



# Personal Development Journey

Year 13



SKILLS DEVELOPED

TEAMWORK  
& LEADERSHIP

PUBLIC  
SPEAKING

PROBLEM  
SOLVING

CREATIVITY  
& INNOVATION

DECISION  
MAKING

RESILIENCE  
& STAYING POSITIVE

PLANNING  
& ORGANISATION

SKILLS DEVELOPED

Your Future

A LEVEL EXAM  
SEASON STARTS

PREPARING  
FOR SUCCESS

REVISION

COURSEWORK

YEAR  
13

YEAR  
13

FINANCIAL  
CHOICES

CORE  
THEME 6

GATSBY  
BENCHMARKS  
- CAREERS -

FINANCIAL EDUCATION

RIGHTS

- Budgeting at University
- Exploring a Payslip
- Trading and Investment Over Time
- Consumer Rights & Customer Service
- Understanding Rental Contracts
- Being Financially Savvy
- Problematic Gambling

YEAR  
13

FORMING  
RESPECTFUL  
RELATIONSHIPS

CORE  
THEME 4

- The Importance of Building Relationships
- The Importance of Family and Friends
- Online Dating and Personal Safety
- Exploring Emotional Intimacy
- Avoiding Toxic Friendships
- Power Differences in Relationships
- Breaking Up Relationships

STATUTORY  
HEALTH &  
RSE

PSHE

YEAR  
13

CONTRACEPTION  
& PARENTHOOD

CORE  
THEME 3

STATUTORY  
HEALTH &  
RSE

PSHE

- Routes to Parenthood
- Unintended Pregnancies & Options
- Fertility and What Impacts It
- Pregnancy, Motherhood & Employment
- Menstrual Charting
- Consent and Boundaries
- Revisiting Contraception

YEAR  
13

SEXUAL HEALTH &  
SELF CONCEPT

CORE  
THEME 5

- Managing Life's Phases
- Body Image & Pressure to Conform
- Appearance Vs Reality
- Body Modifications
- Revisiting STIs
- Importance of Sexual Health
- Sexual Health Misconceptions

STATUTORY  
HEALTH &  
RSE

PSHE

WELLBEING

YEAR  
13

EMPLOYMENT &  
RESPONSIBILITIES

CORE  
THEME 6

GATSBY  
BENCHMARKS  
- CAREERS -

FINANCIAL EDUCATION

SMSC & CAREERS

- Sixth Formers and Employment Rules
- Building Professional Relationships
- What is Professional Conduct?
- Confidentiality in the Workplace
- The Gig Economy Explained
- Bullying & Harassment in the Workplace
- Striking & Trade Unionism

WELCOME

RSE  
COMPLIANT

HEALTH  
COMPLIANT

GATSBY  
BENCHMARKS

## SPIRAL THEMATIC APPROACH

- 1) Rights, Responsibilities & British Values
- 2) Celebrating Diversity & Equality
- 3) Relationships and Sex Education
- 4) Staying Safe Online and Offline
- 5) Health and Wellbeing
- 6) Life Beyond School

## PERSONAL DEVELOPMENT

### ASSESSMENT & PROGRESS IN PSHE

- ✓ Confidence Checkers
- ✓ End of Unit Quizzes
- ✓ Assessments

