

Sixth Form Personal Development Overview

Below is a summary of the key topics covered on Personal Development Days.

Additional topics will be added based on feedback from the previous Personal Development Day and key areas identified by the Sixth Form pastoral team.

Year 12

Dreams and Goals – Unifrog

Healthy Me – CoppaFeel (Breast Cancer Awareness)

Being me in my world – Tax Facts

Healthy Me – Finding your inner gold

Healthy Me – First Aid

Healthy Me – Alcohol – awareness/safety

Celebrating difference – Diversity activity

Changing Me – Brook - Sex pressures and readiness for sex

Relationships – Brook - Sexual harassment and sexual abuse

Changing Me – Brook - Sexual orientation and stereotypes

Relationships – Brook - Contraception/sexual health (STI)

Celebrating difference – Diversity activity

Changing Me – Date rape

Healthy Me – Drugs/festival safety

Being me in my world – Driving safety

Dreams and Goals – Ace Your Exams – Elevate

Being me in my world – Parliament/voting

Dreams and Goals – University Trip



Year 13

Being me in my world – The dark side of social media

Relationships – Consent

Relationships – Toxic Relationships

Being me in my world – Driving – what to do in an accident

Changing me – wellbeing

Dreams and Goals – Interview Skills

Healthy Me – Risk taking behaviours

Relationships – Brook - Identifying harmful sexual behaviours

Relationships – Brook - Image based sexual abuse

Being me in my world – Independent living

Healthy Me – Nutrition

Being me in my world – Transition to university

Dreams and Goals – Budgeting

