

YEAR 7 PSHE PROGRAMME

HEALTH EDUCATION	RELATIONSHIPS AND SEX EDUCATION	LIVING IN THE WIDER WORLD
BYOD Session – including digital footprint and how personal data is generated/shared online Self-Care, Emotional Wellbeing and connection with others Introduction to First Aid – basic treatment for common injuries and ailments; what a GP is and when to use A&E/minor injuries, Gillick competence Personal Safety – sun safety, medication (including the role of pharmacies), personal hygiene and dental health The importance of sufficient good-quality sleep for good health and limiting screen time before bed Road, railway and water Safety including the Water Safety Code	Protected Characteristics and the Equality Act, 2010 Stereotypes and Prejudice – including sex, gender reassignment, race, religion, sexual orientation or disability. Recognising misogyny and other forms of prejudice Bullying and Cyber-bullying – including the role of bystanders Assertiveness - skills to say no Different Families and Roles of Parents - including the legal status of marriage, civil partnerships and other types of long-term relationships Online Rights, Responsibilities and Risks – including the importance of being cautious about sharing personal information online and of using privacy and location settings appropriately to protect information online and the risks of sending material to others including the law concerning the sharing of images Cyber safety how information and data is generated, collected, shared and used online Potential risks of AI chatbots and thinking critically about new types of technology Child Exploitation and Online Protection (CEOP) Neurodiversity	Academic Tutoring – academic review and target setting Getting Organised Revision Strategies Unifrog – launch the platform What is a Career? (Unifrog) Exploring Possibilities: Dream Careers (Unifrog) Parliament Week

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Body Confidence – including unrealistic expectations in the online world Common Types of Mental Ill Health First Aid HPV – immunisation and vaccination Gaming Gambling – including gambling within gaming and the potential negative impact on mental health Energy Drinks Water safety	Healthy Friendships, Relationships and Consent Body Language and People Skills Grooming – online and in the wider world Fake News (misinformation and disinformation including conspiracy theories, AI Generated Material and Deepfakes – how to identify and their potential harms Understanding how some sub-cultures might influence understanding of sexual ethics including the sexual norms endorsed by so- called "involuntary celibates" (incels) or online influencers The dangers of inappropriate and upsetting content online including content that encourages misogyny, violence and the use of weapons and where to go for advice and support E-safety and cyberbullying Importance of self-esteem, independence and having a positive relationship with oneself and how these characteristics support healthy relationships with others	Academic Tutoring – academic review and target setting Introduction to Personal Finance - budgeting Creating the Life You Want: Making a Vision Board (Unifrog) What does Success Mean to Me? (Unifrog)

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Digital Footprint (including targeted content) and Screen Time – the benefits of rationing time online Online Safety Act The serious risks of viewing online content that promotes self-harm, suicide or violence- how to report and access support after viewing it The risks of illegal behaviours online- drug and knife supply and violence and knife crime Understanding Fraud – including online scams and financial extortion Identifying Unhealthy Coping Strategies Smoking and Vaping – including nicotine and non-nicotine vaping, risk of illicit vapes containing drugs. Impact on mental health First Aid - EpiPen use The Benefits of Health Screening and Self-Examination	Life Changes – how families and relationships change over time including through birth, death, separation and new relationships Diversity, Stereotypes and Bullying - including gender, sexual orientation and gender reassignment Discrimination – including racism and sexism The importance of tolerance and other people's beliefs Questioning Trust How inequalities in power can impact behaviour within relationships, including sexual relationships Controlling Behaviour and Coercion - including child on child abuse, violent behaviour, emotional abuse and the law Sexual Harassment, Sexual Exploitation and the Law - recognising and responding to unwanted attention Consent and Intimacy Without Sex - considerations before sexual activity, delaying and resisting pressure Sharing Sexually Explicit Material – including upskirting and AI generated imagery/deepfakes Sextortion and online scams	Academic Tutoring – academic review and target setting Study Habits and Techniques that Support Progress What Comes After School - the main learning pathways (Unifrog) Decision Making - choosing what to study at KS4 (Unifrog) GCSE Subject Fair with Year 10 Child Employment Rights and Laws Working and Earning – managing your money (Unifrog) Personal Finance and Debt Parliament Week (covered in assembly) Intro to Duke of Edinburgh Bronze Award

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Emotional and Mental Health - balancing work, leisure and exercise Mental Wellbeing Toolkit – including how to recognise early signs of mental wellbeing concerns Managing Changing Friendships and Conflict at Home Alcohol and Drugs by Bob Tait – including the social, emotional and physical impact	Peer Pressure and Group Think – how to recognise and manage peer influence and how to avoid putting pressure on others The characteristics of social media and the similarities and differences between the online world and the physical world Expectations of Having a Partner / Media Influence on Relationships Marriage and the Law - including forced marriage and the Age of Marriage Act, 2023 Capacity to Consent – including the law Sharing Sexually Explicit Material – including upskirting, AI generated imagery/deepfakes Sexual Health, STIs and safer sex (RSE5) – including HIV/AIDS, prevalence and impact. <i>Contraception covered in science lessons *</i> Honour-Based Violence, Female Genital Mutilation (FGM), virginity testing and hymenoplasty and the Law around these areas	Academic Tutoring – academic review and target setting Coping with the Demands of GCSEs Exploring Employer Profiles (Unifrog) What Type of Career is Best for Me (Unifrog)

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Stress and Coping Strategies for Exam Pressure Nutrition for Exams Taking Personal Responsibility for Health The science relating to blood, organ and stem cell donation First Aid - including CPR and using a defibrillator Identifying and Managing New Risk – Drink spiking, methanol poisoning, festivals and going on holidays without parents	Pornography: negative influence on sexual attitudes and behaviours including by normalising harmful sexual behaviours, the impact of viewing harmful content and expectations of relationships – including misogynistic behaviours, revenge porn and AI generated imagery/deepfakes, understanding that strangulation and suffocation are criminal offences Pregnancy Choices - including adoption and abortion. Healthy behaviours before and during pregnancy, miscarriage and pregnancy loss	Academic Tutoring – academic review and target setting Morrisby Career Profiling Post 16 Choices, Choices (Unifrog) Decision Making – choosing your post-16 pathway (Unifrog) A Level Subject Fair with Year 12 1-1 Interview with Head of Sixth Form Microsoft Workshops - roles within the corporation and mentoring

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Mental Wellbeing Toolkit – including resilience, common types of mental ill health and how to recognise early signs	Digital Awareness – including digital footprint and personal data	Academic Tutoring – academic review and target setting
Drugs, Alcohol, Smoking, Drink Spiking and Vaping Education	Social Media – including the role of influencers	Exam Preparation
Gambling – including online	Misogyny and Toxic Masculinity – what is it and how to tackle it	Interview Skills and CV Writing
Getting Home Safely	Online Blackmail and Child Exploitation Online Protection (CEOP)	Curating your Online Profile – personal branding and your online profile (Unifrog)
Personal Safety – including gangs and knife crime	Healthy Relationships	Post-18 Choices - UCAS Apprenticeships and Course Search (Unifrog)
Nutrition for Health and Exam Success	Managing Conflict	Confidently Managing Transitions - Pathway Search UK Universities, International Universities, Oxbridge, Apprenticeships (Unifrog)
Student Cooking on a Budget/Budgeting for University	The Role of Bystanders	UCAS Application Process and Assessment Centres
First Aid Certification	Coping with Change - moving away from home	Apprenticeship / University Applications: Personal Statement Building
Health Protection and Prevention – including the importance of self-examination and menstrual/gynaecological health	Consent	Microsoft Workshops - roles within the corporation and mentoring
	Sexual Health - contraception update and safe sex for all	Visit to UCAS Exhibition – University of Winchester
	Pornography – including deepfake pornography	UCAS and Student Finance Evening for Parents, including a visiting speaker for Uni Taster Days
	FGM	Government and Parliament – the differences
	Harmful Sexual Behaviour and the Law – including obsessive behaviour and stalking	Safe Driving Workshop led by Thames Valley Police
	Sexual Harassment in the workplace	