



Personal Development Day Topics

Topics covered throughout the Academic Year						
Year 7	Health & Wellbeing <i>Transition & safety</i>	Living in the wider world <i>Developing Skills and aspiration</i>	Relationships <i>Diversity</i>	Health & Wellbeing <i>Health & puberty</i>	Relationships <i>Building relationships</i>	Living in the wider world <i>Final decision making</i>
Year 8	Living in the wider world <i>Digital literacy</i>	Health & Wellbeing <i>Drugs & alcohol misuse</i>	Living in the wider world <i>Community & careers</i>	Relationships <i>Discrimination</i>	Health & Wellbeing <i>Emotional wellbeing</i>	Relationships <i>Identity & relationships</i>
Year 9	Living in the Wider World <i>Employability Skills</i>	Relationships <i>Respectful relationships</i>	Health & Wellbeing <i>Peer Influence, substance use & gangs</i>	Living in the wider world <i>Setting goals</i>	Relationships <i>Intimate relationships</i>	Health and Wellbeing <i>Healthy lifestyles</i>
Year 10	Health & Wellbeing <i>Mental Health</i>	Living in the wider world <i>Financial decision making</i>	Relationships <i>Healthy relationships</i>	Health & Wellbeing <i>Exploring influence</i>	Relationships <i>Addressing extremism and radicalisation</i>	Living in the wider world <i>Work experience</i>
Year 11	Living in the wider world <i>Next steps</i>	Health & Wellbeing <i>Building for the future</i>	Relationships <i>Communication in relationships</i>	Health & Wellbeing <i>Independence</i>	Relationships <i>Families</i>	