

Year 8 Personal Development Programme

Y8 AUTUMN TERM

Autumn 1

Lesson 1	Lesson 2	Lesson 3	Lesson 4			
THEME 3b Positive Relationships: Friendships and Managing Conflict	THEME 3b Positive Relationships: Bullying, Harassment and Coercive Control	THEME 3b Positive Relationships: Cyberbullying	THEME 3b Positive Relationships: the effects of screen time, Characteristics of Healthy Relationships			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 – NB <i>may be any week during the half term</i>
THEME 5d Positive Wellbeing: Building positive thinking	THEME 5d Positive Wellbeing: Self Talk and Growth Mindset	THEME 5d Positive Wellbeing: Relationships and our Wellbeing	THEME 5d Positive Wellbeing: Introduction to Journaling	THEME 5d Positive Wellbeing: Journaling	THEME 5d Positive Wellbeing: Journaling	THEME 5d Wellbeing Activity (led by Prefect Team)

Autumn 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4			
THEME 1a, 1b, 1d Desert Island Project	THEME 1a, 1b, 1d Desert Island Project Lesson 2	THEME 1a, 1b, 1d Criminals, Laws and Criminal Responsibility	THEME 1a, 1b, 1d Rules, Laws and Punishments			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 – NB <i>may be any week during the half term</i>
THEME 6d Rights and Responsibilities	ANTI BULLYING WEEK	THEME 6d Consumer Rights	THEME 6d Consumer Rights	THEME 6d Employment Rights and Responsibilities	THEME 6d Employment Rights and Responsibilities	THEME 5d Wellbeing Activity (led by Prefect Team)

Spring 1

Lesson 1	Lesson 2	Lesson 3			
Committed Relationships	Committed Relationships and Parenting	Relationship Breakdown			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6 NB <i>may be any week during the half term</i>
Dealing with conflict	Dealing with conflict - Strategies	Human Rights 1	Human Rights 2	Human Rights and British Values	Wellbeing Activity (led by Prefect Team)

Spring 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4			
UNIFROG LAUNCH	Careers and Aspirations	Labour Market Information	Employability Skills online			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 NB <i>may be any week during the half term</i>
Workplace Skills	NATIONAL CAREERS WEEK	NATIONAL CAREERS WEEK (con)	Workplace Skills	Healthy Sleep	Healthy Sleep Advice and Solutions	Wellbeing Activity (led by Prefect Team)

Summer 1 – Celebrating Diversity and Equality

Life Beyond School

Rights, Responsibilities and British Values

Lesson 1	Lesson 2	Lesson 3	Lesson 4
Wellbeing Census LGBTQ+ – What is it?	Prejudice and Homophobia	Homophobic Bullying and Design a Campaign	Allyship: Support for those who are LGBT
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4
Assertiveness	Assertive communication	From Failure to Success	EXAM WEEK

Summer 2 – Staying Safe Online and Offline: Dangers in Society,

Life Beyond School

Lesson 1	Lesson 2	Lesson 3	Lesson 4		
Staying Safe: Digital Footprint	Staying Safe: Online relationships (includes sending of images)	Managing Risk and Staying Safe	Staying Safe: Weapons and Knife Crime		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Finance & Employment – Salary and payslips	Finance & Employment – Understanding employment and tax	WELLBEING – Open Doors Comp	LITERACY FESTIVAL	Social Media and online stress 1	Social Media and online stress 2