

Year 7 PSHE Overview

PSHE Pastoral Workshops x 6	Science	Tutor Period x 30	Year assemblies/Boot camp sessions	Cross curricular (All subjects)
1 Bullying - Understanding and responding to bullies	1 Sexual Health unit 1. Changing adolescent body (puberty, menstrual well-being and implications for emotional and physical health) TBC 2 Health unit 1, possibly to include; Hygiene, Dental, Healthy Eating, Self-Examination, Immunisation and Vaccine TBC	Settling in activities	Expectations / Behaviour	Humanities – Prevent and Extremism, prejudiced?, the rights of citizens Drama – Conflict resolution / bullying (TBC) English – Conflict resolution language (TBC)
2 Bullying - Peer on Peer abuse		Introduction to Online-safety and media	Equalities Introduction (to fit with workshop)	
3 Equalities introduction		Healthy Relationships – family and friends	On-line safety (to fit with my on-line presence workshop)	
4 My online presence - me and my phone		Dealing with loss and separation	Mental Health Awareness	
5 Keeping me and my friends safe		Mental Health introduction		
6 Working at relationships / friendships (please see AB to hit curriculum criteria on friendships)		Careers – skills and introduction to SMART		

Key questions for students in Year 7

How might bullying look? How could someone deal with bullying? What is Peer on Peer abuse and what are the consequences?

What does 'Equalities' mean? What does the law say? Am I keeping myself safe on-line? What makes a good friend?

Will I be able to recognise and deal with changes to my body? How can I increasingly take responsibility for my health (e.g. Eating, Hygiene)?

What do we mean by 'mental health'? How does anyone deal with loss? What skills do I already have?

Will improving my language skills help me de-escalate or resolve conflict?