

Year 7 PSHE

Autumn Term

Lesson	Core Content & Objectives	British Values Link
Intro to PSHE, Feelings & British Values	Introduction to Democracy, Rule of Law, Liberty, Respect, and Tolerance. Explore protected characteristics and identify forms of discrimination. Use social media safely and responsibly Protect personal information, recognize online risks make positive choices Safe spaces, and The role of PSHE in learning to express feelings Applying knowledge of diversity, rights and equalities act Build emotional vocabulary; differentiate between feelings and behaviors. Celebrate personal heritage, faith, and cultural differences in our school. Physical vs. digital money; introduction to banks, interest, and accounts. Explaining why people work; linking skills and interests to career fields. Introduction to basic worker protections, safe environments, and fair treatment. Understand what a career is and how to prepare for it. Discuss how supportive workplaces protect mental health and reduce stress. Building self-awareness around strengths, subjects, and future options. Exploring how the Equality Act protects workers from discrimination.	All 5 Values: Explicitly breaking down the core terms. Rule of Law: How does the Equality Act 2010 protect citizens. Liberty to keep oneself safe and protect rights of yourself and others Rule of Law: Classroom agreements Liberty: Expressing feelings Rule of Law Tolerance Individual Liberty: Freedom of self-expression. Tolerance: Respecting diverse faiths and backgrounds. Rule of Law: The role of secure banks in society. Individual Liberty: Choosing a career path based on skills. Rule of Law: Legal rights of employees in the UK. Liberty Future choices Mutual Respect: Supportive, inclusive workplaces. Individual Liberty: Empowering personal future choices. Mutual Respect: Preventing harassment in professional spaces.

Spring Term

Lesson	Core Content & Objectives	British Values Link
Friendships	Navigating the transition to Year 7; identifying healthy friendship traits. Understand the Difference between healthy and unhealthy relationships Understand the characteristics of healthy romantic relationships and develop the skills needed to build positive, respectful, and supportive connections with others. Deconstructing stereotypes; identifying and challenging bullying behaviors. Strategies for maintaining personal boundaries and asserting choices. Introduction to early romantic feelings, mutual respect, and expectations. Understand how to react positively or negatively to what happens to me, and that a growth mindset will help me to succeed. Understand how rights and responsibilities are linked	Mutual Respect: Valuing differences in friendships. Tolerance: Challenging identity-based prejudice. Individual Liberty: Resisting pressure to conform. Mutual Respect: Establishing equal peer relationships.
Body Image, Self-Worth & Critical First Aid	Understand about some challenges that young people face and how to overcome them Critical analysis of altered media images and artificial beauty norms. Building internal self-esteem; shifting focus away from online validation. Role of the active bystander; standing up against bullying in school. Building cognitive resilience during academic and domestic changes. Navigating public transit, road crossings, and distracted walking dangers. Practical training on calling 999, performing CPR, and locating an AED.	Mutual Respect: Valuing all body shapes and sizes. Individual Liberty: Defining self-worth on personal terms. Mutual Respect: Protecting peers from harassment. Individual Liberty: Navigating personal life pathways. Rule of Law: Laws that protect road users and pedestrians. Rule of Law: The civic duty to aid others within safe limits.

Summer Term

Lesson	Core Content & Objectives	British Values Link
Physical Health, Personal Wellbeing & Law	Gain basic knowledge and skills to administer first aid in common situations Introduction to physical health, hygiene, and where to access healthcare. Explain in scientific terms using new terminology how the menstrual cycle works and why periods can cause us to have health issues. Understand how we can take care of our hygiene and remain healthy Defining consent, respecting boundaries, and understanding personal rights. understand what unwanted physical contact means. understand what peer-on-peer abuse is, recognise different forms it can take, and know how to respond safely and seek support if it happens to themselves or others.	Rule of Law: Healthcare systems and consumer rights. Individual Liberty: Personal bodily autonomy.
Safe Relationships, Boundaries & Consent	understand different media representations and spot stereotypes Protecting digital footprints, understanding grooming, and reporting online risk Celebrating diverse, loving family structures (blended, adoptive, same sex). Understand how role models, identifying our feelings, respecting others and improving our skills can help us get a job Understand how a healthy lifestyle can help us at work	Rule of Law: Laws against online harassment Mutual Respect: Valuing all family configurations.