

# Year 7 PSHE- Medium

<b>Autumn Term</b>	Autumn 1	<ol style="list-style-type: none"> <li>1. Welcome to Headlands –the difference between Primary and Secondary</li> <li>2. Introduction to PSHE- What makes an adult an adult?</li> <li>3. Personal Strengths</li> <li>4. Core Values of Britain</li> <li>5. Personal Values</li> <li>6. What are my values?</li> <li>7. What makes a good friend?</li> <li>8. How to manage peer influence</li> </ol>
	Autumn 2	<ol style="list-style-type: none"> <li>9. Nature of prejudice and bullying</li> <li>10. Living in a diverse society</li> <li>11. Responsibility of the bystander- How to help friends when being bullied</li> <li>12. Different types of relationships- family</li> <li>13. Positive online relationship and risks</li> <li>14. Ingredients to a health friendship relationship</li> <li>15. When relationships become unsafe</li> </ol>
<b>Spring Term</b>	Spring 1	<ol style="list-style-type: none"> <li>16. Physical and Emotional changes- Growing Up</li> <li>17. Personal Hygiene- Self esteem</li> <li>18. FGM</li> <li>19. Role of Friendship in Life</li> <li>20. Body image and the Media</li> <li>21. Self Esteem</li> </ol>
	Spring 2	<ol style="list-style-type: none"> <li>22. Self Esteem and Social Media</li> <li>23. Effects of Eating Healthy</li> <li>24. Dental health and Tooth Decay</li> <li>25. How germs spread infections</li> <li>26. Keeping fit –physically and emotionally</li> <li>27. Why People use Nicotine, Alcohol and Other Drugs</li> </ol>
<b>Summer Term</b>	Summer 1	<ol style="list-style-type: none"> <li>28. Risks in taking Nicotine, Alcohol and Other Drugs</li> <li>29. Safe Sun: The dangers of the sun</li> <li>30. Safe Sun: Risks of Cancer</li> <li>31. Organisation of Work and Study</li> <li>32. Different Styles of Learning- How do you learn?</li> </ol>
	Summer 2	<ol style="list-style-type: none"> <li>33. Teamwork- How to work as a part of a team</li> <li>34. Personal Aspirations</li> <li>35. Importance of Setting Long Term Goals</li> <li>36. Handling Money- Financial Decisions</li> <li>37. Online Behaviour</li> </ol>