Personal Development Curriculum Map

Years 7 to 11 HEALTH Journey

'Created & Loved by God'

Term 1

	Year 7 MENTAL WELLBEING	Year 8 WELLBEING ONLINE	Year 9 HARMFUL SUBSTANCES	Year 10 STAYING SAFE	Year 11 PERSONAL RESPONSIBILITY
1	**A SAFER YOU** PD intro The SSPP support and safeguarding network **YOUR EMOTIONS** How to talk about their emotions accurately and sensitively, using appropriate vocabulary	**SCREENTIME** About the benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing	**ILLEGAL DRUGS** The facts about which drugs are illegal, the risks of taking illegal drugs, including the increased risk of potent synthetic drugs being added to illegal drugs, the risks of illicit vapes containing drugs, illicit drugs and counterfeit medicines, and the potential health harms, including the link to poor mental health. The law relating to the supply and possession of illegal substances The risks of illegal behaviours online, including drug supply or the sale or purchasing of illicit drugs online	**MENTAL HEALTH & SUBSTANCE ABUSE** That the co-occurrence of alcohol/drug use and poor mental health is common and that the relationship is bi-directional: mental health problems can increase the risk of alcohol/drug use, and alcohol/drug use can trigger mental health problems or exacerbate existing ones.	**USING THE NHS** How to navigate their local healthcare system: what a GP is; when to use A&E / minor injuries; accessing sexual health and family planning clinics; the role of local pharmacies; and how to seek help via local third sector partners which may have specialist services. The concept of Gillick competence. That the legal age of medical consent is 16. That before this, a child's parents will have responsibility for consenting to medical treatment on their behalf unless they are Gillick competent to take this decision for themselves. Pupils should understand the circumstances in which someone over 16 may not be deemed to have capacity to make decisions about medical treatment.
2	**HAPPY HABITS** The benefits and importance of physical activity, sleep, time outdoors, community participation and volunteering or acts of kindness for mental wellbeing and happiness That happiness is linked to being connected to others. Pupils should be supported to understand what makes	**REALITY CHECK** The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image); how people may curate a specific image of their life online; the	**ALCOHOL** The physical and psychological risks associated with alcohol consumption. What constitutes low risk alcohol consumption in adulthood, and the legal age of sale for alcohol in England. Understanding how to increase personal safety while drinking alcohol,	**GAMBLING** That gambling can lead to serious mental health harms, including anxiety, depression, and suicide, and that some gambling products are more likely to cause these harms than others	**SELF-EXAMINATION** The importance of taking responsibility for their own health, and the benefits of regular self-examination and screening.

	them feel happy and what makes them feel unhappy, while recognising that loneliness can be for most people an inevitable part of life at times and is not something of which to be ashamed How to critically evaluate which activities will contribute to their overall wellbeing	impact that an over-reliance on online relationships, including relationships formed through social media, can have	including how to decrease the risks of having a drink spiked or of poisoning from potentially fatal substances such as methanol. The physical and psychological consequences of problem-use of alcohol, including alcohol dependency The impacts of alcohol on diet and unhealthy weight gain.	The risks related to online gambling and gambling-like content within gaming, including the accumulation of debt.	
3	**NORMAL NERVES** That worrying and feeling down are normal, can affect everyone at different times and are not in themselves a sign of a mental health condition, and that managing those feelings can be helped by seeing them as normal Characteristics of common types of mental ill health (e.g. anxiety and depression), including carefully-presented factual information about the prevalence and characteristics of more serious mental health conditions. This should not be discussed in a way that encourages normal feelings to be labelled as mental health conditions Understanding how to overcome anxiety or other barriers to participating in fun, enjoyable or rewarding activities – that it's possible to overcome those barriers using coping strategies, and that finding the courage to participate in activities which initially feel challenging may decrease anxiety over time rather than increasing it	**ONLINE DANGERS** How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours	**SMOKING** The facts about the multiple serious harms from smoking tobacco (particularly the link to lung cancer and cardiovascular disease), the benefits of quitting and how to access support to do so. That stopping smoking can improve people's mental health and decrease anxiety	**DANGEROUS CONTENT** The serious risks of viewing online content that promotes **self-harm, suicide or violence**, including how to safely report this material and how to access support after viewing it.	**ORGAN DONATION** The science relating to blood, organ and stem cell donation
4	**MOVE MORE!** The characteristics of a healthy lifestyle, including physical activity and maintaining a healthy weight, including the links between an inactive lifestyle and ill-health, including cardiovascular ill-health	**FAKE NEWS** How advertising and information is targeted at them and how to be a discerning consumer of information online, understanding the prevalence of misinformation and disinformation online, including conspiracy theories	**VAPING** The facts about vaping, including the harms posed to young people, and the role that vapes can play in helping adult smokers to quit.	**EATING DISORDERS** An introduction to eating disorders covering different types, triggers, red flags, the fact that males and females are both affected and how to seek support.	**PREGNANCY CHOICES** That there are choices in relation to pregnancy. Pupils should be given medically and legally accurate and impartial information on all options, including keeping the baby, adoption, abortion and where to get further help

	Factual information about the prevalence and characteristics of more serious health conditions That physical activity can promote wellbeing and combat stress.				
5	**SENSIBLE SLEEP** The importance of sufficient good-quality sleep for good health, the importance of screen-free time before bed and removing phones from the bedroom, and how a lack of sleep can affect weight, mood and ability to learn	**SAFER GAMING** Understand that whilst gaming is enjoyable and has many benefits, problems also exist such as addiction and withdrawal. Appreciate steps to make gaming safer.	**MISUSE OF MEDICINES** The dangers of the misuse of prescribed and over-the-counter medicines. Appreciate the need for controlled use of antibiotics.	**CONTENT DRIVEN BY NEED AT SSPP** CPOMS? DSL? HOYS? STAYSAFE? STUDENT VOICE? PARENTS?	**CONTENT DRIVEN BY NEED AT SSPP** CPOMS? DSL? HOYS? STAYSAFE? STUDENT VOICE? PARENTS?
	CATHOLIC LIFE *Reinforces the Catholic belief that every person is valued and deserves to have their feelings respected and heard.* *The emphasis on volunteering and kindness reflects Jesus' teaching to love and serve others.* *The message that people can face challenges with courage reflects the example of many saints who persevered through adversity.* *Catholic teaching recognises that our bodies are gifts from God and should be treated with respect and care.* *Rest is valued throughout Catholic teaching, most notably through the principle of Sabbath rest and recognising the need for balance in life.*	**CATHOLIC LIFE** *Catholic teaching encourages balance and self-discipline. Technology should be used in ways that enhance human flourishing rather than dominate our lives.* *Catholic teaching emphasises that every person is created in the image of God and should not base their worth on appearance, social status or online approval.* *Catholic teaching calls people to stand up for those who are vulnerable and challenge behaviours that harm others.* *The Catholic tradition places significant importance on truth and honesty. Pupils are encouraged to become responsible consumers and sharers of information.* *Leisure and enjoyment are positive aspects of life, but Catholic teaching encourages balance and avoiding behaviours that become harmful or controlling.*	***CATHOLIC LIFE*** *Catholic teaching emphasises respect for the dignity of life and avoiding behaviours that cause harm to ourselves or others. Substance misuse undermines personal wellbeing and can damage relationships and communities.* *Catholic teaching does not prohibit alcohol but emphasises moderation and condemns excess that harms individuals or communities. Temperance is particularly relevant in promoting healthy habits and responsible behaviour.* *The body is viewed as a gift from God and should be treated with care and respect. Quitting harmful habits reflects personal responsibility and perseverance.* *Catholic teaching encourages careful consideration of actions that affect personal health and the wellbeing of others.* *Using medicines appropriately reflects respect for life, health, and the common good. Understanding antibiotic resistance can help pupils appreciate how individual choices affect others.*	***CATHOLIC LIFE*** *Catholic teaching calls people to respond to those who are suffering with mercy, compassion and support. The emphasis on understanding complex causes of substance misuse helps pupils avoid stigma and recognise the dignity of every individual.* *Catholic teaching emphasises responsible use of money and avoidance of behaviours that may harm individuals, families or communities. Gambling becomes problematic when it damages wellbeing, relationships or financial stability.* *Catholic teaching promotes the sanctity of life and the protection of vulnerable people. Reporting harmful content reflects a commitment to safeguarding others and promoting the common good.* *Catholic teaching rejects the idea that worth is determined by physical appearance. Each person possesses God-given dignity and deserves respect, care and support. This topic provides opportunities to challenge harmful stereotypes and promote positive self-worth.*	***CATHOLIC LIFE*** *Catholic teaching promotes the importance of caring for one's health and seeking appropriate support when needed. Understanding healthcare systems helps pupils make responsible choices that contribute to their wellbeing and the wellbeing of others* *Catholic teaching recognises the body as a gift that should be respected and cared for. Regular self-examination demonstrates responsible stewardship and a commitment to preserving health.* *The Catholic Church generally views organ donation as a generous act of love and solidarity when carried out ethically and with informed consent. It can be presented as an example of putting the needs of others before oneself.* *This topic provides opportunities to explore the Catholic belief in the sanctity of human life and the dignity of every person. It also allows discussion of compassion and practical support for individuals facing challenging circumstances. Teaching should encourage respectful dialogue while remaining sensitive to diverse experiences among pupils.*

Term 4

	Year 7 PHYSICAL HEALTH	Year 8 DEVELOPING BODIES	Year 9 PERSONAL SAFETY	Year 10 FIRST AID	Year 11 SEXUAL HEALTH

1	**HEALTHY EATING** How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay, unhealthy weight gain, and cardiovascular disease The risks of unhealthy weight gain, including increased risks of cancer, type 2 diabetes and cardiovascular disease.	**GROWING UP 1** The main changes which take place in males and females, and the implications for emotional and physical health.	**MANAGING RISK** How to identify risk and manage personal safety in increasingly independent situations, including around roads, railways – including level crossings - and water (including the water safety code), and in unfamiliar social or work settings (for example the first time a young person goes on holiday without their parents).	**FIRST AID** Calling 999 Primary survey Recovery position [recap from Year 7] + Choking	**SAFER SEX** How the different sexually transmitted infections (STIs), including HIV, are transmitted. How risk can be reduced through safer sex (including through condom use). The use and availability of the HIV prevention drugs Pre-Exposure Prophylaxis (PrEP) and Post Exposure Prophylaxis (PEP) and how and where to access them. The importance of, and facts about, regular testing and the role of stigma The prevalence of STIs, the short and long term impact they can have on those who contract them and key facts about treatment.
2	**PERSONAL HYGIENE** Personal hygiene, germs and how they are spread, including bacteria and viruses, treatment and prevention of infection, and about antibiotics. How and when to self-care for minor ailments, and the role of pharmacists as knowledgeable healthcare professionals.	**GROWING UP 2** The facts about puberty, the changing adolescent body, including brain development.	**PEER PRESSURE** How to recognise and manage peer influence in relation to risk-taking behaviour and personal safety, including peer influence online and on social media	**FIRST AID RECAP** CPR + Using a defibrillator [recap from Year 7]	**HEALTHY PREGNANCIES** The importance of healthy behaviours before and during pregnancy, including the importance of pre-conception health, including taking folic acid. The importance of pelvic floor health. Information on miscarriage and pregnancy loss, and how to access care and support.
3	**SMILES BETTER** Dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste and cleaning between teeth, reducing consumption of sugar-containing food and drinks, and regular check-ups at the dentist	**GROWING GIRLS** About menstrual and gynaecological health, including: what is an average period; period problems such as premenstrual syndrome; heavy menstrual bleeding; endometriosis; and polycystic ovary syndrome (PCOS).	**SELF-CONTROL** How to develop key social and emotional skills that will increase pupils' safety from involvement in conflict and violence. These include skills to support self-awareness, self-management, social awareness, relationship skills and responsible	**CONTENT DRIVEN BY NEED AT SSPP** CPOMS? DSL? HOYS? STAYSAFE? STUDENT VOICE? PARENTS?	**ACCURATE INFO** How to counter misinformation, including signposting towards medically accurate information and further advice, and where to access confidential sexual and reproductive health advice and treatment

		When to seek help from healthcare professionals.	decision making, as well as skills to recognise and manage peer pressure.		
4	**FIRST AID** Basic treatment for common injuries and ailments Calling 999 Primary survey Recovery position	**FERTILITY FACTS** The facts about reproductive health, including fertility and menopause, and the potential impact of lifestyle on fertility for men and women	**KNIFE CRIME** The law as it relates to knives and violence. Content and examples should relate to the local context and avoid using fear as an educational tool. Children should be taught that carrying weapons is uncommon, and should not be scared into the perception that many young people are carrying knives (which can lead to the misconception that they need to carry a knife too). Understanding which trusted adults they can talk to if pupils are worried about violence and/or knife crime. The risks of illegal behaviours online, including drug and knife supply or the sale or purchasing of illicit drugs online	**CONTENT DRIVEN BY NEED AT SSPP** CPOMS? DSL? HOYS? STAYSAFE? STUDENT VOICE? PARENTS?	**FGM** The physical and emotional damage which can be caused by female genital mutilation (FGM), virginity testing and hymenoplasty, where to find support, and the law around these areas. This should include that it is a criminal offence for anyone to perform or assist in the performance of FGM, virginity testing or hymenoplasty, in the UK or abroad, or to fail to protect a person under 16 for whom they are responsible
5	**FIRST AID** Life-saving skills, including how to administer CPR The purpose of defibrillators, when one might be needed and who can use them	**VACCINATIONS** The facts and scientific evidence relating to vaccination, immunisation and antimicrobial resistance. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.	**EXPLOITATION** The risks and signs that they may be at risk of grooming or exploitation, and how to seek help where there is a concern. The facts about and risks involved with County Lines activity.	**CONTENT DRIVEN BY NEED AT SSPP** CPOMS? DSL? HOYS? STAYSAFE? STUDENT VOICE? PARENTS?	**CONTENT DRIVEN BY NEED AT SSPP** CPOMS? DSL? HOYS? STAYSAFE? STUDENT VOICE? PARENTS?
	CATHOLIC LIFE ***Catholic teaching emphasises that our bodies are gifts entrusted to us by God. Making healthy choices reflects gratitude for those gifts and enables us to live fully and serve others.*** ***Good hygiene reflects respect for both ourselves and our community. Catholic teaching encourages behaviours that contribute to the wellbeing of others and promote the common good.*** ***Looking after dental health demonstrates care for the body and commitment to healthy habits. It also reinforces the virtue of self-discipline through regular routines.***	***CATHOLIC LIFE*** ***Catholic teaching affirms that human growth and development are part of God's plan for each person. Understanding these changes helps young people appreciate their own dignity and that of others.*** ***Catholic education promotes the development of the whole person. Understanding brain and emotional development can help pupils make wise decisions and grow in character.*** ***Catholic teaching promotes respect for the body and encourages seeking support when facing health difficulties. This topic helps remove stigma while affirming the dignity of women and girls.***	***CATHOLIC LIFE*** ***Catholic teaching encourages responsible use of freedom. As young people gain independence, they are called to make wise choices that protect themselves and others.*** ***Catholic teaching encourages individuals to follow their conscience and make moral choices, even when these may differ from the choices of a wider group.*** ***Catholic teaching promotes peace, reconciliation and self-mastery. Learning to manage emotions and conflict helps pupils build healthy relationships and contribute positively to their communities.***	***CATHOLIC LIFE*** ***The Parable of the Good Samaritan provides a clear connection to this topic. Like the Samaritan, pupils are encouraged to recognise when someone needs help and respond with compassion and practical care.*** ***Catholic teaching emphasises that caring for those who are vulnerable or injured is an important expression of Christian discipleship.*** ***Catholic teaching places great importance on the sanctity and dignity of human life. CPR and defibrillator training provide practical opportunities for pupils to protect life and support people in moments of greatest vulnerability.***	***CATHOLIC LIFE*** ***Learning about sexually transmitted infections, safer sex and access to healthcare supports the Catholic belief in the dignity and value of every human person. This knowledge encourages students to make informed and responsible decisions, care for their own health and wellbeing, and show compassion and understanding towards others without judgement or stigma.*** ***This learning reflects Catholic Teaching on the sanctity of life and the importance of caring for human life at every stage. Understanding healthy behaviours before and during pregnancy encourages students to value wellbeing, recognise the importance of responsible decision-***

	The Good Samaritan is a powerful example of caring for someone in need. First aid skills enable pupils to put compassion into action and assist those who may be vulnerable or injured. *Catholic teaching places great importance on the sanctity of life. Learning life-saving skills demonstrates a commitment to protecting life and serving others in moments of greatest need.*	*Catholic teaching recognises the gift of human fertility and promotes responsible care of health. This topic provides opportunities to discuss respect for life and the responsibilities that accompany human development.* *Catholic Social Teaching emphasises concern for the common good. Vaccination can be discussed within the context of protecting the wider community, particularly the most vulnerable.*	*Catholic teaching strongly promotes the sanctity of life and rejects violence as a means of solving problems. Pupils can explore how peace, reconciliation and respect for others contribute to safer communities.* *The protection of vulnerable people is a central theme of Catholic teaching. This topic provides opportunities to discuss safeguarding, recognising abuse, and supporting individuals who may be at risk.*	*These skills embody the Christian call to serve others and respond generously when help is needed.*	*making, and support the health of both parent and child.* *Seeking accurate information and challenging misinformation reflects the Catholic values of truth, wisdom and responsibility. Students are encouraged to make informed choices based on reliable evidence and to access appropriate support when needed, promoting respect for themselves and others.* *Learning about the harms of FGM, virginity testing and hymenoplasty reflects the Catholic belief in the inherent dignity of every person and the right to be free from abuse and exploitation. This topic promotes safeguarding, respect, and the protection of vulnerable individuals, while reinforcing the importance of seeking support and standing against practices that cause harm.*