li> </ul>	empathy , compassion and understanding and support seeking skills <ul style="list-style-type: none"> <li>• Sexual health</li> </ul>	confidence, self worth adaptability and decision making skills <ul style="list-style-type: none"> <li>• To manage personal safety when travelling</li> </ul>	

recognising signs of changes in mental health

- Recognise common mental health issues- anxiety, depression
- Analyse and evaluate support available and how to access most appropriate

- Recognise opportunities to build meaningful relationships'
- Manage ending of relationships safely (online)

- Employment rights and responsibilities
- Financial choices – managing an income

- Consent: Exploitation assault and rape how to report
- Where and how to access local, national advice, diagnosis and treatment

- Understanding legal rights and responsibilities when abroad
- How to perform first aid and evaluate when to summon emergency services