



Personal
Development
at The Gilbert

Theme 1 Self-Awareness: Autumn



Year 7 topics:

Self esteem
Aspirations
Mental health
Social media and online bullying
Friendships, healthy relationships and dangerous relationships
Bully or banter
Managing behaviours

Year 8 topics

Self confidence and awareness
Personal development and online safety
Managing behaviours
Contraceptives and SDIs
Body image
Consent, pornography and sexting
Mindfulness

Year 9 topics

Good mental health
Positive body image, eating disorders
Self harm
CSE
Domestic abuse
Peer pressure
County lines

Year 11 topics: (Half term 1)

Snoozing to success
Personal safety and Internet safety
Body positivity
Preparing for adult life
Managing break ups
Happiness and positivity
Consent, rape, sexual assault

Year 10 topics

Managing social anxiety
Social media and screen time, fake news
Conflict management
Grief and suicide
Role models
Same sex relationships and Sex, gender and trans identity
Revenge pornography

Theme 2 Community Awareness: Spring



Year 7 topics:

Healthy living and consequences of unhealthy living
Exercise and mental health
Smoking, vaping
Drugs and Alcohol
Puberty and periods
FGM and breast ironing

Year 8 topics

Smoking and vaping
Cancer
First aid
LGBT rights
Running away from home
Disability and media

Year 9 topics

Alcohol and drugs
Acid attacks
Young offenders
Knife crime
Responsible choices
LGBTQIA+

Year 11 topics: (Half term 2)

Different sexuality
Good/safe sex, Fertility and reproductive health
Body shaming
Risks
Digital footprint
Privilege
CPR

Year 10 topics

Community cohesion, gangs
Resp- Homelessness
Resp- hate crime, young offenders and justice system
Resp- tattoos and piercings
Resp- binge drinking
Being new parents

Theme 3 Global and Future Awareness- Summer



Year 7 topics:

British citizens
Racism
Stereotyping
Online radicalisation
Families, marriage and cohabiting
Budgeting and making transactions
Savings, loans, interest



Year 8 topics

BV- what is it?
BV- extremism and prevent
BV- Islam and Shariah law, Religious discrimination
Environment
Income and expenditure
Tax
Entrepreneurs and teamwork



Year 9 topics

Unicef, UK helping other countries
Human trafficking
Equality act
Sustainability
What does it mean to be British
Debt, loans
Consumer rights, employability, workplace environment

Year 11 topics: (Half term 3 and 4)

Gambling
Animal rights
Plastic and the environment
Globalisation
Multiculturalism
Right wing extremism
Dark web
Diversity
Applying to college or university
Interviews
Career- H and S
Employment law



Year 10 topics

British values
Racism and prejudice
Terrorism
Forced or arranged marriages
Stalking and harassment
International women's day
Rights in work place and money laundry

