

Year 7 PSHE

These lessons are subject to change and are delivered in a flexible order to best meet the needs of our students.

Autumn Term

- *Welcome to Headlands –the difference between Primary and Secondary*
- *Introduction to PSHE- What makes an adult and adult?*
- *Personal Strengths*
- *Core Values of Britain*
- *Personal Values*
- *What makes a good friend?*
- *How to manage peer influence?*
- *Nature of prejudice and bullying*
- *Living in a diverse society*
- *Responsibility of the bystander- How to help friends when being bullied*
- *Different types of relationships- family*
- *Positive online relationship and risks*
- *When relationships become unsafe*

Spring Term

- *Physical and Emotional changes- Growing Up*
- *Personal Hygiene- Self esteem*
- *FGM*
- *Role of Friendship in Life*
- *Body image and the Media*
- *Self Esteem*
- *Self Esteem and Social Media*
- *Effects of Eating Healthy*
- *Dental health and Tooth Decay*
- *How germs spread infections*
- *Keeping fit –physically and emotionally*
- *Why People use Nicotine, Alcohol and Other Drugs*
- *Risks in taking Nicotine, Alcohol and Other Drugs*

Summer Term

- *Safe Sun: The dangers of the sun*
- *Safe Sun: Risks of Cancer*
- *Organisation of Work and Study*
- *Different Styles of Learning- How do you learn?*
- *Teamwork- How to work as a part of a team*
- *Personal Aspirations*
- *Importance of Setting Long Term Goals*
- *Handling Money- Financial Decisions*
- *Online Behaviour*