

YEAR 7

THEME: Relationships (RSHE)			
Lesson	Topic	What pupils will learn	Key vocabulary
1	Relationships - concept of identity and explore what makes up our identity	Types of identity: cultural, social, gender, sexual, academic, family, home, peer, online/digital. How identity is formed (influences from family, peers, media, experiences). Importance of respecting and valuing diverse identities.	Cultural, social, gender, sexual, academic, family, home, peer, online, influences
2	Relationships - types of differences that people have and how the effects that stereotypes	The Equality Act 2010: protected characteristics (age, disability, gender reassignment, marriage/civil partnership, pregnancy/maternity, race, religion or belief, sex, sexual orientation). Stereotypes: what they are, how they are reinforced in media, and their impact on attitudes and behaviour.	loneliness; belonging; equality; Equality, protected characteristic; age; disability; gender reassignment; marriage or civil partnership; pregnancy and maternity; race; religion or belief; sex; sexual orientation; heterosexual; lesbian; gay; bisexual; same-sex relationship; stereotype; prejudice; discrimination; homophobia; biphobia; hate crime; dignity; respect
3	Relationships – the meaning and impact of bullying and cyberbullying	Bullying definition: repetitive, intentional harm, power imbalance. Types: physical, verbal, emotional, online. Specific behaviours: teasing, exclusion, blackmail, sexting, harassment, baiting, false friendships, banter vs bullying. Responses & support: self-help strategies, peer/friend support, school systems, external services.	bullying; cyberbullying; harassment; banter; conflict; power imbalance; bystander; blackmail; evidence; reporting; support
4	Relationships – What consent means, both legally and ethically	Consent: clear, informed, freely given, ongoing, and reversible. Legal context (age of consent in UK, sexual offences law). Ethical context: respect, boundaries, communication. Scenarios: recognising when consent is/ isn't present.	Equality; diversity; inclusion; protected characteristic; stereotype; prejudice; discrimination; racism; disability; homophobia; sexism; misogyny; mindfulness
5	Relationships - changes that occur during puberty on the human body and how to manage the effect it has on relationships.	Physical changes: hormones, voice, body hair, menstruation, sexual development. Emotional changes: mood swings, identity shifts, self-image. Relationships: managing new feelings, respecting others' experiences, seeking support	Puberty; adolescence; menstruation; menstrual cycle; hygiene; hormones; racism; diversity; inclusion; water safety
6	Relationships - menstrual cycle and products available to support people experiencing this.	Menstrual cycle explained: stages, ovulation, periods. Products: towels, tampons, cups, pants, reusable/sustainable options. Language: avoid terms like "sanitary" or "feminine" products. Promoting understanding and reducing stigma.	menstrual cycle; hygiene; hormones, ovulation, period products, tampon
7	Relationships - qualities of healthy and unhealthy relationships	Healthy relationships: respect, trust, communication, support, equality, independence, healthy boundaries. Unhealthy relationships: control, manipulation, lack of respect, poor communication. Conflict resolution: respectful communication, compromise, seeking help.	relationship; friendship; respect; trust; honesty; boundary; consent; privacy; manipulation; grooming; digital footprint; Artificial Intelligence (AI); deep fake; misinformation; disinformation

THEME:	Health and Wellbeing		
1	Health & Well Being - methods of managing emotion in a positive	Emotions are natural responses to situations and experiences, especially during times of change such as starting secondary school. Emotions can be identified, named, and expressed in different ways (e.g. verbally, physically, behaviourally). There are healthy and unhealthy ways of managing emotions; constructive strategies help maintain wellbeing and relationships. Transitioning to a new school may create mixed emotions such as excitement, anxiety, worry, or frustration. Friendships may change during transition; positive friendships are based on trust, respect, communication and boundaries. Self-awareness involves recognising personal strengths, interests, values and areas for development. Understanding personal strengths can build confidence, while recognising areas for development supports growth and resilience.	Emotion, wellbeing, relationships, friendship, communication, boundaries, confidence, resilience
2	Health & Well Being - respond in an emergency situation with basic first aid skills part 1	First aid is the immediate help given to someone who is injured or unwell. Personal safety is the first priority before helping others. A primary survey is used to assess a casualty using the DRSABC approach. An unresponsive casualty who is breathing normally should be placed in the recovery position. CPR is required if a casualty is unresponsive and not breathing normally. Emergency services should be contacted when someone is seriously injured or unconscious.	Safety, injury, unresponsive, breathing, emergency services, unconscious, recovery position
3	Health & Well Being - respond in an emergency situation with basic first aid skills. Part 2	CPR involves chest compressions to circulate blood when someone is not breathing normally. Recovery position helps keep the airway open. Calm communication and clear instructions help in emergencies. It is important to seek adult or professional help immediately.	Circulate, recovery, breathing, communication, emergency
4	Health & Well Being - puberty and how to access help and support.	Puberty is a natural process of physical, emotional and hormonal change. Changes occur at different times for different people. Emotional changes are linked to hormones. There are myths and facts about puberty. Trusted adults and health services can provide support.	Emotions, hormones, puberty, health, wellbeing
5	Health & Well Being - Female Genital Mutilation and how to access help and support.	FGM is illegal and harmful. It is a form of abuse. Myths surrounding FGM are false but where or how they originate. Support and protection are available. including sources.	FGM, illegal, abuse
6	Health & Well Being - personal space, inappropriate and unwanted contact.	Everyone has the right to personal space. Consent means giving permission freely. Consent can be withdrawn at any time. Unwanted contact should be reported.	Consent, appropriate, inappropriate, personal, contact
THEME:	Thriving in the modern world		
1	Recognise the transferable soft skills that employers are looking for.	Define what a soft skill is and how it differs from technical or "hard" skills. Identify common transferable skills valued by employers across different sectors. Sort skills into categories: working well with others, being reliable and dependable, willingness to learn. Understand why soft skills matter in school, part-time jobs and future careers. Create a hierarchy chart ranking key soft skills and justify choices. Recognise how these skills can be developed through school life (clubs, sports, group work, responsibilities).List soft skills. Sort skills into the following headings; working well with others, being reliable and dependable and willingness to learn. Create a hierarchy chart to identify the most important soft skills	Soft skills, hard skills, employer, role, job, career

2	How to identify and challenge career stereotypes.	Understand what a stereotype is and how it can influence career choices. Explore examples of gender, race, disability and social background stereotypes in careers. Recognise how stereotypes can limit aspirations and opportunities. Learn about diverse role models in a range of industries. Develop strategies to challenge stereotypes respectfully. Understand the importance of equality and diversity in the workplace.	Stereotype, gender, race, disability, role model, equality, diversity
3	Identify when I have demonstrated a competency.	Understand the meaning of competency and how it links to skills and behaviours. Identify up to five personal competencies with real examples (e.g., teamwork in PE, leadership in group work). Learn how to structure examples using simple frameworks (e.g., situation–action–result). Reflect on strengths and areas for development. Understand how competencies are used in CVs, applications and interviews.	Skills, behaviour, competency, team work, leadership, strengths, weaknesses, CV, application
4	What we mean by barriers to employment.	Define barriers to employment (personal, social, educational, economic). Explore how disability, discrimination, lack of qualifications, or financial hardship can create barriers. Understand the concept of reasonable adjustments in the workplace. Discuss fairness, equality of opportunity and social mobility. Identify ways society and individuals can promote inclusion and accessibility.	Barrier, employment, discrimination, qualification, financial, barrier
5	Basics of banking, saving and borrowing.	Understand what a bank account is and why it is important. Identify types of accounts (current, savings). Learn how to deposit, withdraw and manage money safely. Understand borrowing, interest, and the risks of debt. Recognise the importance of saving and budgeting. Identify trusted financial institutions and how to stay financially safe	Account, deposit, withdrawal, borrowing, debt, saving, budgeting
6	Budgeting, value for money, fraud and identity theft in gaming	Explore spending in online games (in-game purchases, subscriptions). Understand the concept of value for money and budgeting in digital spaces. Recognise risks of online fraud, scams and identity theft. Learn strategies to protect personal information online. Understand responsible digital citizenship. Know where to seek help if concerned about online safety.	Online, budget, scams, fraud, safety, digital citizenship