

## PSHE Curriculum Overview - Year 7

	Unit	Details
Autumn One	<b>Health &amp; Wellbeing</b>	Pupils spend several lessons examining wellbeing and mental health including both healthy and unhealthy coping strategies before finishing the first half term revisiting work from Year 6 covering changes to the body during puberty.
Autumn Two		In the second half term pupils initially focus on effective health strategies including the importance of sleep and exercise before looking at the influence of the media on mental health and wellbeing specifically focusing on the damaging effects of appearance ideals.
Spring One	<b>Relationships</b>	In Spring One pupils explore a range of issues linked to one-to-one relationships including consent, the features of healthy relationships and the impact of social media.
Spring Two		In Spring Two pupils look at their relationships with others in a wider sense beginning with familial relationships and expanding out to their interactions with their communities. This also takes in sessions focussing on gangs and knife crime
Summer One	<b>Living In The Wider World</b>	Pupils initially examine individual approaches to interactions with the wider world through discussion of core values (linked to the school values but also looking at other values pupils may hold) and goal setting. Pupils then discuss human rights and issues which arise when human rights are not met, for example discrimination and terrorism.
Summer Two		In the 2nd half term pupils build on work examining and discussing human rights. They then revisit some of the individual approaches discussed at the beginning of Summer One, this time applying them more specifically to the world of work. The half term ends with an examination of strategies to cope with worries and unhelpful thoughts.