

Year 9 Personal Development Programme 2025-2026

Autumn 1

PD Lesson 1	PD Lesson 2	PD Lesson 3	PD Lesson 4			
THEME 5d Promoting Emotional Wellbeing	THEME 5d Mental Health	THEME 5d Screen time and Its Impact on Mental Health & Relationships	THEME 6a NEED LAPTOPS Unifrog Wellbeing sections			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 – <i>NB may be in any week during the half term</i>
THEME 6d Managing Money	THEME 6d Money Habits and Budgeting	THEME 6d Money Management – Saving Money	THEME 6d Money Management – Debt and Borrowing Money	THEME 6d Money Management – Spending: Needs/Wants	THEME 6d Money Management – Credit or saving?	Wellbeing Activity (led by Prefect Team)

Autumn 2

PD Lesson 1	PD Lesson 2	PD Lesson 3				
THEME 4a, 4c County Lines and Child Exploitation	THEME 4a, 4c CSE and Bait Film	THEME 4a, 4c CSE and Bait Film				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 – <i>NB may be in any week during the half term</i>
THEME 4b Live Streaming	THEME 5d ANTI BULLYING WEEK	THEME 4b Digital Footprint and Online Reputation	THEME 4b Keeping Data Safe	THEME 4b Online Fraud	THEME 4b The Dark Web	THEME 5d Wellbeing Activity (led by Prefect Team)

Spring 1

PD Lesson 1	PD Lesson 2	PD Lesson 3			
Why have sex? Delaying Sexual Activity, (The law)	STIs (Laptops/Ipads NEEDED)	Contraception			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Self Esteem Changes	Boosting self esteem	The Media and Self esteem	Media	Media	THEME 5d Wellbeing Activity (led by Prefect Team)

Spring 2

PD Lesson 1	PD Lesson 2	PD Lesson 3		
Careers – Who are you? Who do you want to be? (Character, Skills and Careers)	LAPTOPS NEEDED NATIONAL CAREERS WEEK Unifrog Revisit	LAPTOPS NEEDED Unifrog – Set tasks -Use of Libraries, Personality Quizzes and Log Activities and Skills		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4 -	PD Weekly 5 - <i>NB may be in any week during the half term</i>
Workplace Skills	NATIONAL CAREERS WEEK – The Career Choice Quartet	Emotional Wellbeing - Happiness	Emotional Wellbeing – Feeling Anxious	THEME 5d Wellbeing Activity (led by Prefect Team)

Summer 1

PD Lesson 1	PD Lesson 2	PD Lesson 3			
Mental Health - Perspective	Mental Health - Failure	LAPTOPS NEEDED Unifrog – Careers			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Alcohol Safety	Alcohol Safety	Money Management – Saving Money	Money Management – Spending Habits, What is essential and what isn't?	Science of Revision – Brief intro	EXAM WEEK

Summer 2

PD Lesson 15	PD lesson 16	PD lesson 17	(PD lesson 18)		OFF TIMETABLE SOME TIME THIS HALF TERM
Grief and Loss	Good Decisions - Revisit Contraception, Consent and the Law	Good Decisions – The Risks of Vaping	LAPTOPS NEEDED Careers Fair - Unifrog		Wed 17th June – p1 Y9 off timetable LOUDMOUTH: Trust Me (Contraception and STIs, Consent, Sending Pics) - BOOKED
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Emotional Wellbeing - Managing Anger	Careers Fair – Preparation	Literacy Festival DOOR PREPARATION	Literacy Festival	Apprenticeships - Careers Fair	Careers Reflections in Year 9