

Personal Development Calendar 2022-23

Culture & Community
Child Sexual Exploitation
Well-being and Mental Health
Relationship and Sex Education
Careers Education including Personal Finance & Build My Skills
Summer Safety & First Aid

Autumn 1					
	Year 7	Year 8	Year 9	Year 10	Year 11
Week 1		Personal Safety CSE - Consequences	Personal Safety CSE - Matt thought he knew	Careers Build My Skills - BMS Skills audit	Personal Safety CSE - Kayleigh's Love Story
Week 2	Culture & Community - Thriving at Furness Academy	Personal Safety CSE - Consequences	Personal Safety CSE - Matt thought he knew	Careers Build My Skills - Financial Planning	Personal Safety CSE - Abuse
Week 3	Culture & Community - Respecting each other	Personal Safety CSE - Charlie's Story	Personal Safety CSE - Social Networking	Careers Build My Skills - Financial Planning	Personal Safety CSE - Consent
Week 4	Culture & Community - Goal-setting	Personal Safety CSE - Charlies Story	Personal Safety CSE - Midterm assessment and lesson catch up time	Careers Build My Skills - Digital safety	Personal Safety CSE - Pornography
Week 5	Culture & Community - Goal-setting and playing my part at Furness Academy	Personal Safety CSE - Midterm assessment and lesson catch up time	Personal Safety CSE - Debate planning	Careers Build My Skills - Job applications	Personal Safety CSE – County Lines
Week 6	Culture & Community - Global Bridge Onboarding	Personal Safety CSE - Charlies story continued	Personal Safety CSE - Debate Day	Careers Build My Skills - References	Personal Safety CSE – County Lines
Week 7	Culture & Community - Global Bridge Onboarding	Personal Safety CSE - Social Network Detective	Personal Safety CSE - Support networks	Careers Build My Skills - Interviews Hello Future	Personal Safety CSE – Sexting

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Autumn 2

	Year 7	Year 8	Year 9	Year 10	Year 11
Week 1	Personal Safety CSE - Grooming	Personal Safety CSE - Support services	My Global Bridge update	My Global Bridge update	Career Planning – Introduction
Week 2	Personal Safety CSE - Grooming	Drugs Education – Introduction -How much do I know about drugs	Well, Being and Mental Health - Anxiety	RSE - Introduction	Career Planning – Furness College Presentation
Week 3	Personal Safety CSE - Cyberbullying	Drugs Education – Legal drugs	Well, Being and Mental Health - Social Anxiety	RSE - Testicular cancer.	Career Planning – UVHS Presentation
Week 4	Personal Safety CSE - Cyberbullying	Drugs Education – What do Drugs look like	Well, Being and Mental Health - Confidence and self esteem	RSE - Cervical Cancer	Career Planning – Progression and research
Week 5	Personal Safety CSE - Cyberbullying	Drugs Education – What do Drugs look like	Well, Being and Mental Health - Self-harm	RSE - Body Image - eating disorders	Career Planning – Q&A Session
Week 6	Personal Safety CSE - Assessment and lesson catch up time	Drugs Education – Classifications	Well, Being and Mental Health - Managing Stress	RSE - Body Image Cosmetics	Career Planning – Student Life workshop Hello Future
Week 7	Personal Safety CSE - Support Services	Drugs Education – Alcohol	Well, Being and Mental Health – teacher choice	RSE - Q&A Catch up	Career Planning – Applications
	Catch up or Christmas themed lessons	Catch up or Christmas themed lessons	Catch up or Christmas themed lessons	Catch up or Christmas themed lessons	Career Planning – Applications

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Spring 1

	Year 7	Year 8	Year 9	Year 10	Year 11
Week 1	Well-Being and Mental Health - Introduction	Drugs Education – Alcohol	Careers Option - It's all about you.	RSE - Relationships healthy and unhealthy	Career Planning - Allocation deadline
Week 2	Well-Being and Mental Health - How to deal with stress	Drugs Education – Smashed live roadshow	Careers Option - Skills and strengths!	RSE - Relationships healthy and unhealthy	Career Planning - Interview techniques (Hello Future)
Week 3	Well-Being and Mental Health - How resilient are you	Drugs Education – Knowledge Check	Careers Option - Making yourself employable.	Careers – Work Experience	Career Planning - Interview Techniques cont.
Week 4	Well-Being and Mental Health - Using calming self-talk	My Global Bridge update	Careers Option - Speed dating preparation	My Global Bridge update	My Global Bridge update
Week 5	Well-Being and Mental Health - Looking forward, owning success	Drugs Education –Personal Journeys and support services	Careers Option - Speed dating preparation	RSE - Contraception What is it?	Career Planning - Q&A
Week 6	Well-Being and Mental Health - Your mental health matters	Drugs Education – County Lines	My Global Bridge update	RSE - Contraception. What is it?	Career Planning - Mock Exam Prep

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Spring 2					
	Year 7	Year 8	Year 9	Year 10	Year 11
Week 1	Puberty - Physical Changes in males and females	Drugs Education – County Lines	RSE - Gender and stereotypes	RSE - Exploring relationships Porn and revenge porn	Career Planning - CV
Week 2	Puberty -The menstrual Cycle	Drugs Education – Assessment	RSE - Relationships and love	RSE - Exploring relationships Porn and revenge porn	Career Planning - CV
Week 3	Puberty - Emotional changes and support services	Personal Identity – Who are you? introduction	RSE - Myths	RSE - Assessment	Career Planning – Cover Letters
Week 4	Puberty Assessment	Personal Identity – Who are you? stereotypes	RSE - Condoms – Exploring safer sex	Work Experience – Planning for work experience	Career Planning - BAE Systems are you ready?
Week 5	Puberty – Misconception and Q&A	Personal Identity – Who are you? Prejudice	RSE - Condoms practical	Work Experience – Health and Safety in the work place	My Future Journey Kendal Calling – Festival Safety

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Summer 1					
	Year 7	Year 8	Year 9	Year 10	Year 11
Week 1	Careers – BMS Introduction	Culture & Community Project	RSE - Pressures to have sex	Work Experience – Recording my experience	My Future Journey - County Lines
Week 2	Careers – Innovation	Culture & Community Project	RSE -social media and unacceptable language	Work Experience Week	My Future Journey - Alcohol and First Aid
Week 3	Careers – Leadership	Culture & Community Project	RSE - STI's	Personal Safety CSE Exploited	My Future Journey - Alcohol and First Aid
Week 4	Careers – Personal Finance	Culture & Community Project	RSE - STI's	Personal Safety CSE Exploited	My Future Journey – Student choice
Week 5	Careers – Evaluation	Culture & Community Project	RSE -Assessment	Personal Safety CSE Exposed	My Future Journey – Support Services

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	Year 7	Year 8	Year 9	Year 10	Year 11
Week 1	Summer Safety – Sun Safety	Summer Safety – Sun Safety	Summer Safety – Sun Safety	Personal Safety CSE Exploited	
Week 2	Summer Safety – Water Safety	Summer Safety – Water Safety	Summer Safety – Water Safety	Personal Safety CSE Making choices	
Week 3	Summer Safety - Basic first Aid - Bleeding	Summer Safety - Basic first Aid- Asthma and allergies	Summer Safety - Basic first Aid Choking	Summer Safety - Basic first aid Bleeding and shock	
Week 4	Summer Safety – Rail Safety	Summer Safety – Railway lines	Summer Safety - Basic first Aid - Chest Pain	Summer Safety - Parties Alcohol and first aid	
Week 5	Summer Safety – Beach safety	Summer Safety – Coastal safety	Summer Safety – Rail safety	Summer Safety - Festival Safe	