

Year 9 Personal Development Programme 2023-2024

Y9 AUTUMN TERM

Autumn 1 – Rights, Responsibilities and British Values, Life Beyond School, Health and Wellbeing

Cloud 9 11 th Oct	Cloud 9 11 th Oct	Cloud 9 2 Hours 25 th Oct	PD Lesson 1	PD Lesson 2	PD Lesson 3	
Introduction to Unifrog – On rotation with other activities	Introduction to Unifrog – On rotation with other activities	Holocaust Survivor talk and follow up activities	Promoting Emotional Wellbeing	Mental Health	Screen time and Its Impact on Mental Health & Relationships	
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6: (wc 16 th Oct)	PD Weekly 7 – <i>NB may be in any week during the half term</i>
Saving and Managing Money	Money Habits and Budgeting	Getting into Debt	Extreme Views and Extremist Groups	Extremism and Counter Terrorism (Run, Hide, Tell)	Anti Semitism and Community Cohesion	Wellbeing Activity (led by Prefect Team)

Autumn 2 – Staying Safe Online and Offline

PD Lesson 4	PD Lesson 5	PD Lesson 6				
County Lines and Child Exploitation	CSE and Bait Film	CSE and Bait Film				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6 - <i>NB may be in any week during the half term</i>	During the Week after Lessons 4-6
Live Streaming	ANTI BULLYING WEEK	Digital Footprint and Online Reputation	Keeping Data Safe	Online Fraud The Dark Web	Wellbeing Activity (led by Prefect Team)	Follow up and finish off Booklet and Lessons 4-6

Spring 1 – Relationships and Sex Education

Health and Wellbeing

PD Lesson 7	PD Lesson 8	PD Lesson 9		
Why have sex? Delaying Sexual Activity, (The law)	STIs (Laptops/Ipads needed – Booked by MLU on 4/12/23))	Contraception		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly	During the Week after Lessons 7-9
Self Esteem Changes	Boosting self esteem	WELLBEING WEEK	The Media and Self esteem	Follow up and finish off Booklet and Lessons 7-9

Spring 2 (14th March) – Life Beyond School

Celebrating Equality and Diversity

PD Lesson 10	PD Lesson 11	PD Lesson 12		
Careers - Outside speaker PWC (Degree Apprenticeship)	Careers – Who are you? Who do you want to be? (Character, Skills and Careers)	Unifrog – Use of Libraries, Personality Quizzes and Log Activities and Skills		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4 - <i>NB may be in any week during the half term</i>	During the Week after Lessons 10-12
Women's Rights and Equality	Women's Rights - #MeToo Campaign	NATIONAL CAREERS WEEK – The Career Choice Quartet	Wellbeing Activity (led by Prefect Team)	Follow up and finish off Booklet and Lessons 10-12

Summer 1 – Health and Wellbeing

Celebrating Equality and Diversity

Life Beyond School

Y9 SUMMER TERM

PD Lesson 13	PD Lesson 14	PD Lesson 15				
Dealing with Grief and loss (y9 CRE purple unit)	Different Types of Drug Addiction, Substance Misuse (CRE? SSO)	Mental Health – Perfectionism and its impact – link to Eating Disorders				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	During the Week after Lessons 13-15	PD Weekly 5	
The Science of Learning MNO and Prefects	DIVERSITY WEEK	The Science of Learning MNO and Prefects	The Science of Learning MNO and Prefects	Follow up and finish off Booklet and Lessons 13-15	Exam Stress and Keeping Things in Perspective	EXAM WEEK

Summer 2 – Relationships and Sex Education

Life Beyond School

PD Lesson 16	PD Lesson 17	PD Lesson 18				
LOUDMOUTH: Trust Me (Contraception and STIs, Consent, Sending Pics) Booked for 7th June	The realities of contraception, Sexual Consent and the Law????	HIV/AIDS and Prejudices				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	During the Week after Lessons 16-18
Anger and Anger management	Anger and Anger Management	WELLBEING – Open Doors Comp	LITERACY FESTIVAL	Careers Fair – Lead in	Careers Fair – Follow up	Follow up and finish off Booklet and Lessons 16-18