

YEAR 7 PSHE LEARNING JOURNEY

RELATIONSHIPS AND SEX

Introduction to secondary school
Family, Marriage + Civil Partnerships,
Positive Friendships
Love, Positive + Safe Relationships
Consent
County lines
Bullying Online + Offline inc. Cyberbullying + Trolling
Personal Identity + Diversity
Introduction to Extremism + Radicalisation



Start



HEALTH AND WELLBEING

Introduction to Healthy living (inc. Nutrition, Exercise + Rest,
Healthy Eating)
Introduction to Addiction, Drugs + Dangerous Substances Unit
(inc. Smoking + Energy Drinks)
Puberty, Periods + FGM introductions
Mental Health, Depression + Anger Management



LIVING IN THE WIDER WORLD

Aspiration + Self Esteem
Being a Resilient Student
Online Safety Introduction
Introduction to Budgeting, Saving +
Finance
Racism and Stereotypes

**On to
Year 8!**



Spiral Approach to Content:
PSHE Association's Themes:

Health and Wellbeing
Relationships and Sex
Living in the Wider World

Additional Themes:

Citizenship and British Values
Careers – Gatsby Standards
Financial Education