

Y7 Autumn Term

Being Me in My World

Celebrating Difference

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	2 days
Unique me Differences & conflict My influences Peer pressure Online safety Sexting Consequences Online legislation						Bullying Prejudice & discrimination Equality Act Bystanders Stereotyping Challenging negative behaviour and attitudes						

Y7 Spring Term

Dreams and Goals

Healthy Me

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
Celebrating success Identifying goals Employment Learning from mistakes Overcoming challenges Planning skills Safe & unsafe choices Substances Gangs Exploitation Emergency first aid					Stress and anxiety Managing mental health Physical activity and mental health Effects of substances Nutrition, sleep Vaccination and immunisation Importance of information on making health choices					

Y7 Summer Term

Relationships

Changing Me

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Characteristics of healthy relationships Healthy romantic relationships Consent Relationships and change Emotions within friendships Being discerning Assertiveness Sexting						Puberty changes FGM Breast flattening/ironing Responsibilities of parenthood Types of committed relationships Happiness and intimate relationships Media and self-esteem Self-image Brain changes in puberty Sources of help and support					