

Y7 Topics



Y7 Weekly Wellbeing – Term 1			
Topic	PSHE Strand	British Value	Specific PSHE Area
Challenges of Secondary School How to Be Successful	Health and Wellbeing	Individual Liberty	Transition, Resilience, Organisation, Study Skills and Personal Development
Positive Friendships	Relationships	Mutual Respect	Friendships, Respectful Relationships, Communication and Social Skills
Positive Mindset	Health and Wellbeing	Individual Liberty	Emotional Wellbeing, Resilience, Self-Esteem and Growth Mindset
Mental Health and Support	Health and Wellbeing	Mutual Respect	Mental Health, Emotional Wellbeing, Help-Seeking and Support Networks
Our Local Community, Local MPs and Council (Careers – Politics)	Living in the Wider World	Democracy	Citizenship, Local Government, Community Engagement and Political Literacy
Diwali and Bonfire Awareness, First Aid (Burns) Student Elections	Living in the Wider World	Tolerance of Different Faiths and Beliefs Democracy	Diversity, Cultural Awareness, Religious Festivals, Community Cohesion and Personal Safety

Y7 Weekly Wellbeing – Term 2

Topic	PSHE Strand	British Value	Specific PSHE Area
Maintaining Positive Healthy Relationships	Relationships	Mutual Respect	Healthy Relationships, Communication Skills, Respect and Relationship Building
Healthy and Unhealthy Relationships	Relationships	Rule of Law & Mutual Respect	Healthy Relationships, Abuse Awareness, Personal Safety and Safeguarding
Maintaining Friendships Why is Trust Important?	Relationships	Mutual Respect	Friendships, Trust, Communication, Respect and Conflict Resolution
Consequences of Bullying Seeking Support	Relationships	Mutual Respect	Anti-Bullying, Respectful Relationships, Empathy and Help-Seeking
Child Criminal Exploitation (Careers – Public Services)	Living in the Wider World	Rule of Law	Safeguarding, Criminal Exploitation, County Lines and Personal Safety
Female Genital Mutilation (FGM)	Relationships	Rule of Law	Safeguarding, Human Rights, Personal Safety and Abuse Prevention
Cultures Day – Festive Season	Living in the Wider World	Tolerance of Different Faiths and Beliefs	Diversity, Inclusion, Cultural Awareness and Community Cohesion

Y7 Weekly Wellbeing – Term 3			
Topic	PSHE Strand	British Value	Specific PSHE Area
British Values and Protected Characteristics	Living in the Wider World	Mutual Respect & Tolerance of Different Faiths and Beliefs	Citizenship, Equality, Diversity, Inclusion, British Values and Protected Characteristics
Honour-Based Abuse	Relationships	Rule of Law	Safeguarding, Personal Safety, Abuse Prevention, Human Rights and Support Services
Equality and Hate Crime	Living in the Wider World	Mutual Respect & Rule of Law	Equality, Discrimination, Hate Crime, Community Cohesion and Respect for Others
AI Literacy Deep Fakes	Living in the Wider World	Democracy	Media Literacy, Critical Thinking, Misinformation, Digital Citizenship and Online Safety
Online Scams and Fraud (Careers – Cyber Security)	Living in the Wider World	Rule of Law	Financial Safety, Online Safety, Fraud Prevention, Cyber Security and Consumer Awareness
Charities and Giving Back	Living in the Wider World	Mutual Respect	Community Participation, Volunteering, Social Responsibility, Citizenship and Philanthropy

Y7 Weekly Wellbeing – Term 4			
Topic	PSHE Strand	British Value	Specific PSHE Area
Bodily Changes Puberty	Health and Wellbeing	Individual Liberty	Puberty, Physical Development, Body Awareness and Personal Health
Menstruation	Health and Wellbeing	Individual Liberty	Puberty, Reproductive Health, Personal Hygiene and Wellbeing
Keeping Clean Physical Changes	Health and Wellbeing	Individual Liberty	Personal Hygiene, Self-Care, Physical Development and Healthy Habits
Nicotine, Smoking and Caffeine	Health and Wellbeing	Individual Liberty	Health Choices, Substance Awareness, Risk Management and Healthy Lifestyles
Stress Awareness (Careers – Counsellor)	Health and Wellbeing	Individual Liberty	Mental Health, Emotional Wellbeing, Coping Strategies, Resilience and Accessing Support

Y7 Weekly Wellbeing – Term 5			
Topic	PSHE Strand	British Value	Specific PSHE Area
Healthy Diets	Health and Wellbeing	Individual Liberty	Nutrition, Healthy Eating, Physical Health and Healthy Lifestyles
Unhealthy Food	Health and Wellbeing	Individual Liberty	Food Choices, Nutrition, Health Risks and Lifestyle Choices
Vaccinations (Pol-Ed)	Health and Wellbeing	Individual Liberty	Physical Health, Disease Prevention, Health Protection and Informed Decision-Making
The Importance of Sleep	Health and Wellbeing	Individual Liberty	Sleep Hygiene, Physical Health, Mental Wellbeing and Healthy Routines
The Importance of Exercise (Careers – Personal Trainer)	Health and Wellbeing	Individual Liberty	Physical Activity, Fitness, Healthy Lifestyles and Wellbeing
Impact of Computers on Health and Online Safety	Health and Wellbeing	Individual Liberty	Digital Wellbeing, Screen Time, Online Safety and Physical Health
What is Child-on-Child Abuse?	Relationships	Rule of Law	Safeguarding, Abuse Prevention, Respectful Relationships and Personal Safety
Autism Awareness	Relationships	Mutual Respect & Tolerance of Different Faiths and Beliefs	Diversity, Inclusion, Equality and Understanding Difference

Y7 Weekly Wellbeing – Term 6

Topic	PSHE Strand	British Value	Specific PSHE Area
Personal Safety: Sun Cream and Water Safety	Health and Wellbeing	Individual Liberty	Personal Safety, Physical Health, Risk Management and Healthy Lifestyles
The Purpose of Education and Aspirations	Living in the Wider World	Individual Liberty	Careers Education, Aspirations, Goal Setting, Future Opportunities and Personal Development
Budgeting Ethical and Unethical Budgeting	Living in the Wider World	Individual Liberty	Financial Education, Economic Wellbeing, Money Management and Ethical Decision-Making
Witnessing a Crime Reporting a Concern	Living in the Wider World	Rule of Law	Crime Prevention, Safeguarding, Reporting Concerns, Community Responsibility and Personal Safety
Responsible Road Users (Careers – Manufacturing)	Living in the Wider World	Rule of Law	Road Safety, Rights and Responsibilities, Citizenship and Personal Safety
Gypsy Roma Traveller history	Living in the Wider World	Tolerance of Different Faiths and Beliefs	Diversity, Inclusion, Equality, Cultural Awareness and Community Cohesion
Cultures Day – summer celebrations	Living in the Wider World	Tolerance of Different Faiths and Beliefs	Diversity, Cultural Awareness, Inclusion and Community Cohesion