

# PSHE

AUTUMN TERM		SPRING TERM		SUMMER TERM		
Year 7	<b>Health and Wellbeing</b> Transition Friendships Emotional Wellbeing Safety Bullying  Local Democracy Week	<b>Health and Wellbeing</b> Remembrance Puberty Healthy routines Personal hygiene NSPCC – Pants Rule Safety in the Home Meaning of Christmas	<b>Living in the Wider World</b> Media and body image E safety Kayleigh’s Love Story Communication Fire safety  Road safety	<b>Health and Wellbeing</b> Healthy lifestyles Healthy Eating Active Lifestyles Sleep routines	<b>Relationships</b> Friendships Online safety Relationship boundaries Peer pressure	<b>Living in the Wider World</b> Ten Commandments Religious Iconography Sun safety Enterprise Team work – Sports Day
	<b>Health and Wellbeing</b> Resilience Peer pressure Emotional Wellbeing First aid and CPR  Local Democracy Week	<b>Living in the Wider World</b> Remembrance Community Britain in the 21 <sup>st</sup> century A-Z of Being British Religious Festivals	<b>Relationships</b> Self-esteem and body image Samaritans DEAL lessons Aggression Being assertive Friendships	<b>Health and Wellbeing</b> Alcohol Drugs Smoking Psychoactive substances	<b>Relationships</b> Sexting – Send me a Pic resource (3 lessons) Bereavement Puberty refresh – Amaze Family issues	<b>Living in the Wider World</b> Manchester Arena Immigration – Syria Resilience – Stephen Hawking Safety in the sun
	<b>Living in the Wider World</b> Emotional Wellbeing Immigration - Stacey Dooley Rule of Law – Life on Death Row Remembrance  Local Democracy Week	<b>Relationships</b> Friendships Parental relationships Relationships Sexual Health Teenage pregnancy Domestic Abuse	<b>Health and Wellbeing</b> Eating disorders Body image Safer Internet Day E safety – Murder Games Tolerance – LGBT+	<b>Relationships</b> The Happy Human Secrets People from History Terminology Personal Hygiene refresh Pride sexting	<b>Health and Wellbeing</b> Conflict and Communication Gangs Zebra Red follow up Louis Theroux – Talking Anorexia Smoking and E-Cigs	<b>Living in the Wider World</b> Leaving Home – homelessness prevention work Careers – KUDOS/Unifrog