

National Curriculum Reference

Subject: Personal Development



Key Stage 3 & 4

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the programme of study.

Families	
Students should know:	
That there are different types of committed, stable relationships.	Year 7 Lesson 2; Year 8 Lesson 7, Year 9 Lessons 1 & 4; Year 10 Lessons 3, 4 & 5; Year 11 Lesson 4
How these relationships might contribute to human happiness and their importance for bringing up children.	Year 7 Lesson 2; Year 8 Lessons 6 & 7; Year 9 Lesson 6; Year 10 Lesson 4, Year 11 Lesson 4
What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony	Year 7 Lesson 2; Year 10 Lesson 3, Year 11 Lesson 4
Why marriage is an important relationship choice for many couples and why it must be freely entered into.	Year 9 Lesson 1; Year 10 Lesson 3 (also covered in RE curriculum), Year 11 Lesson 4
The characteristics and legal status of other types of long-term relationships	Year 7 Lesson 2; Year 8 Lessons 6 & 7, Year 9 Lesson 4; Year 10 Lesson 4; Year 11 Lesson 4
The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	Year 9 Lesson 1; Year 10 Lesson 4; Year 11 Lesson 4
How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.	Year 7 Lessons 2, 4 & 5; Year 8 Lessons 1 & 7; Year 9 Lessons 1 & 6; Year 10 Lessons 3, 4 & 5, Year 11 Lesson 1. ALL PSHE lessons contain slides relating to how to access help, support and guidance.
Respectful relationships, including friendships	
Students should know:	

The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationships.	Year 7 Lessons 2 & 4; Year 8 Lesson 7, Year 9 Lessons 1, 2, 3 & 4; Year 10 Lessons 3, 4, 5 & 6, Year 11 Lessons 1 & 4
Practical steps they can take in a range of different contexts to improve or support respectful relationships	Year 7 Lesson 2; Year 8 Lesson 7, Year 9 Lessons 1 & 4; Year 10 Lessons 3 & 5; Year 11 Lesson 4
How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).	Year 7 Lesson 5; Year 8 Lesson 4; Year 9 Lesson 4; Year 10 Lesson 4; Year 11 Lesson 4 (also covered in Citizenship curriculum content)
That in school and in wider society they can expect to be treated with respect by others, and that in turn, they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.	Year 7 Lesson 4; Year 8 Lesson 1; Year 9 Lesson 4; Year 10 Lessons 1, 3 & 4; Year 11 Lesson 4
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	Year 7 Lesson 2; Year 8 Lessons 1 & 7; Year 9 Lessons 3 & 7; Year 10 Lesson 6; Year 11 Lesson 10 (Careers & Enterprise module)
That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	Year 7 Lessons 2 & 4; Year 8 Lessons 1 & 7; Year 9 Lessons 1, 2 & 7; Year 10 Lessons 2, 3, 4 & 5; Year 11 Lesson 1
What constitutes sexual harassment and sexual violence and why these are always unacceptable	Year 8 Lesson 7; Year 9 Lessons 1 & 7; Year 10 Lessons 3 & 4; Year 11 Lesson 4 Assemblies also delivered focusing on Sexual Abuse and Harassment.
The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.	Year 8 Lesson 1, Year 9 Lesson 4, Year 10 Lesson 3, Year 11 Lesson 1 Covered in the Citizenship curriculum content and assemblies focused on Protected Characteristics/British Values & Intersectionality.

Online and media	
Students should know:	
Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	PSHE Module - Year 7 Lesson 5; Year 8 Lesson 1; Year 9 Lessons 3 & 7; Year 10 Lesson 6; Careers & Enterprise module – Year 8 Lesson 3; Year 10 Lesson 2; Year 11 Lesson 10
About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online	PSHE Module - Year 7 Lesson 5; Year 8 Lesson 1; Year 9 Lessons 3 & 7; Year 10 Lesson 6;

	Careers & Enterprise module – Year 7 Lessons 1 & 2; Year 8 Lesson 3; Year 10 Lesson 2; Year 11 Lesson 10
Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	PSHE - Year 9 Lessons 3 & 7; Year 10 Lesson 6; Careers & Enterprise module - Year 7 Lessons 1 & 2; Year 8 Lesson 3; Year 10 Lesson 2; Year 11 Lesson 10
What to do and where to get support to report material or manage issues online.	PSHE - Year 7 Lesson 5; Year 8 Lesson 1; Year 9 Lessons 3 & 7; Year 10 Lesson 6; Careers & Enterprise module - Year 7 Lessons 1 & 2; Year 8 Lesson 3; Year 10 Lesson 2; Year 11 Lesson 10
The impact of viewing harmful content.	PSHE - Year 9 Lesson 2; Year 9 (External visitors), Year 10 Lesson 1 Careers & Enterprise module - Year 11 Lesson 10
That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.	PSHE - Year 9 Lesson 2; Year 10 Lesson 1 & External visitor; Careers & Enterprise module - Year 11 Lesson 2
That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	PSHE - Year 9 Lesson 3 & 7; Year 10 Lesson 6; Careers & Enterprise module - Year 11 Lesson 10
How information and data is generated, collected, shared and used online	PSHE – Year 10 Lesson 6; Careers & Enterprise module - Year 7 Lessons 1 & 2; Year 8 Lesson 3; Year 10 Lesson 2; Year 11 Lesson 2

Being safe	
Students should know:	
The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.	Year 7 Lesson 5, Year 8 Lessons 2 & 3; Year 9 Lesson 1 & 3; Year 10 Lessons 2, 3, 4, 5 & 6; Year 11 Lessons 1 & 3
How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).	Year 8 Lesson 6; Year 9 Lesson 1 & 2; Year 10 Lessons 3, 4, 5 & 6; Year 11 Lessons 3 & 4

Intimate and sexual relationships, including sexual health	
Students should know:	
How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.	7 Lesson 2; Year 8 Lesson 7, Year 9 Lessons 1, 2 & 4; Year 10 Lessons 3 & 5; Year 11 Lesson 4
That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.	Year 7 Lesson 2; Year 8 Lessons 6 & 7; Year 9 Lessons 1 & 4; Year 10 Lessons 3, 5 & 6; Year 11 Lesson 4
The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.	Year 7 Lesson 6; Year 8 Lesson 6; Year 11 Lesson 4. Covered in the Science Curriculum also
That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	Year 8 Lesson 6; Year 9 Lesson 1; Year 10 Lessons 3, 4, 5 & 6; Year 11 Lesson 4
That they have a choice to delay sex or to enjoy intimacy without sex.	Year 7 Lesson 6; Year 8 Lesson 6; Year 9 Lesson 1 & 2, Year 10 Lesson 5 & 6, Year 11 Lesson 4 Covered in the Science Curriculum also
The facts about the full range of contraceptive choices, efficacy and options available.	Year 7 Lesson 6; Year 8 Lesson; Year 11 Lesson 4. Covered in the Science Curriculum also.
The facts around pregnancy including miscarriage.	Year 8 Lesson 6; Year 9 Lesson 6; Year 11 Lesson 4. Covered in the Science Curriculum also
That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).	Year 8 Lesson 6; Year 10 Lesson 4; Year 11 Lesson 4. Also covered in RE and Science Curriculum
How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.	Year 8 Lesson 6; Year 9 Lesson 6; Year 11 Lesson 4. Also covered in the Science Curriculum
About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	Year 8 Lesson 6; Year 9 Lesson 6. Also covered in the Science Curriculum
How the use of alcohol and drugs can lead to risky sexual behaviour.	Year 8 Lesson 3; Year 9 Lesson 3; Year 10 Lesson 2; Year 11 Lesson 4
How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Year 8 Lesson 6; Year 9 Lessons 1, 2, 3 & 6; Year 10 Lessons 3, 4, 5 & 6; Year 11 Lesson 4.

	ALL PSHE lessons contain slides relating to how to access help, support and guidance.
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