



# Personal Development Journey

Year 12



SKILLS DEVELOPED

TEAMWORK  
& LEADERSHIP

PUBLIC  
SPEAKING

PROBLEM  
SOLVING

CREATIVITY  
& INNOVATION

DECISION  
MAKING

RESILIENCE  
& STAYING POSITIVE

PLANNING  
& ORGANISATION

SKILLS DEVELOPED

YEAR 13

- Managing Online Safety & Privacy
- Online Reputation
- Importance of Networking & LinkedIn
- Media Literacy & Digital Resilience
- Critical Media Literacy Skills
- Photoshop, Airbrushing & Fake News
- Extremism and Radicalisation



CITIZENSHIP

BRITISH VALUES

MEDIA LITERACY  
& DIGITAL  
RESILIENCE

CORE  
THEME 1

YEAR  
12

YEAR  
12

BULLYING,  
ABUSE &  
DISCRIMINATION

CORE  
THEME 2

STATUTORY  
HEALTH  
& RSE

PSHE

CITIZENSHIP

EQUALITY

- Gaslighting & Emotional Abuse
- Coercion and Controlling Behaviour
- Sharia Law and Honour-Based Violence
- Harassment & Stalking
- Child-on-Child Abuse
- De-Escalating Aggressive Situations
- Culture and Diversity

YEAR  
12

RELATIONSHIP,  
VALUES &  
CONSENT

CORE  
THEME 3

STATUTORY  
HEALTH  
& RSE

PSHE



- Types of Relationships
- Relationship Values
- Prejudice & Discrimination
- Consent, Sexual Norms and Expectations
- Consent Around the World
- Police Investigating Sexual Assaults
- Violence Against Women

YEAR  
12

RISK, PERSONAL  
SAFETY & DRUGS

CORE  
THEME 4

STATUTORY  
HEALTH

DRUGS EDUCATION

- Getting Home Safely
- Going Abroad and Safety
- Importance of Basic First Aid
- The Police, Organised Crime & Gangs
- Alcohol & Being Assertive
- Drugs, Alcohol & Work
- Decisions, Drink Spiking & Drink Drivers



YEAR  
12

WORK, CAREERS  
& PATHWAY  
CHOICES

CORE  
THEME 6

GATSBY  
BENCHMARKS  
- CAREERS -

EMPLOYMENT

CAREERS



- Preparation for the Workforce
- Being Ambitious With My Life Goals
- Alternatives to University
- Knowing My Strengths and Skills
- Producing a Compelling CV
- Answering Job Interview Questions
- Careers in a Global Economy

YEAR  
12

HEALTHY  
LIFESTYLES &  
MENTAL HEALTH

CORE  
THEME 5

STATUTORY  
HEALTH

PSHE

WELLBEING

- Cancer & Getting Checked
- Vaccines and Immunisation
- Recognising Illnesses
- A Healthy Diet on a Budget
- Balancing Work and Life
- Supporting Others
- Anxiety, Depression & Eating Disorders
- Maintaining Positive Mental Health



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

