

Personal Development Education

'Enabling you to be a person of Good character'

Health and Wellbeing

- Dealing with stress
- The importance of sleep
- Healthy mental health
- Emotional wellbeing
- Revision techniques

- Life after KS4
- Maximising employability
- Preparing for CV's and interviews
- Understanding payslips and finances
- Banking and different accounts
- Budgeting and debt
- Gambling and how to seek help

Living in the wider world

Living in the wider world

- Reframing negative thinking
- Dealing with the judgement of others and maintaining a healthy self-concept
- Living as a neighbour to others
- Britishness and British Values
- Exploring Human Rights
- Fair Trade

- Aesthetic and cosmetic procedures
- Cancers, lifestyle and how to self-screen
- Self checking health check
- Road safety and speeding
- Blood and organ donation
- Immunisation and vaccinations

Health and wellbeing

YEAR 11

- Delayed gratification and the benefits of chastity
- Sexual health and accessing support
- Making good decisions
- Marriage and sacramental marriage
- Manipulative relationships
- Self confidence and self motivation

WELCOME

