



**Students will be working on VAAs in all areas of the curriculum, but in Personal Development lessons we will be focusing on specific VAAs when discussing different topics.

Topic Name	Term	Prior Knowledge	We will learn more about...	VAAs we will focus on in this topic**	SMSC & British Values	Next link in curriculum
Dreams and Goals	Autumn	Year 10 Dreams and Goals Unifrog	Managing anxiety and overwhelm Understand some ways to help manage any anxiety that may be experienced now and in the future Know of some ways to help manage feelings of being overwhelmed Know where further information and support can be accessed Understand the links between sleep, physical and mental health and learning	Perseverance, Resilience	Spiritual, Cultural, Individual Liberty	Year 12 Personal Development Days
			Money and debt Can identify financial goals and whether these are realistic in the short or longer term Understand the skills and attributes needed in order to aim for personal financial goals Understand how to budget, the possible consequences of debt and sources of support for people in debt or have a gambling problem Understand some of the financial pressures that come with increasing independence and adulthood	Risk-taking	Social, Moral Individual Liberty, Mutual Respect	
			Dream jobs and skill set Can identify personal dream jobs and understand that these can sometimes differ from the expectations of family or friends Understand that there may be a need to change personal skill-set as careers develop Can reflect on skills	Confident	Social, Cultural Individual Liberty, Mutual Respect	
			Future Relationships Understand dreams and goals in relation to long- term intimate commitments Understand choices available in terms of different legal arrangements in a relationship status Understand the challenges and opportunities of becoming a parent Recognise key skills of successful parenting	Open-minded	Social, Cultural Rule of Law, Individual Liberty, Tolerance of those of different faiths and beliefs	



			<p>Overcoming barriers Understand some possible barriers to dreams and goals Can identify some contingency plans in relation to dreams and goals if obstacles or barriers are met Understand some ways to build resilience to face potential challenges in the future</p>	Practice, Perseverance, Resilience	Social Individual Liberty	
Healthy Me	Autumn	<p>Year 10 Healthy Me</p> <p>Alcohol and reducing risks</p>	<p>Managing Stress Know some ways to help manage anxiety and stress Know some ways to relax and understand the links between sleep and physical/ mental health Know how to prepare for exams and have ways to improve concentration and manage any stress /anxiety</p> <p>Hygiene and health Understand the steps that can be taken to keep healthy including self-examination Understand the preventative steps that can be taken to reduce the chance of contracting STIs Understand the treatment available for STIs</p> <p>Pressure Understand the influences that inform decision making with regard to sexual relationships Know strategies to help manage sexual pressure Understand what consent is in relation to sexual relationships Recognise that there are different views about sexual relationships</p> <p>Pregnancy and choice Understand the choices available in relation to contraception and pregnancy Understand key facts about fertility and pregnancy Understand that there are a range of views and beliefs about contraception and pregnancy</p> <p>Staying safe in sexual relationships Understand the range of risks to physical and mental health associated with unhealthy sexual relationship Understand the importance of respect in all relationships including sexual relationships</p>	<p>Perseverance, Resilience</p> <p>Risk-taking</p> <p>Concerned for society, Open-minded</p> <p>Concerned for society, Open-minded, Risk-taking</p> <p>Risk-taking</p>	<p>Spiritual, Cultural Individual Liberty</p> <p>Social, Moral Individual Liberty, Mutual Respect</p> <p>Social, Moral, Cultural Individual Liberty, Mutual Respect</p> <p>Social, Moral Individual Liberty, Mutual Respect</p> <p>Social, Moral, Cultural Democracy, Rule of Law, Individual</p>	Year 12 Personal Development Days



Understand that ending unhealthy relationships is often necessary to protect mental and physical health

Liberty, Mutual Respect

Relationships

Spring

Year 10 Relationships
County Lines

Intimate romantic relationships
Understand intimate relationship can move through different stages and how behaviour may change according to the
Understand how the media can sometimes portray unrealistic expectations of sex and relationships
Understand some of the positive and negative connotations of sex and where these might come
Understand what can be done to protect sexual and reproductive health now, and in the future
Can judge whether information about intimate sexual relationships can be trusted
Know how to access confidential health and advice about sex and relationships

Open-minded, Risk-taking

Social, Moral, Cultural
Rule of Law, Individual Liberty, Mutual Respect

Gender diversity and sexuality
Understand there is a spectrum of gender and sexuality
Understand that sexuality is different from gender diversity
Understand that for some people, gender identity and sexuality is fluid and for others it is fixed
Understand that LGBT+ people are protected by law

Concerned for society, Open-minded

Social, Moral, Cultural
Rule of Law, Individual Liberty, Mutual Respect, Tolerance of those of different faiths and beliefs

Coming out as LGBT+
Understand that 'coming out' can be challenging for some LGBT+ people
Understand that the media often shows stereotypical LGBT+ people and relationships, and within this community there is diversity which may not always be represented
Understand that being LGBT+ is different for each individual and there is no 'normal' way of being or expressing being LGBT+
Understand how to access support and advice about LGBT+

Concerned for society, Open-minded, Confident

Social, Moral, Cultural
Democracy, Rule of Law, Individual Liberty, Mutual Respect, Tolerance of those of different faiths and beliefs

Power
Recognise when there is an imbalance of power within an intimate relationship and know some strategies for managing relationships that are imbalanced,

Risk-taking

Year 12 Personal Development Days



			<p>Understand how to recognise illegal behaviour within an intimate relationship, how and where to report it Understand that for some young people (straight and LGBTQ) lack of understanding, information or support can lead them towards risky sexual experimentation which is a different form of power imbalance in relationship</p> <p>Forced marriage, FGM and other abuse Understand why honour-based violence and forced marriage is unacceptable and illegal Know examples of honour-based violence and what FGM and breast ironing is, and why it is illegal Know examples of hate crimes against LGBT+ people and explain why this is unacceptable and illegal Understand how to report honour-based crimes or hate crime against LGBTQ+ people Understand the difficulties some people might face as a result of the cultural group they belong to</p>	<p>Open-minded</p>	<p>Social, Moral Rule of Law, Individual Liberty, Mutual Respect</p> <p>Social, Moral, Cultural Democracy, Rule of Law, Individual Liberty, Mutual Respect, Tolerance of those of different faiths and beliefs</p>	
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