

**Year 7**

**PSHE**



Health and well being	Living in the wider world	Relationships
<p>Healthy eating sources; consequences of not eating healthily; exercising healthily; responsible eating; healthy lifestyles.</p> <p>Mental health – depression; how to manage our anger; puberty and physical + mental health.</p> <p>Smoking and second hand smoke – the dangers; Class A, B and C drugs.</p>	<p>Resilience – what is it and how can we be resilient, aspirations – what are our aspirations; wants &amp; needs – what are these (including Careers input).</p> <p>Budgeting our money including personal budgeting plans; shopping ethically; savings, loans and interest rates; different financial products/transactions; careers input on businesses.</p> <p>Racism and discrimination; boosting our self-esteem.</p> <p>Social media – keeping safe and private; British values.</p> <p>What is a career/job? Why do people work?; Different types of work (local businesses, parental work); ‘Jobs for the boys’ – stereotyping; Meet the employer.</p>	<p>Bullying or banter; cyberbullying; radicalisation/extremism; personal identity.</p> <p>Falling in love; family relationships; keeping good friendships; positive relationships + keeping safe.</p>