

SCA Personal Development Framework

Year Group 12	Session	Topic	Curriculum Strand	Lesson objectives and outcomes	Focus day links	Assembly links
	1	Introduction to life in the Sixth Form	HE	Discussion of expectations, the role of key staff, introduction to My Mental Health and safeguarding department.		
	2	Managing Friendships	RSE	How to manage mature friendships, including making friends in new places.		
	3	Healthy Relationships	RSE	How to maintain a variety of healthy relationships within a range of social/cultural/educational and employment contexts.		
	4	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.		
	5	Disorders	HE	How to recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours.		
	6	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.		
	7	Healthy Lifestyles	HE	How to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep.		
	8	Healthy Lifestyles	HE	How to maintain a healthy diet, especially on a budget.		
	9	Employment Rights and Responsibilities	CAR	Understand rights and responsibilities as students in casual, part-time jobs, including the gig economy.		
	10	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.		
	11	Employment Rights and Responsibilities	CAR	To understand and appreciate the importance of workplace confidentiality and security including cyber-security and data protection.		
	12	Choices and Pathways	CAR	How to develop employability, team working and leadership skills and how to develop flexibility and resilience.		
	13	Choices and Pathways	CAR	How to identify and evidence strengths and skills when applying and interviewing for future roles and opportunities.		
	14	Choices and Pathways	CAR	How to produce a concise and compelling CV and how to prepare for an interview.		
	15	Choices and Pathways	CAR	Mock interviews.		

16	Culture and Religion	RS	How to build relationships with people from other cultures.		
17	Cultural Appropriation	RS	Understand what cultural appropriation is and how to recognise it.		
18	Human Rights and Social Justice	RS	Explain why human rights are important and evaluate whether religion helps or hinders human rights.		
19	Forced Marriage	RS	Explore and recognise facts about forced marriage.		
20	Is God still relevant in the 21st century	RS	Explore the psychology behind faith and belief.		
21	Managing Relationships	RSE	To understand an individual's rights in relation to harassment (including online) and stalking and how to respond and access support.		
22	Managing Relationships	RSE	Understand effective strategies to recognise, de-escalate and exit aggressive social situations.		
23	Healthy Relationships	RSE	Understand how to develop healthy, pleasurable relationships and explore the difference between love and lust in relationships.		
24	Healthy Relationships	RSE	Understand how to identify core values and how these apply in different types of relationships.		
25	Healthy Relationships	RSE	Understand how to use constructive dialogue to support relationships and negotiate difficulties. Investigate ways to end relationships safely and respectfully (including online).		
26	Healthy Lifestyles	HE	Understand responsibility for monitoring personal health and wellbeing, including sun safety, breast/testicular/cervical screening.		
27	Healthy Lifestyles	HE	Investigate the impact that alcohol and drug use have on immediate and long-term health.		
28	Healthy Lifestyles	HE	Understand the impact of alcohol and drug use on road safety, workplace safety, reputation, and career.		
29	Healthy Lifestyles	HE	Explore the dangers of drink spiking and the importance of looking out for friends on a night out.		
30	Healthy Lifestyles	HE	Understand physical effects of smoking, risks of vaping, battery explosion dangers and environmental damage of disposable vapes.		
31	Healthy Lifestyles	HE	Understand how to access local health services including dentistry. Responding in an emergency and administering basic first aid.		

32	Personal Safety	HE	Understand how to manage risk and personal safety online and maintain boundaries around data privacy.		
33	Personal Safety	HE	Understand how to build and maintain a positive professional online presence using a range of technologies.		
34	Personal Safety	SMSC	Evaluate dangers and consequences of involvement in gangs, serious organised crimes or carrying a weapon.		
35	Personal Safety	SMSC	Investigate the impact knife crime has on communities and individuals, laws on weapons, and joint enterprise.		
36	Choices	SMSC	Understand consumer rights including resolving disputes and accessing appropriate support.		
37	Choices	SMSC	Understand a range of financial contracts including mobile phone services, accommodation and car finance.		
38	Choices	SMSC	Investigate role of interest rates on UK consumers.		
39	Health Education	HE	Recap of FGM, its legal status, and long-term impact from a victim's perspective.		