

23rd October 2025



**BRAMHALL
HIGH SCHOOL**

Dear Parents and Carers,

I would like to take this opportunity to introduce myself and share with you the overview of our Personal Development Curriculum this academic year here at Bramhall High School.

I am Andrea Woods - PD Curriculum Lead and MFL teacher. It is my role to bring together and sequence Personal, Social, Health and Economic Education (PHSE) alongside Relationships and Sex Education (RSE) and elements of careers education in order to ensure all students understand themselves, others, and key aspects of the law.

The curriculum is delivered during 2 weekly Form Time periods, assemblies and 4 Focus Sessions throughout the year. The Form Time curriculum is split into six topics and each half term students' study one of these topics in detail.

The sub topics are:

RSE

Health and Wellbeing

Staying Safe On & Offline

Diversity & Equality

British Values & Citizenship

Careers

Alongside our taught curriculum, we enhance our provision by inviting on occasion external organisations and guest speakers into school. These sessions cover important topics such as health and wellbeing, safety on and offline and the dangers of vaping/smoking and drinking. These sessions are age-appropriate, and complement are Form Time material. The aim is for our students to develop into informed, responsible, respectful and happy members of our school community and successful citizens of the future.

We have just had our first focus session in school on Friday 10th October. All students from Years 7 -10 looked at positive role models and their strengths. We discussed the importance of role-models and in particular their qualities. In addition, we explored how students could embody these important attributes and become role models themselves in both the school community and beyond.

Please see below for an overview of what your son/daughter will be covering this year.



Headteacher: Mr Paul Williams BSc (Hons), MAEd

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Year 7

Terms

- 1.1- **RSE**- What makes a good friend, Respect & Relationships, Consent and Boundaries, Invisible Disabilities, Peer Pressure, First Aid- Bleeding.
- 1.2 - **Health & Wellbeing**- Puberty, Personal Hygiene, Self-esteem.
- 2.1- **Safety On & Offline**- Gaming, Dangers of Vaping, Energy Drinks & Alcohol, Knife Crime.
- 2.2 - **Diversity & Equality**- Multicultural Britain, The Equality Act 2010, Breaking down Stereotypes, Prejudice & Discrimination.
- 3.1- **British Values & Citizenship**- How the country is run, Elections & Campaigning.
- 3.2- **Careers**- Career knowledge & Skills, Strengths Skills & Interests, Job & Career Ideas.

Year 8

Terms

- 1.1- **British Values & Citizenship**- Rights & Responsibilities, Making Decisions, Law & Society, Prison Reforms and Punishment
- 1.2 - **RSE**- Dealing with Conflict, Identity, What is Contraception, Basic Life Support.
- 2.1- **Safety On & Offline**- Cyber safety, Avoiding Scams and Hacks, Support with Scams.
- 2.2 - **Health & Wellbeing**- Importance of Exercise, Mental health, Positive Wellbeing, Healthy Coping Strategies, Grief & Loss, How to Revise for Exams.
- 3.1- **Diversity & Equality**- Allyship, LGBTQ+, Homophobia, The Equality Act, Supporting Others.
- 3.2- **Careers**- Managing Money, Saving.



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Year 9

Terms

- 1.1- **British Values & Citizenship**- Conspiracy Theories, Extremism & Terrorism, British Values, Counter Terrorism.
- 1.2 - **RSE**- Sexual Consent & The Law, FGM, Committed Relationships.
- 2.1- **Careers**- Strength, Skills & Attributes, Making Informed Choices, Higher Education, Vocational Pathways, Apprenticeships.
- 2.2 - **Safety On & Offline**- Addiction, Drugs & The Law, County Lines.
- 3.1- **Diversity & Equality**- Allyship, Anti-Racism.
- 3.2- **Health & Wellbeing**- Body Image, First Aid.

Year 10

Terms

- 1.1- **British Values & Citizenship**- Critical Thinking, Fake news, Rights & British Values, Human Rights.
- 1.2 - **RSE**- Sexual Consent & The Law, Sexting & Revenge Porn, Online , Pornography, Domestic Abuse.
- 2.1- **Safety On & Offline**- Instagram Generation, Consumer Rights, Employment Rights.
- 2.2 - **Health & Wellbeing**- Screen Time, Revision Styles, Healthy Lifestyle, Stress, Emotional Wellbeing, Exam Reflection.
- 3.1- **Diversity & Equality**- Tolerance, Online Algorithms.
- 3.2- **Careers**- Prepare for the Careers Fair, Prepare for Work Experience, AI & Future Careers, Post 16 options.



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Year 11

Terms

- 1.1 **Careers**- Time Management, Writing a Personal Statement, College Talks .
- 1.2 - **RSE**- Alcohol & Bad Choices, Spiking, Revisiting Contraception, STI's, Fertility.
- 2.1- **Safety On & Offline**- Gaming & Virtual Reality, Drugs, Festivals, Cosmetic Procedures, Addiction, Digital Footprint, First Aid Recap.
- 2.2 - **Revision.**

Next half term I will be hosting a coffee morning where you will be invited to come along and discuss the PD curriculum in more detail and look at materials. The date is yet to be confirmed. If you have any questions in the meantime my email address is-

PD@bramhallhigh.stockport.sch.uk

Kind regards

Andrea Woods

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