

## Year 9 Personal Development Programme 2025-2026

### Autumn 1

PD Lesson 1	PD Lesson 2	PD Lesson 3	PD Lesson 4			
<b>THEME 5d</b> Promoting Emotional Wellbeing	<b>THEME 5d</b> Mental Health	<b>THEME 5d</b> Screen time and Its Impact on Mental Health & Relationships	<b>THEME 6a</b> 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>
<b>THEME 6d</b> Managing Money	<b>THEME 6d</b> Money Habits and Budgeting	<b>THEME 6d</b> Money Management – Saving Money	<b>THEME 6d</b> Money Management – Debt and Borrowing Money	<b>THEME 6d</b> Money Management – Spending: Needs/Wants	<b>THEME 6d</b> Money Management – Credit or saving?	Wellbeing Activity (led by Prefect Team)

### Autumn 2

PD Lesson 1	PD Lesson 2	PD Lesson 3				
<b>THEME 4a, 4c</b> County Lines and Child Exploitation	<b>THEME 4a, 4c</b> CSE and Bait Film	<b>THEME 4a, 4c</b> 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>
<b>THEME 4b</b> Live Streaming	<b>THEME 5d</b> <b>ANTI BULLYING WEEK</b>	<b>THEME 4b</b> Digital Footprint and Online Reputation	<b>THEME 4b</b> Keeping Data Safe	<b>THEME 4b</b> Online Fraud	<b>THEME 4b</b> The Dark Web	<b>THEME 5d</b> 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 <b>(Laptops/Ipads NEEDED)</b>	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	<b>THEME 5d</b> 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)	<b>NATIONAL CAREERS WEEK</b> <b>Gatsby Benchmark 4: Careers in Subjects</b>	<b>LAPTOPS NEEDED</b> Unifrog – Use of Libraries, Personality Quizzes and Log Activities and Skills  School as a workplace?		
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 1	<b>NATIONAL CAREERS WEEK</b> – The Career Choice Quartet	Workplace Skills 2	Workplace Skills 3	<b>THEME 5d</b> Wellbeing Activity (led by Prefect Team)

## Summer 1

PD Lesson 1	PD Lesson 2	PD Lesson 3			
Mental Health - Perspective	Mental Health - Failure	<b>LAPTOPS NEEDED</b> 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	<b>EXAM WEEK</b>

## Summer 2

PD Lesson 15	PD lesson 16	PD lesson 17			<b>OFF TIMETABLE SOME TIME THIS HALF TERM</b>
Grief and Loss	Good Decisions - Revisit Contraception, Consent and the Law	Good Decisions – The Risks of Vaping			<b>Wed 17<sup>th</sup> June – p1 Y9 off timetable</b>  <b>LOUDMOUTH: Trust Me</b> (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
Life Skills – Managing Emotions (anger, feeling anxious)	Literacy Festival DOOR PREPARATION	<b>Literacy Festival</b>	Careers Fair – Preparation	Careers Fair – Follow up	Careers Reflections in Year 9