

## Year 7 PSHCE

Topic	PoS/Core Themes
Transition to Secondary School	Introduction to PSHCE St James' and British Values Rights and responsibilities
Healthy Choices	How a balanced diet and making choices for being healthy contribute to personal wellbeing, and the importance of balance between work, leisure and exercise
Enterprise Skills	Introduction to careers, challenging career stereotypes, raising aspirations and challenging gender stereotypes in jobs, in particular within STEM subjects.
Smoking, Drugs and Alcohol	Facts and laws about drug, alcohol and tobacco use and misuse, and the personal and social consequences of misuse for themselves and others
Diversity and Prejudice	The similarities, differences and diversity among people of different race, culture, ability, gender, and sexual orientation and the impact of prejudice, bullying, cyberbullying, discrimination and racism on individuals and communities
Managing Conflict	Managing friendships including the impact of social media on friendships and managing conflict
Managing Risks	Ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations
Puberty	Physical and emotional change and puberty, dealing with unwanted contact and discussing FGM
Self Esteem	Self esteem, romance and friendships and how self esteem is affected by online identity
Family Life	The roles and responsibilities of parents, carers and children in families and the nature and importance of marriage and of stable relationships for family life and bringing up children
Ethical Decisions and Finance	Personal budgeting, including saving and spending. Making ethical financial decisions including how decisions are influenced by online advertising
Government	Introduction to local and national government