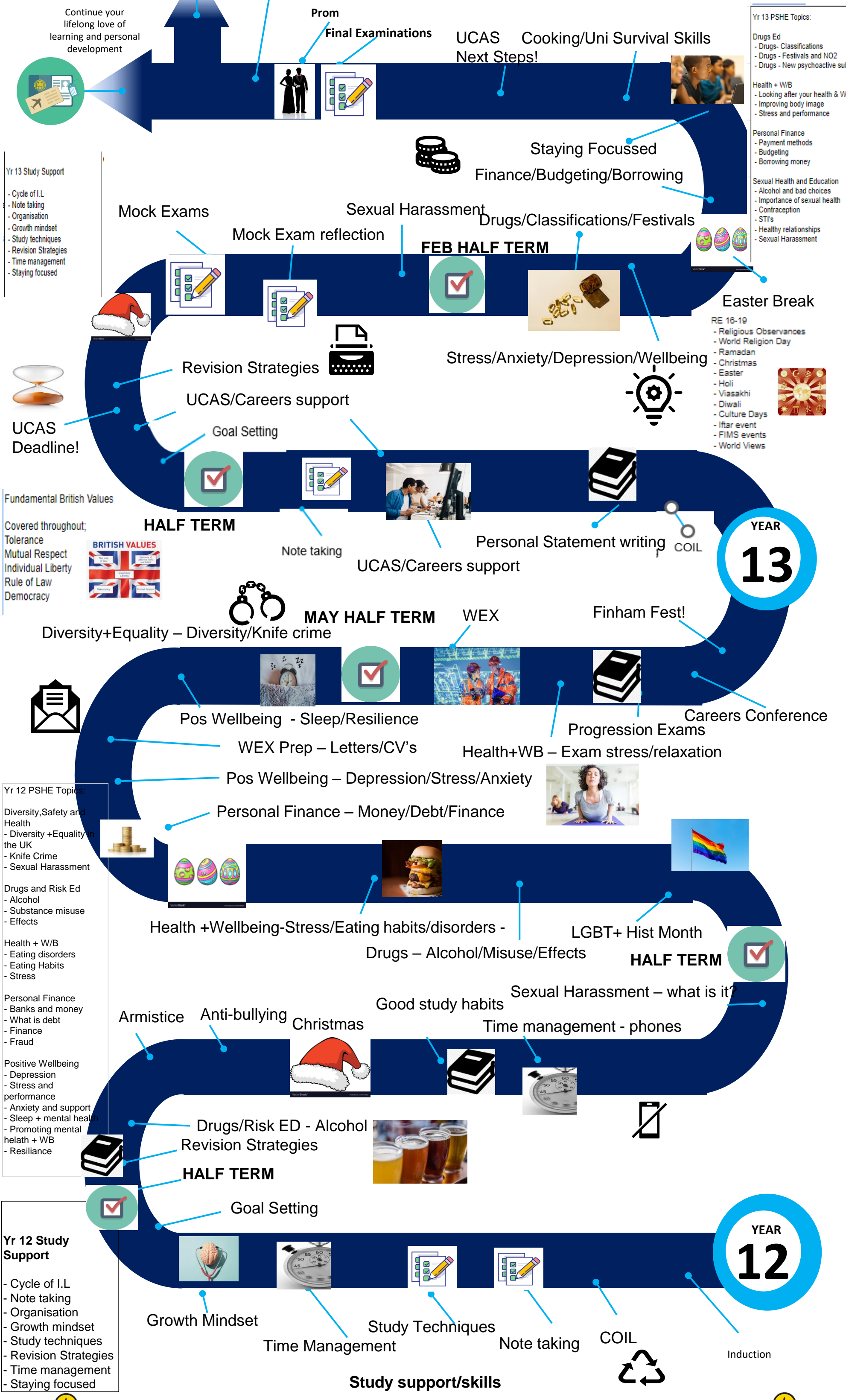




Sixth Form "Personal Development" Journey



- Yr 13 Study Support**
- Cycle of I.L
 - Note taking
 - Organisation
 - Growth mindset
 - Study techniques
 - Revision Strategies
 - Time management
 - Staying focused

- Fundamental British Values**
- Covered throughout:
- Tolerance
 - Mutual Respect
 - Individual Liberty
 - Rule of Law
 - Democracy

- Yr 12 PSHE Topics:**
- Diversity, Safety and Health
 - Diversity + Equality in the UK
 - Knife Crime
 - Sexual Harassment

- Drugs and Risk Ed**
- Alcohol
 - Substance misuse
 - Effects

- Health + W/B**
- Eating disorders
 - Eating Habits
 - Stress

- Personal Finance**
- Banks and money
 - What is debt
 - Finance
 - Fraud

- Positive Wellbeing**
- Depression
 - Stress and performance
 - Anxiety and support
 - Sleep + mental health
 - Promoting mental health + WB
 - Resilience

- Yr 12 Study Support**
- Cycle of I.L
 - Note taking
 - Organisation
 - Growth mindset
 - Study techniques
 - Revision Strategies
 - Time management
 - Staying focused

Yr 13 PSHE Topics:

- Drugs Ed**
 - Drugs - Classifications
 - Drugs - Festivals and NO2
 - Drugs - New psychoactive subs
- Health + W/B**
 - Looking after your health & WB
 - Improving body image
 - Stress and performance
- Personal Finance**
 - Payment methods
 - Budgeting
 - Borrowing money
- Sexual Health and Education**
 - Alcohol and bad choices
 - Importance of sexual health
 - Contraception
 - STI's
 - Healthy relationships
 - Sexual Harassment

Easter Break

- RE 16-19**
- Religious Observances
 - World Religion Day
 - Ramadan
 - Christmas
 - Easter
 - Holi
 - Viasakhi
 - Diwali
 - Culture Days
 - Iftar event
 - FIMS events
 - World Views

YEAR 13

YEAR 12

Study support/skills

