

YEAR 7 PSHE

What will my child be learning this year?

A year of learning for life

Year 7 PSHE helps students build friendships, understand themselves and others, stay safe, make informed choices and prepare for life beyond school.

AUTUMN 1

Friendships, bullying & belonging

- Settling into a new school and making positive friendships
- Understanding PSHE and why it matters
- Attendance, punctuality and links to careers
- Bullying, bystanders and getting support
- Protected characteristics, racism and respect
- British values, identity and heritage
- Friendship and peer pressure

SPRING 1

Health, safety & informed choices

- Health and the impact of screen time
- Stereotypes and prejudice
- Vaping and why it can be addictive
- Staying safe around water
- Road and rail safety

SUMMER 1

Influences, equality & online safety

- Staying safe in the community and around strangers
- Equality and equity
- Drugs, alcohol and managing peer pressure
- Online life, harmful content and getting help

AUTUMN 2

Puberty, health & keeping safe

- Understanding FGM, the law and how to access support
- Basic first aid and personal safety
- Personal hygiene and preventing infections
- Looking after teeth and visiting the dentist
- Puberty: changes for boys and girls
- Menstrual health, hygiene and managing periods

SPRING 2

Families & changing relationships

- Diverse and changing families
- Positive relationships, trust and falling in love
- Marriage and freely chosen relationships
- Break-ups, divorce and dealing with difficult feelings
- Where to go for support

SUMMER 2

Money, work & the future

- Savings, loans and interest rates
- Budgeting and planning for unexpected costs
- Understanding debt and how to avoid it
- Online safety and grooming, including links to money
- Applying for jobs and understanding the world of work
- Inflation and its impact on everyday life

How can parents help?

Talk with your child about what they are learning, encourage questions and remind them that they can speak to a trusted adult if they are worried or unsure about anything.