

# Year 7 RSE Curriculum

## Term One

Core Themes	Health and Wellbeing					
Term	Autumn Half Term 1			Autumn Half Term 2		
Topic	Transition	Self Concept	Mental Health and Emotional Wellbeing	Healthy Lifestyles	Drugs, alcohol and tobacco	Managing Risk and personal safety
Year 7	Getting to know the form/Form tutor	H1. how we are all unique, that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing	H6. how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary	H13. the importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities	H23. the positive and negative uses of drugs in society including the safe use of prescribed and over the counter medicines; responsible use of antibiotics	H30. how to identify risk and manage personal safety in increasingly independent situations, including online
	Black and Gold Spirit and what it means	H2. to understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)	H7. the characteristics of mental and emotional health and strategies for managing these	H14. the benefits of physical activity and exercise for physical and mental health and wellbeing	H24. to evaluate myths, misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use	H31. ways of assessing and reducing risk in relation to health, wellbeing and personal safety
	Organisation/school rules and expectations		H8. the link between language and mental health stigma and develop strategies to challenge stigma, myths and misconceptions associated with help-seeking and mental health concerns	H15. the importance of sleep and strategies to maintain good quality sleep	H25. strategies to manage a range of influences on drug, alcohol and tobacco use, including peers	
	Core Habits of Responsible Learning		H9. strategies to understand and build resilience, as well as how to respond to disappointments and setbacks			
Core Themes:			Term 2 - Relationships		Term 3 - Living in the Wider World	
	Healthy Lifestyles	Health related Decisions	Drugs, alcohol and tobacco	Managing Risk and Personal Safety	Puberty and Sexual Health	Sexual Health and Fertility
		Relationship Values	Forming and maintaining respectful relationships	Consent	Contraception and parenthood	Bullying, abuse and discrimination
				Choices and Pathways	Work and Career	Employment rights and responsibilities
				Financial Choices		Media Literacy and digital resilience

## Term Two

Core Themes	Relationships					
Term	Spring Half Term 1			Spring Half Term 2		
Topic	Positive Relationships	Relationship Values	Forming and Maintaining Respectful Relationships	Contraception and Parenthood	Bullying, abuse and Discrimination	Social Influences
Year 7	R1. about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them	R9. to clarify and develop personal values in friendships, love and sexual relationships	R13. how to safely and responsibly form, maintain and manage positive relationships, including online	R35. the roles and responsibilities of parents, carers and children in families	R38. to recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied	R42. to recognise peer influence and to develop strategies for managing it, including online
	R2. indicators of positive, healthy relationships and unhealthy relationships, including online	R10. the importance of trust in relationships and the behaviours that can undermine or build trust	R14. the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online)	R36. the nature and importance of stable, long-term relationships (including marriage and civil partnerships) for family life and bringing up children	R39. the impact of stereotyping, prejudice and discrimination on individuals and relationships	R43. the role peers can play in supporting one another to resist pressure and influence, challenge harmful social norms and access appropriate support
			R15. to further develop and rehearse the skills of team working			R44. that the need for peer approval can generate feelings of pressure and lead to increased risk-taking; strategies to manage this
			R16. to further develop the skills of active listening, clear communication, negotiation and compromise			
Core Themes:			Term 2 - Relationships		Term 3 - Living in the Wider World	
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		Relationship Values	Forming and maintaining respectful relationships	Consent	Contraception and parenthood	Bullying, abuse and discrimination
				Choices and Pathways	Work and Career	Employment rights and responsibilities
				Financial Choices		Media Literacy and digital resilience

# Term Three

Core Themes		Living In The Wider World			
Term	Summer Half Term 1		Summer Half Term 2		
Topic	Learning Skills	Choices and Pathways	Financial Choices	Media Literacy and digital resilience	
Year 7	L1. study, organisational, research and presentation skills	L7. about the options available to them at the end of key stage 3, sources of information, advice and support, and the skills to manage this decision-making process	L15. to assess and manage risk in relation to financial decisions that young people might make	L20. that features of the internet can amplify risks and opportunities, e.g. speed and scale of information sharing, blurred public and private boundaries and a perception of anonymity	
	L2. to review their strengths, interests, skills, qualities and values and how to develop them	L8. about routes into work, training and other vocational and academic opportunities, and progression routes	L16. about values and attitudes relating to finance, including debt	L21. to establish personal values and clear boundaries around aspects of life that they want to remain private; strategies to safely manage personal information and images online, including on social media	
	L3. to set realistic yet ambitious targets and goals		L17. to manage emotions in relation to money	L22. the benefits and positive use of social media, including how it can offer opportunities to engage with a wide variety of views on different issues  L23. to recognise the importance of seeking a variety of perspectives on issues and ways of assessing the evidence which supports those views	

**Core Themes:**

Healthy Lifestyles
Health related Decisions
Drugs, alcohol and tobacco
Managing Risk and Personal Safety
Puberty and Sexual Health
Sexual Health and Fertility

**Term 2 - Relationships**

Relationship Values
Forming and maintaining respectful relationships
Consent
Contraception and parenthood
Bullying, abuse and discrimination

**Term 3 - Living in the Wider World**

Choices and Pathways
Work and Career
Employment rights and responsibilities
Financial Choices
Media Literacy and digital resilience