



## Year 7 (PSHE)

<b>Overview</b>	<p>PSHE lessons form an important part in preparing our students to become successful adults. The curriculum covers a wide variety of topics where British Values are embedded throughout. Assemblies, form-time activities &amp; guest speakers are linked to lesson topics to provide a holistic delivery.</p> <p>The curriculum offers a platform for pupils to explore, debate and discuss real life topics and develop relevant life skills to enable them to become informed, empathetic, and responsible citizens.</p>
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<b>Autumn Term</b>	<b>Topic: Relationships and Sex Education (RSE)</b>	<b>Assessment</b>
	<p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>■ Consent</li> <li>■ Healthy vs unhealthy relationships</li> <li>■ Different types of relationships</li> <li>■ Self-respect and esteem</li> </ul>	<p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>■ Personal boundaries and ownership of one's own body.</li> <li>■ Identifying risk and harm</li> <li>■ Treating others with respect</li> <li>■ Positive friendships</li> <li>■ What makes a family</li> <li>■ Being positive towards the self</li> </ul>

<b>Spring Term</b>	<b>Topic: Health and Wellbeing</b>	<b>Assessment</b>
	<p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>■ Mental health/ illness</li> <li>■ Physical health</li> <li>■ Prejudice, Discrimination, Racism and bullying</li> </ul>	<p><b>Key Knowledge:</b></p> <ul style="list-style-type: none"> <li>■ How to improve mental health and recognise mental illness</li> <li>■ Changes in the body including puberty, hygiene and the menstrual cycle</li> <li>■ Physical harms such as FGM</li> <li>■ Forms of bullying and discrimination online and offline</li> </ul>

<b>Summer Term</b>	<b>Topic: Living in The Wider World</b>	<b>Assessment</b>
	<p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>■ Community</li> <li>■ Gangs</li> <li>■ Online safety</li> <li>■ Disability</li> </ul>	<p><b>Key Knowledge:</b></p> <ul style="list-style-type: none"> <li>■ What is a community and the benefits of community?</li> <li>■ The risks of gangs; grooming, county lines, and how to avoid gangs</li> <li>■ How to stay safe online and recognising threats</li> <li>■ Awareness and understanding of disability and the human rights act.</li> </ul>

<b>Useful Resources for Supporting Your Child at Home:</b>	<b>Homework:</b>
<p><a href="#">Relationships   Childline</a></p> <p><a href="#">Healthy relationships   NSPCC</a></p> <p><a href="#">Homophobic bullying   Childline</a></p> <p><a href="#">Your Child's Self-Esteem (for Parents) - Nemours KidsHealth</a></p> <p><a href="#">Parents Mental Health Support   Advice for Your Child   YoungMinds</a></p> <p><a href="#">Puberty   Childline</a></p> <p><a href="#">Female Genital Mutilation - Prevent &amp; Protect   NSPCC</a></p> <p><a href="#">Bullying and advice on coping and making it stop   Childline</a></p> <p><a href="#">Criminal exploitation and gangs   NSPCC</a></p> <p><a href="#">Child Safety Online: A practical guide for parents and carers whose children are using social media - GOV.UK (www.gov.uk)</a></p>	<b>Not Applicable</b>