

YEAR 7 Personal, Social, Health and Economic Education (PSHE)

Curriculum overview – how we have mapped our PSHE topics alongside Relationships, Health and Sex Education (RSHE)



Focus		Curriculum Content	Students will learn	Links to other curriculum areas	Workshops/external providers
Autumn 1	Emotional wellbeing – managing change and transition.	This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.	• how to thrive in secondary school • how to set personal goals • how to manage their emotions and reactions • how to develop positive thinking habits • how to manage rumination and worry • how to manage tension and stress		Alt/additional: BReal – Building stress resilience in early adolescents' lives
Autumn 2	Friendship and bullying.	This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.	• about friendship and empathy • about bullying and the role of bystanders • how to manage friendship challenges • about similarities, differences and peer influence • how to recognise coercive friendships		Alt/additional: CEOP – Connect; CRESST – Curious about conflict?
Spring 1	Families and changing relationships.	This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.	• about understanding changing relationships within families • about roles in the family • how to manage change, loss and grief • about the role of Family Courts	KS3 National Curriculum, Science, biology	

Spring 2	Puberty and keeping safe.	This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse.	• about puberty and emotional changes • about menstrual wellbeing • about testicular health and self-examination • how to take care of the vulva • how to make disclosures about abuse • how to keep safe in relation to FGM		
Summer 1	Influences on relationships.	This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.	• about healthy and unhealthy relationships • how to manage conflict in relationships • an introduction to consent • how to decide what to watch on screen • how relationships are portrayed on-screen • how to manage challenging on-screen content	KS3 National Curriculum, Computing online and E Safety	Alt/additional: OHID – Every Mind Matters (Social media); NSPCC – Talk Relationships (ages 11–12)