

## Year 7 RSHE Curriculum 2022-2023

Half term / Key Question	Topic	In this unit of work, students learn...
<p style="text-align: center;"><b>Autumn 1</b></p> <p style="text-align: center;"><b>Independence and aspirations</b></p>	<p><b>Developing goal setting, organisation skills and self-awareness:</b></p> <ul style="list-style-type: none"> <li>-personal identity and values</li> <li>-learning skills and teamwork</li> <li>-respect in school</li> </ul>	<ul style="list-style-type: none"> <li>-self-awareness through exploring their personal identity and identifying Cowplain's core values</li> <li>-how identity and values can support goal setting for the future</li> <li>-skills to support learning (eg. teamwork and organisation)</li> <li>-about school rules and people who can help with transition</li> <li>-how to demonstrate respect in the school community</li> </ul>
<p style="text-align: center;"><b>Autumn 2</b></p> <p style="text-align: center;"><b>Autonomy and advocacy</b></p>	<p><b>Developing empathy, compassion and communication:</b></p> <ul style="list-style-type: none"> <li>-making and maintaining friendships</li> <li>-identifying and challenging bullying</li> <li>-communicating online</li> </ul>	<ul style="list-style-type: none"> <li>-skills to make and maintain new friendships</li> <li>-how to empathise with, and show compassion for peers</li> <li>-to recognise loneliness and isolation, and strategies to include others</li> <li>-to communicate safely online</li> <li>-to recognise bullying in all its forms</li> <li>-strategies for challenging bullying, including online</li> <li>-how and where to communicate concerns about friendships and bullying, including online</li> </ul>
<p style="text-align: center;"><b>Spring 1</b></p> <p style="text-align: center;"><b>Choices and influences</b></p>	<p><b>Developing agency, strategies to manage influence and decision making:</b></p> <ul style="list-style-type: none"> <li>-regulating emotions</li> <li>-diet and exercise</li> <li>-hygiene and dental health</li> <li>-sleep</li> </ul>	<ul style="list-style-type: none"> <li>-how to recognise, express and manage emotions to promote daily wellbeing</li> <li>-about influences on diet and exercise choices</li> <li>-how to make healthy and informed decisions about maintaining hygiene and dental health</li> <li>-about the importance of sleep and maintaining healthy sleep habits</li> </ul>

<p style="text-align: center;"><b>Spring 2</b></p> <p style="text-align: center;"><b>Independence and aspirations</b></p>	<p><b>Developing self-confidence and self-worth:</b></p> <ul style="list-style-type: none"> <li>-puberty and managing change</li> <li>-body satisfaction and self-concept</li> </ul>	<ul style="list-style-type: none"> <li>-ways to develop self-confidence and feelings of self-worth</li> <li>-about the impact of puberty on emotional wellbeing and self-concept, and ways to manage this</li> <li>-about the physical changes that occur during puberty, including periods and wet dreams</li> <li>-about menstrual wellbeing and strategies to manage it</li> <li>-how to manage influences on body satisfaction (eg. social media)</li> </ul>
<p style="text-align: center;"><b>Summer 1</b></p> <p style="text-align: center;"><b>Autonomy and advocacy</b></p>	<p><b>Developing assertive communication, risk management and support-seeking skills:</b></p> <ul style="list-style-type: none"> <li>-rights in the community</li> <li>-relationship boundaries</li> <li>-unwanted contact</li> <li>-FGM and forced marriage</li> </ul>	<ul style="list-style-type: none"> <li>-about rights, responsibilities and how to respect and advocate for them, including online</li> <li>-how to assertively communicate and negotiate boundaries with friends and in other relationships, including online</li> <li>-about the relationship between personal boundaries and human rights</li> <li>-how to seek help for themselves or others, in relation to unwanted contact</li> <li>-how to safely access help for themselves or others if concerned about FGM or forced marriage</li> </ul>
<p style="text-align: center;"><b>Summer 2</b></p> <p style="text-align: center;"><b>Choices and influences</b></p>	<p><b>Developing agency and decision making skills:</b></p> <ul style="list-style-type: none"> <li>-drugs, alcohol and tobacco</li> <li>-safety and first aid</li> </ul>	<ul style="list-style-type: none"> <li>-how to manage peer influence in relation to substances including energy drinks, nicotine and alcohol</li> <li>-skills and strategies to make responsible decisions and manage situations in relation to drugs, alcohol and tobacco</li> <li>-about personal safety in increasingly independent contexts (eg. travel safety)</li> <li>-how to perform first aid, including CPR, the use of defibrillators, choking and basic treatment for common injuries</li> <li>-to assess when to contact emergency services</li> </ul>