



## Year 7 Life Skills (PSHCEE) - 2023/24

### Health and Wellbeing

### Relationships and Sex Education (RSE)

### Living in the wider world (*taught in Citizenship*)

Autumn Term

Spring Term

Summer Term

#### 7.1 Identity, Relationships & Family

1. Personal Identity
2. Friendships
3. Healthy Relationships
4. Family

#### 7.2 Mental Health and Wellbeing (1)

1. What is mental health and wellbeing?
2. What are the attitudes to mental health?
3. How can we promote emotional well-being and positive mental health?
4. How can exercise and relaxation promote good well-being?

#### 7.3 Respectful relationships: stereotypes and bullying

1. What are the different types of bullying?
2. What is the impact of bullying?
3. What is an 'imbalance of power?'
4. Why is being respectful so important?
5. What does it mean to be an 'upstander'?

#### 7.4 Growing up and managing change

1. Exploring puberty
2. Managing changes during puberty
3. The brain during puberty
4. First sexual feelings
5. Personal hygiene
6. Menstrual health
7. Body image and appearance ideals

#### 7.5 Technology and changing relationships

1. Sharing information safely online
2. Social media and online relationships
3. Friendships in a digital world
4. Screen time and online gaming
5. Internet and the Law

#### 7.6 Keeping safe

1. Boundaries, privacy and consent
2. Conflict and reconciliation
3. Ending friendships / relationships
4. FGM (Female Genital Mutilation)

#### 7.7 Keeping healthy

1. Making good choices about diet and exercise
2. Maintaining physical health
3. Healthy sleep / sleep hygiene
4. Smoking, e-cigarettes and vaping
5. Alcohol
6. Staying safe (road, rail and water)

If you have a question or a worry about a topic, speak to your PSHE teacher or Head of Year. If you want to find out more or access additional support, visit:

<https://learn.beaumont.school/support>

