



Pembroke Personal Development Curriculum Map

The new curriculum has a hierarchical structure. Lessons are organised into themes, units, strands and year groups

Overall structure

Theme	Understanding myself			Understanding myself with others		Understanding myself within the world			
Unit	Wellbeing	Healthy choices	My body & Me	Healthy Relationships	Healthy Intimate Relationships	Identity & community	Digital Lives	Aspiration & money	Transition lessons
Strands	1) Emotions, mental health and mental wellbeing	4) Drugs, alcohol, tobacco and vaping	7) Puberty	13) Identifying healthy and unhealthy relationships	18) Marriage, civil-partnerships and forced marriage	23) Identities, stereotypes and respect	26) Online wellbeing	30) Careers and goals	33) Various lessons throughout all Years
	2) Mental strength, self-esteem and resilience	5) Safety in public spaces, gangs and exploitation	8) Body image	14) Maintaining positive relationships	19) Romantic and intimate relationships	24) Belonging and community building	27) Online sharing and behaviour	31) World of Work	
	3) Physical health	6) Life-saving skills	9) Female & male health	15) Pressure and boundaries	20) The effect of pornography and online cultures on sexual behaviour 21) Identifying and responding to harmful sexual behaviour and sexual harassment	25) Rights and discrimination	28) Online influence	32) Personal finance	
			10) Reproductive health & parenthood 11) Looking after our health and navigating healthcare systems 12) Sexual health & contraception	16) Responding to bullying 17) Change, separation and grief	22) How to identify abuse and controlling behaviour		29) Data, money and misinformation		

Module 1

Week Commencing	Y7	Y8	Y9	Y10	Y11
07/09/2026	How does it feel to start secondary school? Why do we learn PSHE? (introduction to secondary PSHE)	How can we develop a positive mindset?	Experiencing complex emotions (including mental ill-health)	Techniques for improving mental health and reducing low-mood	Balancing everyday pressures and opportunities
14/09/2026	How can we make healthy choices for our mental wellbeing?	Who am I?	Why can it be hard to talk about our feelings?	How can we overcome barriers to a healthy lifestyle?	How can we build resilience and overcome challenges?
21/09/2026	How can we build a positive relationship with ourselves?	How does our diet affect our physical health?	How could someone respond to drug-related emergencies?		
28/09/2026	How can we build our resilience to challenges?	How can we overcome barriers to physical exercise?	How can we stay safe in public spaces?	How can someone stop smoking or vaping?	How does addiction impact mental health?
05/10/2026	How do exercise and sleep impact our physical health?	What are the facts about alcohol?	How can we avoid criminal exploitation?		
12/10/2026	How do I keep my body and teeth clean?	What are the facts about legal and illegal drugs?	How can we support everyone to have positive body image?	Pregnancy and healthy foetal development	What health issues can affect people with female bodies?

Module 2

Week Commencing	Y7	Y8	Y9	Y10	Y11
26/10/2026	What are the facts about smoking and vaping?	How can we manage risks while trying new things?	How are people affected by hormonal and mood cycles?	Healthy and unhealthy coping strategies	What does it mean to become a parent?
02/11/2026	How can we stay safe in different environments?	How can we all love the body we have?	How can we check our own health?		
09/11/2026	How can we perform first aid?	The importance of vaccination and healthcare	How can blood, organ and stem cell donation save lives?	What are the effects of illegal drugs on the body and mind?	Fertility, infertility and miscarriage
16/11/2026	How do our bodies change during puberty?	Careers	How can people protect themselves and others from STIs?		
23/11/2026	How does it feel to go through puberty?	Careers	When does showing vulnerability in a relationship make you stronger?	How can we manage powerful influence?	The choice to continue or end a pregnancy
30/11/2026	Genitals and reproductive systems	Careers	How can we avoid pressuring other people?		
07/12/2026	How do our genitals change during puberty?	Careers	How can we manage peer influence?	What life saving and first aid skills do I need?	How can we access the healthcare we need?
14/12/2026	What support might females need during their period?	Careers	How can we manage feelings around change?		

Module 3

Week Commencing	Y7	Y8	Y9	Y10	Y11
04/01/2027	What do we need from a healthy relationship?	What roles do we play in relationships?	What is required for safe and pleasurable physical intimacy?	Why do some people have civil partnerships or marriages?	What expectations exist about sex and intimacy?
11/01/2027	What do we need from a healthy relationship?	How can families have healthy relationships?	Why is sexual consent so important?		
Careers week* 18/01/2027	How can we keep our friendships healthy?	How can we manage conflicts with friends?	Pathways to the future that I want	How do gender stereotypes influence sexual violence?	How do online cultures and content affect sexual relationships
	How can we balance our needs, with our friends'?	How can we end relationships with kindness?	Setting high expectations for the future		
	How do we have healthy boundaries with our friends?	What is a healthy way to express romantic feelings?	How do successful people achieve their goals?	How can someone identify and seek help for relationship abuse?	How can we avoid putting romantic and sexual pressure on other people?
25/01/2027	What rights do we have to privacy and our bodies?	What could be the impact of viewing pornography?	Why are pleasure and attunement important in sexual situations?		
01/02/2027	How do we identify and challenge bullying?	How can people make healthy choices about sex and intimacy?	How do online cultures affect our connection to each other?	How can we ensure that our own behaviour is healthy and never controlling?	What can be the impact of combining alcohol and drugs with intimacy?
08/02/2027	What is sexual harassment and how can we stop it?	What roles do we play in relationships?	How can bystanders reduce sexual harassment?		

Module 4

Week Commencing	Y7	Y8	Y9	Y10	Y11
22/02/2027	What does identity mean to you?	How do power dynamics affect us?	Careers	How can we manage conflict healthily?	How can we avoid exploitation and radicalisation?
01/03/2027	How can we reduce harmful stereotypes?	How can we be active bystanders?	Careers		
08/03/2027	Is it easy to find a feeling of belonging?	What are the links between sexism, harassment and harm?	Careers	How can someone deal with romantic rejection?	Mock examinations and revision
15/03/2027	What does a community need to be healthy?	How can we create a school free from sexual harassment?	Careers		How can I feel confident and safe when meeting new people?
22/03/2027	What can be the impact of discrimination?	How can someone respond to controlling behaviour?	Careers	Careers	

Module 5

Week Commencing	Y7	Y8	Y9	Y10	Y11
12/04/2027	How does the Equality Act protect everyone in the UK?	What does heritage mean to you?	What are the warning signs of unhealthy sexual behaviour?	Mock examinations and revision	Revision and external examinations
19/04/2027	How can we create a world free from sexism?	What do the Fundamental British Values mean to you?	What are the impacts of domestic abuse on wellbeing?	Mock examinations and revision	
26/04/2027	How can we have a healthy relationship with our devices?	How can we support people to love who they love?	What influences our sense of identity?	Work experience	
03/05/2027	How can we take control of our privacy online?	How can we create a world where disabled people thrive?	How are stereotypes used to spread hate and make money?	Work experience reflection	
10/05/2027	How do we choose what to share online?	How can we create a world free from racism?	How do we build a feeling of belonging?	How do gender norms influence the way we behave?	
17/05/2027	How can online content affect us?	How can the internet impact our wellbeing?	What are my rights?		
24/05/2027	Who decides what we view online?	How do we avoid losing our money? (gambling, loot boxes and advertising manipulation)	How can healthy communities make our lives better?	What would our world be like if there was more tolerance?	

Module 6

Week Commencing	Y7	Y8	Y9	Y10	Y11
07/06/2027	How does money affect the online world?	Can the internet improve our lives?	What is the impact of sexism?	What is it like to live in Britain?	Revision and external examinations
14/06/2027	What aspirations do we have for the world?	Why do people sometimes behave differently online?	Why does sexism still exist today?		
21/06/2027	Careers	What can be the impact of sharing intimate content?	How can we create an anti-discrimination school?	What is the social model of disability?	
28/06/2027	Careers	How can algorithms unite or divide us?	How can we talk about gender with respect?		
05/07/2027	Careers	How can we know what is real online?	What can be the impact of deepfakes?	How easy do people find it to express their religion or beliefs?	
12/07/2027	Careers	Making financial decisions that work for me	How can we respond to online influence?		
19/07/2027	Careers	How do we avoid financial scams and exploitation?	Why can being online feel addictive?	Why can extremism spread online?	