

**Personal Development - RSHE Programme of Study
Year 7**

Term 1			Lesson Title	Vocab Bank for Lessons			
Autumn 1	Health and Wellbeing	Session 1	Changing bodies	Puberty	Adolescent	Personal Hygiene	Gratitude
		Session 2	Personal hygiene	Acne	Hormones	Wet Dream	Menstruation
		Session 3	Where we come from	Courage	Respect	Reproduction	Marriage
Autumn 2	Mental Health	Session 1	Seeking and Offering Support	Compassion	Sensitively	Awareness	Kindness
		Session 2	Attitudes towards mental health	Emotional Wellbeing		Stereotype	Misconceptions
		Session 3	Healthy Inside and Out	Resilience	Self-Esteem	Help-seeking	Mental Health
		Floating Session	Re-teach lesson (re-cap/complete any incomplete sessions)				
Term 2							
Spring 1	Personal Relationships	Session 1	Family and Friends	Family Structure		Conflict	Relationships
		Session 2	Looking in the Mirror	Self-reflection		Anxiety	Confidence
		Session 3	Safer internet week - Healthy relationships	Consent	Behaviour	Healthy Relationships	
Spring 2	Keeping Safe	Session 1	My life on screen	Social Media	Sexting	Technology	Gaming
		Session 2	County Lines	Responsibility	Bystander	County Lines	Action
		Session 3	Living responsibly	Social Responsibility		Respect	Being just
		Floating Session	Re-teach lesson (re-cap/complete any incomplete sessions)				
Term 3							
Summer 1	Careers	Session 1	Xello Session 1	Careers	Goals	Higher Education	Skills
		Session 2	Xello Session 2	Interests	Hobbies	Transferrable Skills	
		Session 3	Xello Session 3	Prioritise	Organisation	Scheduling	Multitask
Summer 2	Living In The Wider World	Session 1	British Values	Democracy	Rule of Law	Individual Liberty	Acceptance
		Session 2	Democracy	Parliament	Election	Democracy	Monarch
		Session 3	Social media and the Law	Law	Offence	Defamation	Libel
		Floating Session	Re-teach lesson (re-cap/complete any incomplete sessions)				
Basic First Aid			All Yr 7 students will receive a half-day session in basic first aid during Term 1				