



**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 8 Dreams and Goals Long term goals	<p>Personal Development Project 1 – Personal Discovery</p> <p>Personal Strengths Identify personal strengths and some health goals Identify personal strengths which could be improved</p> <p>The power of planning Understand how to produce a SMART plan and know how to apply it to support life and learning Understand the importance of planning in order to achieve goals</p> <p>My dreams for my life Recognise the need to accept helpful feedback and reject unhelpful criticism Understand that some dreams and goals in life are not associated with financial gain</p> <p>Unifrog – personality and interest quizzes</p>	<p>Enquiring, Creative & Enterprising, Open-Minded, Risk-taking, Confident, Perseverance</p> <p>Enquiring, confident</p> <p>Enquiring, Risk-taking, Practice, Perseverance</p> <p>Enquiring, Open-minded</p> <p>Enquiring</p>	<p>Depending on project different SMSC and British Values will be demonstrated</p> <p>Social, Moral, Spiritual, Cultural Democracy, Individual Liberty</p> <p>Social Democracy, Individual Liberty</p> <p>Social, Moral, Cultural Individual Liberty, Mutual Respect</p>	Year 10 Dreams and Goals
Mental Health – The Guide part of ‘Dreams and Goals’ and ‘Changing Me’	Autumn	Year 8 Healthy Me Healthy choices on managing stress	<p>Mental Health Understand that mental health can be affected by different situations and experiences Understand some common mental health issues Challenge stigma about mental health issues Understand where to access support to address concerns about mental health</p>	<p>Concerned for society, Open-minded</p>	<p>Social, Moral, Spiritual Individual Liberty</p>	Year 10 Healthy Me



<p>Healthy Me</p>	<p>Autumn / Spring</p>	<p>Year 8 Healthy Me</p> <p>Me and My Health</p> <p>Healthy choices on substances</p> <p>Substance misuse and exploitation</p>	<p>Alcohol Understand the physical and emotional effects of alcohol and how it can affect decision-making Know what the law says about alcohol To discuss ways to feel confident about making own decisions about lifestyle choices</p> <p>Using substances Understand the physical and emotional effects of certain substances and how they can affect decision-making Understand what the law says using substances including smoking and vaping</p> <p>Effects of substances Understand some of the physiological and psychological effects of substance misuse and the impact of illegal substances on society and individuals Know how to access support if concerned about substances</p> <p>First Aid – Online course Know about the recovery position and how to contact emergency services Know what to do in an emergency situation involving substances Know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen</p>	<p>Open-minded, Risk-taking</p> <p>Open-minded, Risk-taking</p> <p>Open-minded, Risk-taking</p> <p>Open-minded, Risk-taking</p>	<p>Social, Moral, Cultural Rule of Law, Individual Liberty</p> <p>Social, Moral, Cultural Rule of Law, Individual Liberty</p> <p>Social, Moral, Spiritual, Cultural Rule of Law, Individual Liberty, Mutual Respect</p> <p>Social, Moral, Cultural Individual Liberty, Mutual Respect</p>	<p>Year 10 Healthy Me</p>
<p>Changing Me</p>	<p>Spring</p>	<p>Year 8 Changing Me</p>	<p>Better Sleep Understand that sleep is important for psychological and physical reasons Understand that sleep is important for mental health Understand that sleep is important for learning</p> <p>Resilience Understand what resilience means Understand how resilience can be developed</p>	<p>Perseverance</p> <p>Practice, Perseverance, Resilience</p>	<p>Social, Spiritual, Cultural Individual Liberty</p> <p>Social, Moral, Spiritual Individual Liberty, Mutual Respect</p>	<p>Year 10 Changing Me</p>



<p>Celebrating Differences</p>	<p>Summer</p>	<p>Year 8 Celebrating Differences</p> <p>Prejudice and Discrimination</p>	<p>Equality Can give examples of different types of prejudice and discrimination Understand how the Equality Act has protected characteristics and why these are important Can distinguish between ‘banter’ and sexist, LGBT-phobic and racist language Understand how to report bullying and the legal consequences of bullying and hate crime</p> <p>Understanding difference Can explain why some people can display sexist and ageist behaviour Understand the complexities associated with gender identity Can challenge my own and others’ attitudes towards difference in relation to sexism, ageism and gender identity</p> <p>Discrimination Understand about protected characteristics and how everyone has the responsibility to challenge discrimination Understand that there are some inequalities in the world</p>	<p>Concerned for society, Open-minded</p> <p>Concerned for society, Open-minded</p> <p>Concerned for society, Open-minded</p>	<p>Social, Moral, Cultural Democracy, 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> <p>Social, Moral, Cultural Rule of Law, Individual Liberty, Mutual Respect, Tolerance of those of different faiths and beliefs</p>	<p>Year 10 Celebrating Differences</p>
<p>Being me in my world</p>	<p>Summer</p>	<p>Year 7 Being me in my world</p> <p>Consent</p>	<p>Consent Understand the links between having a positive self-identity and healthy intimate relationships Understand what consent means within peer and intimate social groups Understand how to report abusive or coercive behaviour</p>	<p>Concerned for society, Risk-taking</p>	<p>Social, Moral, Cultural Rule of Law, Individual Liberty, Mutual Respect</p>	<p>Year 10 Being me in my world</p>



<p>Relationships</p>	<p>Summer</p>	<p>Year 8 Relationships</p> <p>Being in control of my relationships</p> <p>Managing control and coercion in relationships</p>	<p>Assertiveness and saying no Understand that there is a choice in many situations, including when to say no Know and can use some assertiveness skills to help manage a range of circumstances Understand that consent is a vital feature of a sexual relationship Know about sex and the law Understand how to be assertive when appropriate and know how to access help if worried about a relationship</p> <p>Porn – is it real? Understand that pornography and some media images give a false impression of sex and sexual relationships Can challenge stereotypical ideas of ‘ideal’ males and females Know about sex and the law as applied to online and social media</p> <p>Contraception Know about the different contraception methods available Know that contraception is important for sexual health as well as preventing a pregnancy Understand that communication and negotiation about contraception use is important Understand that information and facts are vital in making an informed choice about contraception if and when needed Know how to access advice and information about sexual health Know about sex and the law</p> <p>Consequences of unprotected sex Understand that there are consequences if someone chooses to have unprotected sex Know about different sexually transmitted infections</p>	<p>Concerned for society, Confident</p> <p>Concerned for society</p> <p>Concerned for society</p> <p>Risk-taking</p>	<p>Social, Moral Rule of Law, Individual Liberty, Mutual Respect</p> <p>Social, Moral, Cultural Rule of Law, Individual Liberty, Mutual Respect</p> <p>Social, Moral Rule of Law, Individual Liberty</p> <p>Social, Moral, Cultural Rule of Law, Individual Liberty</p>	<p>Year 10 Relationships</p>
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