

	Autumn 1 Health & wellbeing	Autumn 2 Relationships	Summer 1 Relationships	Spring 2 Health & wellbeing	Spring 1 Living in the wider world	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Diversity Diversity, prejudice, and bullying	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Financial decision making Saving, borrowing, budgeting and making financial choices
	<ul style="list-style-type: none"> • how to manage the challenges of moving to a new school • how to establish and manage friendships • how to identify, express and manage their emotions in a constructive way • how to improve study skills • personal safety strategies and travel safety, e.g. road, rail and water • basic first aid 	<ul style="list-style-type: none"> • about identity, rights and responsibilities • about living in a diverse society • how to challenge prejudice, stereotypes and discrimination • the signs and effects of all types of bullying, including online • how to respond to bullying of any kind, including online 	<ul style="list-style-type: none"> • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate consent 	<ul style="list-style-type: none"> • how to make healthy lifestyle choices including diet, dental health, physical activity and sleep (2 lessons) • how to manage influences relating to caffeine, smoking and alcohol • how to manage physical and emotional changes during puberty • About personal hygiene • how to recognise and respond to inappropriate and unwanted contact 	<ul style="list-style-type: none"> • how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity (2 lessons) • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices 	<ul style="list-style-type: none"> • how to make safe financial choices • about ethical and unethical business practices and consumerism • about saving, spending and budgeting (2 lessons) • how to manage risk-taking behaviour • CSC-nothing free • Summary of the year