

My Personal Development Learning Journey

Unit 3: My Aspirations

- Future pathways, setting goals and career choices
- Motivation and resilience
- Interviews, personal statements and CVs
- Examinations: Effective revision strategies and exam stress

CAREERS
EDUCATION
AND
GUIDANCE

Unit 1: My Integrity

- Positive role models
- Prejudice and discrimination
- Extremism and radicalisation
- Gangs and criminal exploitation



Unit 3: My Responsibilities

- 21st century skills: Leadership, communication and collaboration
- Global Citizenship and international mindedness
- Advocacy and service in the community

Unit 2: My Citizenship

- Democracy and the justice system
- British values
- Digital and media literacy
- Conflict resolution

Unit 1: My Relationships

- Healthy, respectful and intimate relationships
- Marriage, parenting and relationship diversity

Unit 2: My Life

- Independent living
- Financial decision making
- Economic wellbeing
- Self-management and organisation



Unit 1: My Future

- Mental health and wellbeing
- Alcohol and drugs
- Body image, cosmetic surgery, body alteration, tattoos

RSHE
Relationships, Sex & Health Education

Unit 2: My Safety

- Consent
- Online safety
- Contraception
- Sexual health and STIs
- Fertility and pregnancy
- Unsafe relationships

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Unit 2: My Wellbeing

- Mental health and wellbeing
- Building resilience and coping strategies
- Managing intense feelings

Unit 3: My Choices

- Peer pressure
- Smoking, alcohol and drugs
- Aspirations and career choices

Unit 1: My Rights

- Equity, diversity and inclusion
- Rights, responsibilities and identity
- Stereotypes, prejudice and discrimination



Unit 3: My Values

- Personal aspirations
- Setting goals
- British values
- Service in the community

Unit 1: My Friends

- Transition to secondary school
- Friendship and relationships
- Bullying and peer pressure
- Conflict resolution

Unit 2: My Health

- Puberty
- Personal hygiene
- Healthy eating
- Exercise
- Sleep
- Healthy choices: Energy drinks and vaping
- First Aid

