

## Year 7 PSHE Curriculum Map

Skills and Knowledge					
Half-term 1:	Half-term 2:	Half-term 3:	Half-term 4:	Half-term 5:	Half-term 6:
<p><b>Transition and Safety</b></p> <p>How to manage the challenges of moving to a new school</p> <p>How to establish and manage friendships</p> <p>How to develop personal safety strategies and travel safety</p> <p>How to respond in an emergency</p>	<p><b>Developing skills and aspirations</b></p> <p>About a broad range of careers and the abilities and qualities required for different careers</p> <p>How to develop key skills such as communication, teamwork, problem solving and leadership</p> <p>How to identify future career aspirations, linked to interests and qualities</p>	<p><b>Diversity and Community</b></p> <p>About identity, rights and responsibilities</p> <p>About living in a diverse society</p> <p>What it means to be a good citizen</p> <p>How to challenge prejudice, stereotypes and discrimination</p> <p>How to support others</p>	<p><b>Health and Puberty</b></p> <p>How to make healthy lifestyle choices including diet, physical activity, dental health and sleep</p> <p>How to manage influences such as peer pressure and media advertising</p> <p>How to manage physical and emotional changes during puberty</p> <p>About personal hygiene</p>	<p><b>Building relationships</b></p> <p>How to develop self-worth</p> <p>How to recognise healthy/unhealthy relationships</p> <p>How to recognise and challenge media stereotypes</p> <p>About consent and relationship boundaries</p>	<p><b>Financial decision making</b></p> <p>How to make safe financial choices</p> <p>About saving, spending and budgeting</p> <p>How to manage risk-taking behaviour and understand the impact on financial footprint</p>
<p><b>Supporting websites for further information:</b></p> <p><a href="https://www.brake.org.uk/get-involved/take-action/schools-and-families">https://www.brake.org.uk/get-involved/take-action/schools-and-families</a></p> <p><a href="https://icould.com/">https://icould.com/</a></p> <p><a href="https://www.sja.org.uk/get-involved/young-people/">https://www.sja.org.uk/get-involved/young-people/</a></p>		<p><b>Super Curricular:</b></p> <p>Whole day Citizenship Day Event</p>	<p><b>Supporting websites for further information:</b></p> <p><a href="https://www.childline.org.uk/info-advice/">https://www.childline.org.uk/info-advice/</a></p> <p><a href="https://amaze.org/">https://amaze.org/</a></p> <p><a href="https://natwest.mymoneysense.com/home/">https://natwest.mymoneysense.com/home/</a></p>		