



Year 7 PSHE Journey



Term	Focus
HT1	<u>Identity- Self and Social Awareness</u> <ul style="list-style-type: none">- Transition, Self esteem and self-confidence, Personal strengths,
HT2	<u>Relationships- Positive Relationships</u> <ul style="list-style-type: none">- Positive friendships, Bullying and Bystanders, Healthy and unhealthy friendships, Challenging prejudice and discrimination
HT3	<u>Health Education- Healthy body, Healthy Mind</u> <ul style="list-style-type: none">- Importance of Healthy Eating and Exercise, Personal Safety and Risk First Aid, Myths, Misconceptions and risks relating to tobacco use
HT4	<u>Financial Decision Making</u> <p>How to keep money safe, Spending and saving, How payments have changed,</p>
HT5	<u>Relationship and Sex Education- Changing Adolescence body</u> <ul style="list-style-type: none">- Physical changes to the physical body-male and female , Mental and Emotional Impact of Puberty, Understanding feelings and emotions, Menstrual Health
HT6	<u>Careers</u> <ul style="list-style-type: none">- Dream Future, Learning about different careers, Growing Careers,