



Year 10 Personal Development Palette

Year 10

Living In The
Wider World



AUTUMN

How To
Effectively
Budget &
Evaluate
Saving
Options

Preventing
& Managing
Debt
Credit Ratings &
Pay Day
Lending

How To
Effectively
Budget &
Evaluate Saving
Options

How Data
Is Generated
Collected &
Shared

Influences
Related To
Gambling
(Online)

The Law &
Illegal Financial
Activities
Fraud &
Cybercrime

Managing
Risk In
Relation To
Online
Financial
Activities

Health &
Wellbeing



Relationships



Health and Wellbeing



Social Media
Misinformation
Influence On
Beliefs &
Opinions

Communities
Inclusion
Respect &
Belonging
The Equality
Act

Exit Strategies
For Pressured
Or
Dangerous
Situations

The Effects
Of Drug &
Alcohol Abuse

Impact Of
Drugs &
Alcohol On
Individuals & The
Wider
Community

Factors Which
Contribute
To A Young
Person Joining
A Gang

Positive &
Negative Role
Models
Becoming A
Positive Role
Model For
Peers

SPRING

Physical and
mental health

Nutrition

Dealing with
stress

Influence and
body
modifications

Sunbeds and
cosmetic
procedures

Dealing with
change and
challenge

Living In The
Wider World



Work
Experience
Expectations

How To
Evaluate &
Build On The
Learning From
Work
Experience

Health &
Wellbeing



Revision



The
Consequences Of
Unprotected Sex
Including
Pregnancy

STI's
Effective Use Of
Protection &
Negotiating
Safer Sex

About The
Ethical & Legal
Implications In Relation
To Consent, Including
Manipulation, Coercion
& The Capacity
To Consent

How To
Manage The
Impact Of The
Media & Pornography
On Sexual Attitudes
Expectations &
Behaviours

About The
Opportunities
& Risks Of Forming
& Conducting
Relationships
Online

About
Relationship
Values & The
Role Of
Pleasure In
Relationships

Relationships



The Portrayal
Of
Mental Health
In The
Media

About The Signs
Of Emotional
& Mental
Ill Health
Challenges During
Adolescence

Relationships



The
Super
Six

Addressing
Extremism
&
Radicalisation

Honour Based
Violence
Forced Marriage
& How to
Safely Access
Support

