

PSHE – Year 7

Our inclusive curriculum introduces our three key areas of study: Personal Wellbeing, Living in the Wider World and Relationships and Diversity. All students are introduced to Fundamental British Values, the Protected Characteristics and other key concepts to support their transition into high school.

	Half term 1 – Health and Wellbeing	Half term 2 – Health and Wellbeing	Half term 3 – Relationships	Half term 4 – Relationships	Half term 5 – Living in the wider world	Half term 6 – Living in the wider world
Knowledge & Skills	Transition to Secondary School and Belonging; Personal Identity and Self-Esteem; Growth Mindset and Resilience; Managing Emotions; Healthy Friendships; Bullying and Bystander Behaviour; Online Safety and Digital Footprints. Skills: Teamwork, Discussion, Questioning, Coping Strategies.	Screen Time and Healthy Habits; Mental Health Awareness; Coping Strategies and Help-Seeking; Physical Health and Healthy Lifestyles; Sleep and Wellbeing; Puberty and Changing Bodies. Skills: Discussion, Questioning, Decision Making, Coping Strategies.	Families and Different Family Structures; Positive Friendships; Boundaries and Personal Space; Respect and Kindness; Introduction to Consent; Conception, Pregnancy and Parenthood; Contraception and Pregnancy Prevention. Skills: Teamwork, Discussion, Questioning, Coping Strategies.	Sexual Health and STIs; Grooming and Exploitation; FGM – Rights, Safety and Seeking Help; Image Sharing and Online Safety; Media Influence and Body Image; Gender Stereotypes and Equality; Prejudice, Discrimination and Allyship. Skills: Discussion, Debate, Questioning, Decision Making.	Introduction to Financial Decision-Making; Budgeting and Saving Skills; Understanding Banks and Saving Accounts; Advertising, Influencers and Consumer Choices; Careers, Skills and Future Aspirations; Challenging Career Stereotypes and Broadening Horizons. Skills: Teamwork, Discussion, Debate, Questioning.	Rights, Responsibilities and the Law; Democracy, Elections and Having a Voice; Volunteering, Community Action and Social Responsibility; Environmental Responsibility and Sustainability; Online Citizenship and Responsible Digital Participation. Skills: Decision Making, Teamwork, Questioning.
Beyond The Curriculum	Enrichment Clubs – Join clubs to make new friends and get involved! Try card making, Lego robotics, rugby, gardening and many more.	Enrichment Clubs – Active clubs, mindfulness, arts and drama are great ways to look after your health and wellbeing. Places to Visit • Sports Centre	Enrichment Clubs – Try our friendship, kindness and anti-bullying activities. Be part of a community that celebrates everyone.	Enrichment Clubs – Learn about healthy relationships and respect through drama, debate and discussion groups. Places to Visit • Local Youth Service	Enrichment Clubs – Develop skills for the future through career workshops, enterprise projects and guest speakers. Places to Visit • Careers Fair • Local Business	Enrichment Clubs – Manage money, take part in enterprise challenges and plan for your future. Places to Visit

	Places to Visit • Local Library • Sports Centre • Youth Club Get Support • Form Tutor • School Nurse • Childline – 0800 1111 • Kooth (online support)	• Park / Green Space • Local Library Get Support • School Counsellor • Mind (0300 123 3393) • Kooth (online support) • Young Minds – Parents Helpline (0808 802 5544)	Places to Visit • Library • Community Centre • Youth Club Get Support • Form Tutor • Tell Someone You Trust • Anti-Bullying Alliance (0800 121 7001) • Childline – 0800 1111	• Women's Aid (website) • Brook (sexual health advice website) Get Support • School Counsellor • NSPCC – 0808 800 5000 • Childline – 0800 1111 • Kooth (online support)	Visits • College Open Days Get Support • Careers Advisor • National Careers Service (0800 100 900) • Form Tutor	• Bank / Building Society • Citizens Advice (website) • Money & Pensions Service (website) Get Support • School Finance Team • MoneyHelper (0800 138 7777) • Form Tutor
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