



Bradford Academy Personal Development Curriculum: Progression Map

Key

Concepts highlight in **Bold** are Core concepts new for this year group.

Concepts highlight in *italics* are concepts revisited from previous years.

Core Concept	Year 7 Themes	Year 8 Themes	Year 9 Themes	Year 10 Themes	Year 11 Themes	Relevant end point
Love and Relationships (RSE):	<u>Consent</u> in terms of friendships. What makes a healthy friendship. Challenges within relationships online and in person (bullying)	<u>Staying safe online - Online grooming</u> – staying safe online as well as Country lines. Healthy and unhealthy relationships – coercive control <i>Consent in terms of friendships.</i>	<u>Consent</u> in romantic relationships (including posting of images, sharing info) Challenges within relationships -online and in person. Sexting and texting: the law and the impact Challenges within relationships – managing a breakup online. <i>Coercive control – Link to health and well-being section.</i>	The impact of pornography on mental health. How do you know that someone has consented. Understanding that consent can be withdrawn. <u>Consent</u> Withdrawing consent. What is informed consent? Contraception and how to access this (& emergency contraception) Options available for an unplanned pregnancy and how to seek support. Sexual and reproductive health e.g. Infertility, menopause and how to access support. <i>Staying safe online – Victim blaming</i> <i>Consent in sexual relationships.</i> <i>Features of unhealthy relationships</i> <i>Coercive control and grooming – where to seek support.</i>	Impact of Drugs on the issue of consent What is sexual Harassment? Healthy and unhealthy relationships Coercive control and where to seek support. Communication in relationships Life as a young parent Screening and Self examination <u>Staying safe online – Dark Web</u> <u>Consent</u> in sexual relationships. What is rape? <i>Breaking up/ ending a relationship</i> <i>The challenges and barriers that different relationships can face.</i>	Students will have a sound knowledge of consent as well as sexual and reproductive health and they will know how to seek support and how to support others in gaining support. Students will have a clear understanding of what makes a healthy and what makes an unhealthy relationship and will be able to recognise the signs of unhealthy relationships, coercive control and know where to seek support. Students will understand the challenges that different relationships face and know the options available for contraception and unplanned pregnancy.
Citizenship:	<u>Inequalities in Society</u> – prejudice & discrimination Barriers and challenges faced by different groups of people. Community – what makes an active citizen? How to be an active citizen.	<i>Inequalities in Society also covered.</i> As part of the RSE module – looking at respecting others Understanding British values <i>Laws and sanctions in Britain</i> Protected characteristics & the law What is respect?	<u>Laws and Sanctions</u> Gang Culture Role of the police Knife Crime Young Offenders Human Rights Domestic Violence <i>Democracy – Voting and elections</i> Political parties and political regimes	<u>Democracy</u> – Roles of local & devolved government Spending taxpayers' money Who is eligible to vote? Role of the UK citizen - Who can stand for elections? & Issues relating to voting. Violence in society and the law	<u>Elections</u> – How to vote effectively and why your vote matters. Covered in PD sessions. NHS services – how taxes are spent, covered in health and well-being. Multiculturalism	Students will understand about voting and elections and will have developed a sound understanding of how this works. Students will know about taxes and how these are spent. Students will know about different types of government. Students will understand about equalities in society.



	Features of a democracy The role of MPs in the UK Laws and Sanctions in Britain	How to challenge and disagree with others respectfully Recognising extremist views and content and how to access help. Understanding the Prevent agenda in the UK. How taxes are spent, covered in the Living in the Wider World 2 module	<i>How Taxes are spent – sending aid</i> <i>Laws and Sanctions – Genocide in the world</i> <i>Inequalities in Society – Sexism</i>	Global view of social issues – homelessness and sustainable living Marriage, cohabiting and the law.	Environmental issues and how we can help. <u>Extremism</u> Animal Rights	Students will know about the laws in Britain and the potential sanctions for disobeying these laws. Students will understand the methods someone may use to coerce them into joining a gang or carrying out an illegal activity and how to spot the signs.
Health and Wellbeing	Seeking support with staying safe online Healthy lifestyle – personal hygiene, puberty & oral health Healthy lifestyle – Diet, exercise and sleep. Healthy lifestyle – energy drinks Healthy lifestyle – how smoking and vaping can affect health. Positive mental health and self esteem Strategies to improve mental health. How FGM can affect someone – covered in Relationships 2 unit	<i>The impact substances have on someone’s mental health.</i> Effects of drugs and alcohol Seeking support for addiction Drugs and the law, energy drinks and caffeine <i>Healthy lifestyle – personal hygiene, puberty & oral health</i> <u>Positive mental health – self-confidence, emotions, mindfulness</u> Dealing with Anxiety Impact of social media on body dysmorphia Impact of lifestyle on cancer Dealing with emergency medical situations	Healthy lifestyle – eating and exercising responsibly / eating disorders. <i>Body Dysmorphia & Self – harm</i> Spotting the signs and seeking support Vaccinations, blood & organ donations <i>Misuse of alcohol and drinking responsibly</i> Knowing the signs of CSE and where to get help. <u>Mental health & seeking support – also covered in PD sessions.</u>	STIs and where to seek support & access treatment. (relationships unit) Loneliness and suicide prevention <u>Mental health</u> Impact of social media on mental health Dealing with stressful situations & Strategies to cope with change and transition. Dealing with loss – grief and bereavement	Using the NHS Healthy lifestyle – using the NHS & managing your health. Screening and self-examinations <i>Benefits of healthy food, sleep & exercise</i> Risks of Body modifications <u>Mental health</u> <i>Strategies to cope with change and transition.</i> Harms of binge drinking Risk taking and Gambling.	Students will understand the importance of a healthy lifestyle, diet, exercise, and sleep and will understand how a person’s mental health can have an impact on their day to day lives and where to seek support. Students will have an awareness of the different strategies required to deal with stressful situations and how to manage their lives, day to day. Students will know how to use the NHS and seek support for addiction.
Living in the Wider World (including Careers Education)	Managing money – Budgeting Savings and Loans Financial Products Financial Transactions Financial Fraud and Scams	<i>Managing money – Budgeting and Saving</i> Income and finance Tax and NI How taxes are spent in society Careers – Entrepreneurs Introduction to LMI Personal Skills – Study Skills Revision skills	Personal Skills – Study Skills Self-Discipline to Achieve <i>Careers /Next steps</i> Online careers <i>LMI -helping to make choices.</i> Choosing your GCSEs Options post 16 – College, 6th form. Apprenticeships, A-Levels, T-levels, level 2 & 3 qualifications, degree	<i>Managing money – Saving</i> Pensions Mortgages <i>Fraud and Cybercrime</i> Managing debt Where to get help with financial issues <i>Careers /Next steps</i> 21st Century careers (STEM and Green) <i>National LMI</i>	<i>Managing money –</i> Direct Debts and Standing Orders. Independent Living <i>Personal Skills – Interview Skills</i> <i>Careers /Next steps</i> University – what is it like Health and Safety at Work Trade Unions	Students will know the options that they have post 16, they will understand how to look for and apply for jobs and how to conduct themselves in an interview. Students will know the different qualifications that they have available to them and an understanding of what it is like to choose different pathways, for example, what does an apprenticeship look like or what life is like at university.



		Goal setting Soft Skills and	apprenticeships, University. UNIFROG Employment rights and responsibilities.	Work Experience		Students will have developed revision strategies and will be prepared for their post 16 education. Students will be prepared for life after school and will have a clear understanding of how to open a bank account, pay bills and know how to access different services.
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