



Year 7 – Year 8

The Y7 and Y8 PSHE Curriculum is designed by United Learning. The lessons in bold are features by Life Lessons. PSHE and RSE isn't delivered in isolated chunks – A topic model is used to allow students to engage in themes, through a range of different lenses. At the end of each half term, the resources will be prepared for the following term – Delivered as one lesson a fortnight.

Autumn Term			
Valuing Myself and Others			
Year 7	1	Sharing Perspectives (BV)	Lesson 1
	2	Respecting Differences (BV)	Lesson 2
	3	Factors Affecting Relationships (BV)	Lesson 3
	4	Mental and Emotional Health (BV)	Lesson 4
	5	Risky Behaviour	Lesson 5
	6	Presenting Myself Well	Lesson 6
	7	Evaluating Influence (BV)	Lesson 7
Building Perspectives			
Year 8	1	Seeking Perspectives, Assessing Evidence (BV)	Lesson 1
	2	Discussing Issues Respectfully (BV)	Lesson 2
	3	Stereotyping, Prejudice and Discrimination (BV)	Lesson 3
	4	Building Resilience	Lesson 4
	5	Managing Stress and Emotional Challenges	Lesson 5
	6	Goal Setting	Lesson 6
	7	Complete all outstanding pages in the workbook	Lesson 7

Spring Term – Responsibilities and Values			
Responsibilities and Values			
Year 7	1	Self-Review: Who am I	Lesson 1
	2	Balance and Responsibility	Lesson 2
	3	Qualities and Behaviours (BV)	Lesson 3
	4	Familial Roles & Responsibilities	Lesson 4
	5	Financial Ethics	Lesson 5
	6	Values and Boundaries (BV)	Lesson 6
Everyday Safety			
Year 8	1	Resisting Influence (BV)	Lesson 1
	2	Strategies for Calming Conflict (BV)	Lesson 2
	3	Safe Travel: Public Transport (BV)	Lesson 3
	4	Safe Travel: Road & Rider Safety (BV)	Lesson 4
	5	Managing Everyday Risks: Dog Safety	Lesson 5

6	Managing Everyday Risks: Fire Safety <b>(BV)</b>	Lesson 6
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Summer Term – Amplifying Voices		
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Amplifying Voices		
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Year 7	1	Representations of Mental Health <b>(BV)</b>	Lesson 1
	2	Social media opportunities & Benefits <b>(BV)</b>	Lesson 2
	3	Media & Self-Image <b>(BV)</b>	Lesson 3
	4	Media representations of Relationships <b>(BV)</b>	Lesson 4
	5	Responding when things go wrong online <b>(BV)</b>	Lesson 5
	6	Empathy for Others <b>(BV)</b>	Lesson 6

Amplifying Voices		
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Year 8	1	Understand the effect of the brain changes that take place during puberty on cognition <b>(BV)</b>	Lesson 1
	2	Understand the role of different phases within the sleep cycle for health and wellbeing	Lesson 2
	3	Understand that the purpose of breasts is to enable female bodies to feed babies, but that cultural views can affect ideas about breasts and breastfeeding <b>(BV)</b>	Lesson 3
	4	Describe the physical changes in boys' voices during puberty	Lesson 4
	5	Know that most menstrual cycles last between 21-35 days, but periods can be irregular during puberty <b>(BV)</b>	Lesson 5
	6	Workbook completion	Lesson 6

**(BV)** = Topics that align well with the principles of British Values, which include Democracy, Rule of Law, Individual Liberty, Mutual Respect, and Tolerance of Different Faiths and Beliefs.