

**SCA Personal Development Framework**

| Year Group 13 | Session | Topic                                  | Curriculum Strand | Lesson objectives and outcomes                                                                                                                                                   | Focus day links | Assembly links |
|---------------|---------|----------------------------------------|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------|
|               | 1       | Introduction to Y13                    | HE                | Discussion of expectations, the role of key staff, introduction to My Mental Health and safeguarding department.                                                                 |                 |                |
|               | 2       | Healthy Lifestyles                     | HE                | Understand how to recognise illnesses that particularly affect young adults, such as meningitis and freshers' flu.                                                               |                 |                |
|               | 3       | Healthy Lifestyles                     | HE                | Students investigate health challenges facing young adults today and how lifestyle changes can positively impact physical wellbeing.                                             |                 |                |
|               | 4       | Healthy Lifestyles                     | HE                | Understand signs of change in mental health and wellbeing; strategies for building and maintaining positive mental health including managing stress and anxiety.                 |                 |                |
|               | 5       | Healthy Lifestyles                     | HE                | Understand how to consistently access reliable sources of information and evaluate media messages about health and body image.                                                   |                 |                |
|               | 6       | Personal Safety                        | HE                | Manage personal safety in relation to travel: cycle safety, young driver safety, passenger safety, licensed taxis and getting home safely.                                       |                 |                |
|               | 7       | Personal Safety                        | HE                | Understand how to travel safely in the UK and abroad including legal rights and responsibilities (passport, visa, insurance).                                                    |                 |                |
|               | 8       | Personal Safety                        | HE                | Understand how to be a critical consumer of online information; recognise bias, propaganda and manipulation; when and how to report concerns including extremism/radicalisation. |                 |                |
|               | 9       | Employment Rights and Responsibilities | CAR               | Recognise bullying and harassment in the workplace and ways to get support.                                                                                                      |                 |                |
|               | 10      | Employment Rights and Responsibilities | CAR               | Consider the role of trade unions and professional organisations; how to challenge workplace behaviours constructively.                                                          |                 |                |
|               | 11      | Employment Rights and Responsibilities | CAR               | Understand how to assess and manage risk and personal safety in many contexts including online; know the safeguarding support available.                                         |                 |                |
|               | 12      | Employment Rights and Responsibilities | CAR               | Manage personal safety in new professional relationships including online interactions or meeting new contacts.                                                                  |                 |                |
|               | 13      | Personal Finance                       | CAR               | Plan expenditure and budget for life changes such as moving out or university.                                                                                                   |                 |                |
|               | 14      | Personal Finance                       | CAR               | Manage salary deductions including tax, national insurance and pensions.                                                                                                         |                 |                |
|               | 15      | Personal Finance                       | CAR               | Evaluate different savings options including ISAs, investment schemes and cryptocurrency.                                                                                        |                 |                |

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| 16 | The Ethics of Wealth   | RS  | Students explore religious perspectives of wealth.                                                                                                     |  |  |
| 17 | LGBT+ and Religion     | RS  | Develop appreciation of diversity within the LGBT+ community.                                                                                          |  |  |
| 18 | LGBT+ and Religion     | RS  | Explore transgender issues.                                                                                                                            |  |  |
| 19 | Religion and Violence  | RS  | Understand how different religions try to address knife crime in their communities.                                                                    |  |  |
| 20 | Religion and War       | RS  | Understand how religions approach war and the concept of 'just war'.                                                                                   |  |  |
| 21 | Healthy Relationships  | RSE | Recognise and challenge prejudice and discrimination in friendship groups; rights and responsibilities around inclusion and protected characteristics. |  |  |
| 22 | Healthy Relationships  | RSE | Recognise, respect and challenge (when appropriate) ways faith or cultural views influence relationships.                                              |  |  |
| 23 | Healthy Relationships  | RSE | Identify forced marriage and honour-based violence; get help for yourself or others at risk.                                                           |  |  |
| 24 | Healthy Relationships  | RSE | Manage different forms of abuse, know sources of support and exit strategies for unsafe relationships.                                                 |  |  |
| 25 | Intimate Relationships | RSE | Understand moral and legal responsibilities around consent; protecting people's right to give or refuse consent including online contexts.             |  |  |
| 26 | Sexual Health          | RSE | Know how to correctly use different contraceptives and where to access them.                                                                           |  |  |
| 27 | Sexual Health          | RSE | Evaluate appropriate contraceptive methods including emergency contraception.                                                                          |  |  |
| 28 | Sexual Health          | RSE | Reduce STI risk; take responsibility for sexual health; know how to access advice, diagnosis and treatment.                                            |  |  |
| 29 | Sexual Health          | RSE | Understand implications of unintended pregnancy; recognise advantages of delaying conception; understand age-related fertility changes.                |  |  |
| 30 | Sexual Health          | RSE | Know pathways available in the event of an unintended pregnancy; importance of early support.                                                          |  |  |
| 31 | Healthy Lifestyles     | HE  | Manage examination stress effectively; understand support agencies available.                                                                          |  |  |

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| 32 | Examination Period | N/A | Preparation for examinations. |  |  |
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