

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 | | | OFF TIMETABLE SOME TIME THIS HALF TERM |
|---|---|--------------------------------------|----------------------------|--------------------------|---|
| Grief and Loss | Good Decisions - Revisit Contraception, Consent and the Law | Good Decisions – The Risks of Vaping | | | 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 <small>(NB was in Spring 2)</small> | Literacy Festival DOOR PREPARATION | Literacy Festival | Careers Fair – Preparation | Careers Fair – Follow up | Careers Reflections in Year 9 |