



Year 7 Life Skills (PSHCEE) - 2025/26

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: friendships and bullying

1. What are the different types of bullying?
2. What is an 'imbalance of power?'
3. Bullying and bystanders
4. Similarities, differences and peer influence

Assessment 1 and Feedback

7.4 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

PDD Work Shadowing (Nov / March)

7.5 Growing up and managing change

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

7.6 Keeping safe

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

Assessment 2 - *in Exam Week*

7.7 Keeping healthy

Assessment 2 (feedback)

1. Making good choices about physical health, diet and exercise
2. Healthy sleep / sleep hygiene
3. Smoking, e-cigarettes and vaping
4. Alcohol
5. 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>

