

What will I learn in PSHE this year?

One 40 minute lesson per week.

YEAR 7

	Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
	Living in the wider world	Living in the wider world -Money	Relationships Identity and Safety	Relationships Identity and Safety	Healthy Living and Responsible Health Choices	Puberty, Emotional Health & Wellbeing
1	Introduction to secondary school What is PSHE?	Budgeting What is budgeting?	Keeping good friendships Keeping good friendships and avoiding toxic ones	Bullying or banter Why do people bully others and how can we help stop it?	Healthy Lifestyles What do we mean by a healthy lifestyle? Health introduction.	Mental health What is depression?
2	Aspiration How can we be an aspirational student?	Creating a personal budget plan How can I create a personal budget plan?	Family relationships Different types of family relationships and why we don't always get along.	Cyberbullying What is cyberbullying and why do people bully online?	Balanced diets How can I keep healthy? Food groups, diet and nutrition	Anger How can we manage our anger?
3	Self Esteem How does self-esteem help us achieve?	Money Management What are savings, loans and interest rates?	Falling in love Romance, falling in love and dealing with new feelings	Keeping safe and positive relationships How do we keep safe and Have positive relationships on and off-line?	Eating responsibly Reading food labels and recognising health hazards.	Puberty What happens, when and why.
4	Wants and needs What are wants and needs and why do we need to know the difference?	Credit and debit cards What are different types of financial products?		What are radicalism and extremism What is my personal identity and why is diversity important?	Healthy Eating Not eating healthily - what are the consequences?	Periods What happens, when and why.

5	Prejudice and discrimination What is racism and stereotyping and why is it wrong?	Financial Transactions What are different financial transactions and how do we make them?		What are radicalism and extremism What is online radicalisation and how does it challenge our values?	Healthy Living What are the benefits of exercise and keeping Active?	FGM What is this and why is it so dangerous?
6	Social media How can we enjoy social media but keep our accounts safe and private?				Energy drinks What's the big deal about energy drinks?	
7	Ethical shopping Where do the things we buy come from?				Smoking Why is smoking so bad for us and why do we need to avoid second hand smoking?	
8	Being a resilient student How can we be resilient and face challenges?				Drugs What are drugs? Why are they dangerous? (class A, B & C)	