

Maiden Erlegh Chiltern Edge – Personal Development
5 Year Plan

Theme	Year 7	Year 8	Year 9	Year 10	Year 11
<p>Term 1:</p> <p>Year 7-10: Emotional Wellbeing</p> <p>Year 11: Careers</p>	<p>Transition, Person Qualities and Self Esteem</p> <ul style="list-style-type: none"> • What is school about? • Organisation & Planning • Personal Identity • Personal Strengths • Confidence & Self esteem • Accepting and acting on feedback • Bullying • Peer pressure & belonging 	<p>Relationships</p> <ul style="list-style-type: none"> • Bullying, Banter & Positive language • Relationships & Control • Intimate relationships • Romantic relationships • Real life • Peer pressure • Consent • Managing challenging content 	<p>Mental Health</p> <ul style="list-style-type: none"> • Emotional and mental health • Social media & mental health • Self-harm • Eating disorders • Sleep • Resilience • Addiction – gambling • Coping strategies 	<p>Positive Choices. Positive Mind.</p> <ul style="list-style-type: none"> • Balance and health • Extraordinary bodies and minds • Mental health • Grief and loss • Relationships, power and goals • Relationships with peers • Relationships and love • Ending relationships 	<p>Uniform & Careers</p> <ul style="list-style-type: none"> • Jobs & aspirations • Personal Brand • Unifrog • Post 16 choices • CV's and Letters • Applications • Interviews
<p>Term 2:</p> <p>Citizenship and Community</p>	<p>Values</p> <ul style="list-style-type: none"> • Personal Core Values • Core Values of School and Community • Character Education • Charity • Stereotypes, prejudice & discrimination • Positive Relationships • Conflict & discernment 	<p>Behaviour and Communication</p> <ul style="list-style-type: none"> • Family influences • Communication & conflict resolution • Faith, race & multicultural Britain • Social inequality • LGBTQ+ education • Different abilities • Character education 	<p>Place in the Local Community</p> <ul style="list-style-type: none"> • Character education • Diversity • Ethnicity • Religion • Visible and invisible disability • LGBTQ+ education • Being a good citizen 	<p>Extremism and Tolerance</p> <ul style="list-style-type: none"> • Character education • Multiculturalism, society, and inequality • A changing society – social media • A changing society - gender • Stereotyping and prejudice • Extremism • Radicalisation 	<p>Citizenship & Community</p> <ul style="list-style-type: none"> • Character education • Diverse relationships • Rights across the world • The law • Being in a relationship & the Law • Being an internet citizen • Emergencies
<p>Term 3:</p> <p>Year 7,8,10,11 British Values</p>	<p>Family and Introduction to British Values</p> <ul style="list-style-type: none"> • British Values • Structure of Government • Different relationships • Different families 	<p>Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith</p> <ul style="list-style-type: none"> • British Values • British Identity 	<p>Careers & Enterprise</p> <ul style="list-style-type: none"> • KS4 options pathways • Unifrog • Careers • Skills & Attributes 	<p>The Rule of Law</p> <ul style="list-style-type: none"> • Human rights • Discrimination • Law, crime and punishment 	<p>Democracy</p> <ul style="list-style-type: none"> • Your vote • Our democracy • People power • Campaigning • Campaign planning

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Year 9 Careers & Work-Related Learning	<ul style="list-style-type: none"> Nature of and importance of relationships Marriage and Civil Partnerships Forced Marriage Being a carer When relationships change 	<ul style="list-style-type: none"> Diversity Multicultural Britain Immigration and Emigration Celebrating different cultures The government and the media 	<ul style="list-style-type: none"> Ambition Enterprise Identifying opportunities 	<ul style="list-style-type: none"> Anti-social behaviour Court Real life cases 	<ul style="list-style-type: none"> Democracy in action
<p>Term 4:</p> <p>Year 7, 8, 10: Careers, Work Experience and Work-Related Learning</p> <p>Year 9: British Values</p> <p>Year 11: Exam Prep & managing stress</p>	<p>Careers & Enterprise</p> <ul style="list-style-type: none"> Unifrog Careers Skills & Attributes Ambition Enterprise Identifying opportunities 	<p>Careers & Enterprise</p> <ul style="list-style-type: none"> Unifrog Careers Skills & Attributes Ambition Enterprise Identifying opportunities 	<p>Individual Liberty and Rights</p> <ul style="list-style-type: none"> Human rights Rights of the child Stereotypes Prejudice Discrimination Equality LGBTQ+ Bullying 	<p>Careers & Enterprise</p> <ul style="list-style-type: none"> Unifrog Careers Skills & Attributes Ambition Enterprise Identifying opportunities 	<p>Exam Preparation: Managing stress and emotional wellbeing</p> <ul style="list-style-type: none"> Revision Techniques Revision Plan Managing Stress Anxiety Relaxation Mind-mapping
<p>Term 5:</p> <p>Personal Health</p>	<p>Self-Care</p> <ul style="list-style-type: none"> Personal Hygiene Healthy choices – exercise, sleep, vaccinations Coping Strategies Mental Health & wellbeing Understanding substance abuse FGM & Breast ironing 	<p>Drugs</p> <ul style="list-style-type: none"> Me and my health Drug awareness Peer pressure Smoking Vaping Substance misuse 	<p>Cosmetic Surgery</p> <ul style="list-style-type: none"> Male and female body image Media vs. real life Body piercing Tattoos Sun Lamps Cosmetic surgery Substance abuse The impact of pornography Contraception Consent 	<p>Sexual Health</p> <ul style="list-style-type: none"> A changing society -me Health MOT STI's Being an adult, relationships, and the law RSE Consent Sexual health 	<p>Preparation for life after secondary school</p> <ul style="list-style-type: none"> Safe relationships Intimate relationships & power Pressure in my relationship Hygiene and health Looking forward to relationships Having children
<p>Term 6:</p>	<p>Keeping Safe</p> <ul style="list-style-type: none"> Road and cycle safety 	<p>e-Safety</p> <ul style="list-style-type: none"> Sharing images 	<p>Healthy Relationships/Unhealthy</p>	<p>Risks and Informed Choices</p>	<p>GCSE Exam Period</p>

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Risk and Safety	<ul style="list-style-type: none">• Water safety• Making positive choices• Gambling• Negotiating what we share on social media• Managing relationships• First aid and lifesaving skills	<ul style="list-style-type: none">• The law• Power of sharing• Sexting• Different relationships• Coercion• Online gaming• Kayleigh’s Love Story• Grooming• The impact of pornography• Alcohol	<ul style="list-style-type: none">• Healthy relationships• Forced marriage• Honour based violence• Ending relationships• Peer Pressure• Consent• Gangs• Knife Crime• Risk & identity• Grooming, gangs & crime• Online grooming	<ul style="list-style-type: none">• Risks in real life and online• Sex and pornography• Drugs and behaviour• Harassment and stalking• Adoption, fostering and IVF• Teenage pregnancy• Abortion• Parenting	
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