

Personal Development: Health Curriculum Map

Y10



Consequences of Substance Abuse
Reasons people do drugs
Addiction
Withdrawal

The Law on Drugs
Legal consequences of possessing drugs
Legal consequences of distributing drugs
Drug Classifications



Drugs, Alcohol and Tobacco
Different Drugs
Alcohol
Caffeine
Steroids
Shisha/Vaping



Mental Wellbeing
Emotions
Mental Ill Health
Managing Wellbeing



Health Prevention
Personal Hygiene
Self-Examination
Oral Health
Sleep

Y9



Adolescence
Puberty for boys and girls
Effects of puberty on physical and mental health
Menstruation



Y8

Internet Safety & Harms
Online Identity
Social Media
Persona Data
Cookies
E-Safety



Healthy Eating
Healthy Diet
Balanced Diet
Food Categories
Poor Diet



Physical Health and Fitness
Benefits of Exercise
Lifestyle Diseases
Organ and Blood Donation



Y7