

Living in the wider world

How can I develop self esteem?

How can I use social media in a positive and healthy way?

How can I recognise and stand up to discrimination?

Puberty and changing bodies

How does the body change throughout puberty?

How does body image and self-perception link to mental health and self-confidence?

First Aid

What responsibilities do I have?

How can I perform basic first aid in a range of emergency situations?

On to Year 8...

Relationships, identity and safety

How do healthy relationships deal with conflict, pressure and emotions?

How do I understand the boundaries between banter and bullying?

Finance & Employment

What opportunities are available to me in the future?

How can stereotypes about job opportunities be challenged?

How can my digital footprint impact on my employability?

Health Education

How can I maintain good physical, dental, and mental health?

How can I ensure I have a balanced lifestyle?

How important is sleep?

Year 7 PSHCE