



Personal  
Development  
at The Gilbert

	A					B				
Year	Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri
7	Head of Year Assembly	Personal Development (CWG)	Personal Development (CWG)	Newsquiz/ Mentoring	Reading (TBA)	Senior Team Assembly	Careers	Current Affairs	Reading (TBA)	Challenge Cup
8	Personal Development (CWG)	Head of Year Assembly	Reading (TBA)	Challenge Cup	Newsquiz/ Mentoring	Careers	Senior Team Assembly	Reading (TBA)	Current Affairs	Personal Development (CWG)
9	Personal Development (CWG)	Personal Development (CWG)	Head of Year Assembly	Newsquiz/ Mentoring	Reading (TBA)	Careers	Study Skills	Senior Team Assembly	Current Affairs	Reading (TBA)
10	Personal Development (CWG)	Study Skills	X-pop: Careers y-pop: Reading	Head of Year Assembly	Newsquiz/ Mentoring	Study Skills	Current Affairs	X-pop: reading y-pop: Careers	Senior Team Assembly	Personal Development (CWG)
11	Personal Development (CWG)	X-pop: Study Skills A Y-pop: Careers	Study Skills B	Newsquiz/ Mentoring	Head of Year Assembly	Personal Development (CWG)	X-pop: Careers Y-pop: Study Skills A	Current Affairs	Study Skills C	Senior Team Assembly

# Autumn 2025- Self Awareness topics



Yr7	
1	Self-esteem
2	Aspirations
3	Mental health
4	Social media and online bullying
5	Friendships and healthy relationships
6	Bully or banter
7	Managing anger

Yr8	
1	Self confidence
2	Online safety
3	Managing behaviours
4	Keeping safe-contraception and STIs
5	Body image
6	Consent
7	Mindfulness

Yr9	
1	Good mental health
2	Positive body image and eating disorders
3	Self harm
4	CSE
5	Domestic Abuse
6	Peer pressure
7	County Lines

Yr10	
1	Managing social anxiety
2	Social media, screen time and fake news
3	Conflict management
4	Managing tough times
5	Suicide
6	Sexuality and gender
7	Revenge porn

Yr11	
1	Snoozing to success
2	Personal and internet safety
3	Body positivity and happiness
4	Preparing for adult life
5	Managing break ups
6	Consent, rape and sexual assault



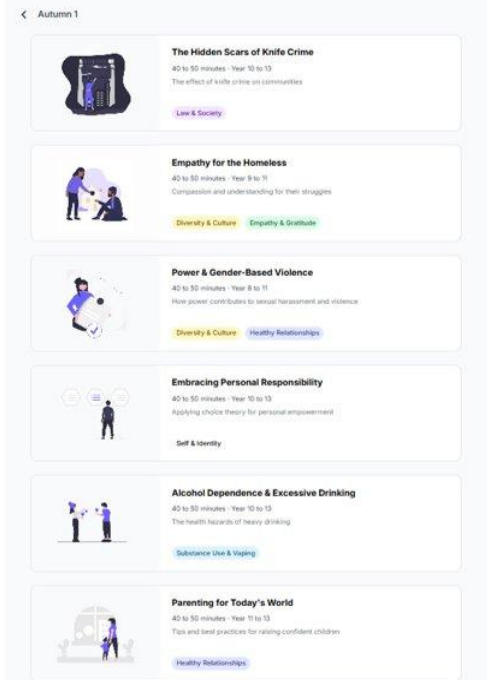


# Spring 2026- Community Awareness topics

Yr7	
1	Healthy living
2	Exercise and mental health
3	Smoking and vaping
4	Drugs and Alcohol
5	Puberty and periods
6	FGM and breast ironing

Yr8	
1	Smoking and vaping
2	Cancer
3	First aid
4	LGBT rights
5	Running away from home
6	Disability and media

Yr9	
1	Alcohol
2	Drugs
3	Responsible choices
4	Young offenders
5	Knife Crime
6	LGBTQIA+

Yr10- Wellio	
	

Yr11 (Booklet Autumn 2 into Spring 1), Wellio Spring 2	
1	Different sexualities and gender expression
2	Good/safe sex and reproductive health
3	Body image and eating disorders
4	CPR
5	Privilege
6	Future happiness

