



Year 13 Personal Development Curriculum 2025-6

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 Y13	HE	Discussion of expectations, the role of key staff, introduction to My Mental Health and safeguarding department.
8 th September	Healthy Lifestyles	HE	Understand how to recognise illnesses that particularly affect young adults, such as meningitis and 'freshers' flu'.
15 th September	Healthy Lifestyles	HE	Students investigate health challenges facing young adults today and how changes to lifestyle can make positive changes to an individual's physical wellbeing.
22 nd September	Healthy Lifestyles	HE	Understand how to recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety.
29 th September	Healthy Lifestyles	HE	Understand how to consistently access reliable sources of information and evaluate media messages about health and body image.
6 th October	Personal Safety	HE	Students consider how to manage personal safety in relation to travel, such as cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely.
13 th October	Personal Safety	HE	Understand how to travel safely around the UK and abroad; understand legal rights and responsibilities when travelling abroad, including passport, visa and insurance requirements.
20 th October	Personal Safety	HE	Understand how to be a critical consumer of online information in all its forms, including recognising bias, propaganda and manipulation and when and how to report or access help for themselves or others in relation to extremism and radicalisation.

Autumn term 2 2025

Date	Topic	Strand	Additional notes
3 rd November	Employment Rights and Responsibilities	CAR	To recognise bullying and harassment in the workplace in all its forms and ways to seek or provide support to resolve the situation.
10 th November	Employment Rights and Responsibilities	CAR	To consider the role of trade unions and professional organisations; when and how to constructively challenge workplace behaviours.
17 th November	Employment Rights and Responsibilities	CAR	Understand how to assess and manage risk and personal safety in a wide range of contexts, including online; about support in place to safeguard them in these contexts and how to access it.
24 th November	Employment Rights and Responsibilities	CAR	Understand how to manage personal safety in new professional relationships, including online activity or when meeting someone for the first time whom they met online.
1 st December	Personal Finance	CAR	Understand how to plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university).
8 th December	Personal Finance	CAR	To understand and manage salary deductions including taxation, national insurance and pensions.
15 th December	Personal Finance	CAR	Consider and evaluate different savings options, including ISA's, investment schemes, CRYPTO currency.

Spring term 1 2026

Date	Topic	Strand	Additional notes
5 th January	The Ethics of Wealth	RS	Students explore religious perspectives of wealth.
12 th January	LGBT+ and Religion	RS	Develop an appreciation of the diversity within the LGBT+ community.
19 th January	LGBT+ and Religion	RS	Exploration of transgender issues.
26 th January	Religion and Violence	RS	Understand how different religions try to deal with knife crime in their communities.
2 nd February	Religion and War	RS	Understand how different religions deal with the issue of war and the concept of 'just war' – when and how war can be justified.
9 th February	Healthy Relationships	RSE	Understand how to recognise and challenge prejudice and discrimination in friendship groups and understand rights and responsibilities regarding inclusion and protected characteristics.

Spring term 2 2026

Date	Topic	Strand	Additional notes
23 rd February	Healthy Relationships	RSE	Understand how to recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships.
2 nd March	Healthy Relationships	RSE	Students will learn to recognise forced marriage and 'honour' based violence; to get help for themselves or others they believe to be at immediate or future risk.
9 th March	Healthy Relationships	RSE	Understand how to manage different forms of abuse, sources of support and exit strategies for unhealthy relationships.
16 th March	Intimate Relationships	RSE	Understand the moral and legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people's right to give, not give, or withdraw their consent (in all contexts, including online).
23 rd March	Sexual Health	RSE	Understand how to effectively use different contraceptives, including how and where to access them.

Summer term 1 2026

Date	Topic	Strand	Additional notes
13 th April	Sexual Health	RSE	Students will evaluate the most appropriate methods of contraception in different circumstances (including emergency contraception).
20 th April	Sexual Health	RSE	Understand how to reduce the risk of contracting or passing on a sexually transmitted infection (STI) and how to take responsibility for their sexual health and know where, and how, to access local and national advice, diagnosis and treatment.
27 th April	Sexual Health	RSE	To understand the implications of unintended pregnancy and young parenthood; to recognise the advantages of delaying conception, whilst acknowledging the changes in fertility with age.
4 th May	Sexual Health	RSE	Understand how to access the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support quickly.
11 th May	Healthy Lifestyles	HE	Understand how to manage examination stress effectively. Explore strategies to ease stress and agencies/individuals available for support.
18 th May	Examination Period	N/A	Preparation for examinations.