

**Sixth Form Tutor Programme**

**Personal Development**

**Cycle 1**

**Term 1: Living in the Wider World**

Week	Theme
1	Personal safety in relationships
2	Managing unwanted attention
3	Sexual exploitation and abuse
4	Rape and sexual assault
5	Domestic abuse
6	Gangs and organised crime

**Term 4: Living in the Wider World**

Week	Theme
1	Do job stereotypes still exist?
2	The changing job market
3	Applying for work and training & how to stand out
4	Taking a gap year
5	My career ambitions
6	Marketing yourself

**Term 2: Health & Wellbeing**

Week	Theme
1	Sleep rest and study
2	Young adult illnesses
3	Safer sex
4	Common mental health issues
5	Helping a friend who is struggling to cope
6	Young men and suicide

**Term 5: Relationships**

Week	Theme
1	Why do people choose to have a sexual relationship?
2	Consent
3	Sex and the media
4	Inclusion and diversity
5	Ending an intimate relationship respectfully
6	Marriage, partnership, and rights

**Term 3: Relationships**

Week	Theme
1	The power of relationships
2	Stages of a romantic relationship
3	Is this love or lust?
4	Understanding sexuality and sexual orientation
5	Coming out as LGBTQ+
6	Influence of faith and cultural views on relationships

**Term 6: Living in the Wider World (Futures Focus)**

Week	Theme
1	You don't know what you don't know
2	How many hellos
3	Will you dare
4	Assumptions & influences
5	What drives you
6	Careers quiz

## Sixth Form Tutor Programme

### Personal Development

#### Cycle 2

#### **Term 1: Living in the Wider World**

Week	Theme
1	Alcohol Misuse & Decision Making
2	Travel Safety
3	Drink Spiking
4	Safety at Festivals
5	Substance Misuse & Safety
6	Suicide Prevention

#### **Term 4: Living in the Wider World**

Week	Theme
1	Managing Contracts & Debt
2	Payslips & Salaries
3	Money Matters: Taxes
4	Money Matters: Savings
5	Renting & Mortgages
6	Being in Financial Debt

#### **Term 2: Health & Wellbeing**

Week	Theme
1	Sexual Health & STIs
2	Contraception & Choices
3	Healthy Eating on a Budget
4	Unintended Pregnancies
5	Body Image
6	Keeping Physically Healthy While Studying

#### **Term 5: Relationships**

Week	Theme
1	Evaluating Attitudes to Sexual Assault
2	Managing Changes in Relationships
3	Respectful & Assertive Communication in Relationships
4	Managing Challenging Relationships at Work
5	The Law, Rights & Responsibilities in Sexual Relationships
6	Online Dating

#### **Term 3: Relationships**

Week	Theme
1	Managing my Online Profile
2	Managing Strong Emotions
3	Maintaining Online Relationships
4	Being a Resilient Student
5	De-escalating & Exiting Aggressive Social Situations
6	Prioritising Mental Health

#### **Term 6: Living in the Wider World (Futures Focus)**

Week	Theme
1	You don't know what you don't know
2	How many hellos
3	Will you dare
4	Assumptions & influences
5	What drives you
6	Careers quiz