



PDL - Year 7



Year 7	Topics
Term 1	Unit 1: Transition to High School: Who am I and how do I fit into my communities? Unit 2: Growing Up Healthy: Understanding Sleep, Substances, and Puberty
Term 2	Unit 3: Healthy Relationships and Online Safety: Navigating Challenges Together Unit 4: Positive relationships and healthy boundaries
Term 3	Unit 5: Eco-den: building a sustainable business Unit 6: Exploring Me and My Future: Building Self-Awareness and Career Aspirations
This is supported by the EFL curriculum which includes reading, numeracy, sessions on digital well-being, appreciating other cultures and how to revise	



PDL- Year 8



Year 8	Topics
Term 1	Unit 1: Staying safe: What are the risks surrounding drugs and alcohol, and how do we avoid them? Unit 2: Healthy Minds, Healthy Lives – Building Resilience and Wellbeing
Term 2	Unit 3: Understanding and Challenging Prejudice: Promoting Equality and Inclusion Unit 4: Building healthy relationships: respect, boundaries and safe choices
Term 3	Unit 5: Understanding digital boundaries: respect, consent and online safety Unit 6: Real life ready: first aid, empathy and everyday emergency skills
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PDL- Year 9



Year 9	Topics
Term 1	Unit 1: Staying safe: avoiding drugs, gangs and knives Unit 2: Health in focus: making informed choices to look after our bodies
Term 2	Unit 3: Respects and Rights in relationships Unit 4: Navigating healthy relationships: Consent, Contraception and Sexual well-being
Term 3	Unit 5: Staying safe: online and real life risks Unit 6: Money and mind: building financial resilience
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PDL- Year 10



Year 10	Topics
Term 1	Unit 1: Mental health: what is it and how can I protect it? Unit 2: Critical Thinking and Influence: How Can We Resist the Pull of the Crowd?
Term 2	Unit 3: Understanding Healthy Relationships and Responding to Stalking and Harassment Unit 4: Belonging and community: addressing extremism and discrimination
Term 3	Unit 5: Building resilience: overcoming failure and harnessing success Unit 6: Media literacy: spotting the real news amongst a sea of disinformation
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PDL - Year 11



Year 11	Topics
Term 1	Unit 1: Wellness and Emergency Preparedness: Coping Strategies Unit 2: Consent and intimacy
Term 2	Unit 3: Financial education, including the dangers of gambling Unit 4: Artificial intelligence: how can it help and how can it harm?
Term 3	Unit 5: Understanding relationship rights and responsibilities Unit 6: First Aid Recap