



HILLSIDE
HIGH SCHOOL

Hillside High School Personal Development Overview Key Stage Four



Unit	Lesson Code	KS4
Health and Wellbeing	HW1	How can I improve my emotional well-being?
Health and Wellbeing	HW2	How can devices impact my mental health?
Health and Wellbeing	HW3	What is the difference between mental health and a mental health issue?
Health and Wellbeing	HW4	Is stress bad?
Health and Wellbeing	HW5	Violence and Aggression
Staying Safe	S1	Interactions online- when do they become problematic?
Staying Safe	S2	Obsessive online behaviours
Staying Safe	S3	Healthy online relationships
Staying Safe	S4	Consequences of addiction
Staying Safe	S5	Nitrous Oxide
Staying Safe	S6	Alcohol Dependency
Careers and Finance	CF1	Post 16 Options
Careers and Finance	CF2	Which career is right for me?
Careers and Finance	CF3	Making the most of your money
Careers and Finance	CF4	Avoiding Debt
Citizenship	C1	Media - How we can hold those in power to account
Citizenship	C2	How can we make a difference to society?
Citizenship	C3	What are the strengths and weaknesses of the UK legal system?
Relationships	R1	Healthy 1-to-1 relationships
Relationships	R2	Coercive Control
Relationships	R3	Peer on Peer Violence
Relationships	R4	Peer Harassment
Relationships	R5	Consent
Relationships	R5	Risky Choices – Alcohol and drugs and impact on consent



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