



Year 12 Personal Development Curriculum 2025-26

Strands – Relationship and Sex Education (RSE), Health Education (HE), Spiritual Moral Social Cultural Education (SMSC), Careers (CAR), Religious Studies (RS).

Autumn term 1 2025

Date	Topic	Strand	Additional notes
1 st September	Introduction to life in the Sixth Form	HE	Discussion of expectations, the role of key staff, introduction to My Mental Health and safeguarding department.
8 th September	Managing Friendships	RSE	How to manage mature friendships, including making friends in new places.
15 th September	Healthy Relationships	RSE	How to maintain a variety of healthy relationships within a range of social/cultural/educational and employment contexts.
22 nd September	Mental and Emotional Health	HE	How to recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health.
29 th September	Disorders	HE	How to recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours.
6 th October	Mental and Emotional Health	HE	Investigate how to analyse and evaluate support available to manage common mental health issues. Know how to access reliable sources of information and evaluate media messages about health.
13 th October	Healthy Lifestyles	HE	How to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep.
20 th October	Healthy Lifestyles	HE	How to maintain a healthy diet, especially on a budget.

Autumn term 2 2025

Date	Topic	Strand	Additional notes
3 rd November	Employment Rights and Responsibilities	CAR	Understand the rights and responsibilities as students in casual, part-time jobs, including the 'gig economy'.

10 th November	Employment Rights and Responsibilities	CAR	The importance of professional conduct and how it can be demonstrated in different workplaces including following health and safety protocols.
17 th November	Employment Rights and Responsibilities	CAR	To understand and appreciate the importance of workplace confidentiality and security including cyber-security and data protection.
24 th November	Choices and Pathways	CAR	How to develop employability, team working and leadership skills and how to develop flexibility and resilience.
1 st December	Choices and Pathways	CAR	How to identify and evidence their strengths and skills when applying and interviewing for future roles and opportunities.
8 th December	Choices and Pathways	CAR	How to produce a concise and compelling C.V. and how to prepare for an interview.
15 th December	Choices and Pathways	CAR	Mock interviews

Spring term 1 2026

Date	Topic	Strand	Additional notes
5 th January	Culture and Religion	RS	How to build relationships with people from other cultures.
12 th January	Cultural Appropriation	RS	Understand what cultural appropriation is and how to recognise it.
19 th January	Human Rights and Social Justice	RS	Explain why human rights are important and evaluate whether religion helps or hinders human rights.
26 th January	Forced Marriage	RS	Explore and recognise facts about forced marriage.
2 nd February	Is God still relevant in the 21 st century	RS	Explore the psychology behind faith and belief.
9 th February	Managing Relationships	RSE	To understand an individual's rights in relation to harassment (including online) and stalking and how to respond and access support.

Spring term 2 2026

Date	Topic	Strand	Additional notes
23 rd February	Managing Relationships	RSE	Understand effective strategies to recognise, de-escalate and exit aggressive social situations.

2 nd March	Healthy Relationships	RSE	Understand how to develop healthy, pleasurable relationships and explore the difference between 'love' and 'lust' in relationships.
9 th March	Healthy Relationships	RSE	Understand how to identify core values and how these apply in different types of relationships.
16 th March	Healthy Relationships	RSE	Understand how to constructive dialogue to support relationships and negotiate difficulties. Investigate ways to end relationships safely and respectfully (including online).
23 rd March	Healthy Lifestyles	HE	Understand how to take responsibility for monitoring personal health and wellbeing, including sun safety, breast awareness and self-examination, testicular self-examination, and cervical screening.

Summer term 1 2026

Date	Topic	Strand	Additional notes
13 th April	Healthy Lifestyles	HE	Investigate the impact that alcohol and drug use have on immediate and long-term health.
20 th April	Healthy Lifestyles	HE	Understand the impact of alcohol and drug use on road safety, workplace safety, reputation, and career.
27 th April	Healthy Lifestyles	HE	Explore the dangers of drink spiking and the importance of looking out for friends on a night out.
4 th May	Healthy Lifestyles	HE	Understand the physical effects of smoking on our bodies. Research the risks associated with vaping and the practical issues of battery explosion and environmental damage caused by unrecyclable disposable vapes.
11 th May	Healthy Lifestyles	HE	Understand how to access health services in your location including dentistry. Explore how to respond in an emergency and how to administer basic first aid.
18 th May	Personal Safety	HE	Understand how to manage risk and personal safety online and how to set and maintain clear boundaries around data privacy.

Summer term 2 2026

Date	Topic	Strand	Additional notes
------	-------	--------	------------------

1 st June	Personal Safety	HE	Understand how to build and maintain a positive professional online presence, using a range of technologies.
8 th June	Personal Safety	SMSC	To evaluate the dangers and consequences of being involved in gangs, serious organised crimes or carrying a weapon.
15 th June	Personal Safety	SMSC	Investigate the impact knife crime has on communities and individuals. The law around carrying weapons and an understanding of what 'joint enterprise' is.
22 nd June	Choices	SMSC	Understand consumer rights including resolving disputes and accessing appropriate support.
29 th June	Choices	SMSC	Understand a range of financial contracts including mobile phone services, accommodation and car finance.
6 th July	Choices	SMSC	Investigate the role that interest rates have on consumers in the UK.
13 th July	Health Education	HE	Recap of FGM and its legal status in the UK and a focus on long term impact from a victims point of view.