

# 1. You and Your Community

We begin year 7 by looking at what **communities** are, and the factors that influence whether or not there is positive **community cohesion**. We discuss the benefits of belonging to different types of communities, **locally, nationally and globally**. Pupils will study the fundamental **British Values** and reflect on how they can embody the values in their relationships with others. We study the **Equality Act 2010** and the **protected characteristics** whilst reflecting on how we can challenge **prejudice** and show respect to all. Pupils will consider the implications of their **online** activity including **cyber bullying** and how to report any



negative behaviour. Finally, pupils will explore ways in which they can help their community including the basics of emergency **first aid** and recognising the



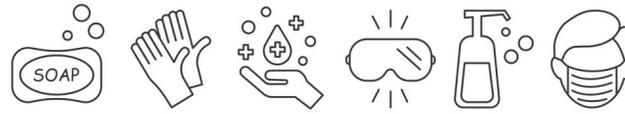
warning signs of harmful practices such as **FGM**.



# 2. You and Your Body (continued ...)

We then move on to look at **personal hygiene** and the factors that influence this, whilst reflecting on **barriers** that may prevent someone having good personal hygiene and how to help others. Finally, we investigate the importance of good **dental hygiene** and myth bust some common misconceptions around how to maintain good dental health before investigating the

importance of **sleep** and the impact that poor sleep can have on our physical and mental health.



# 2. You and Your Body

We begin our topic by looking at what **puberty** is, when and why it happens. We investigate how puberty impacts males and females by considering the **physical changes** that take place, as well as the related **signs and symptoms** and how to manage the effects in a practical way. Pupils will be equipped with the knowledge of what is expected during this time, and have the confidence to discuss these with others.



# 3. You and Your Safety

We begin our topic by exploring what **personal safety** means, what influences young people to take risks and considering who is **responsible** for our safety. We consider some harmful behaviours such as the use of **drugs, alcohol or smoking** and think about how such behaviours can be challenged. We move on to think about our individual responsibility for maintaining our safety and general health by considering how to carry out **self-examinations** for testicular and



breast cancer. We finish the year with a focus of safety over the summer holidays, investigating **risks** associated to activities such as open water swimming, sun exposure and peer pressure. We build upon our prior learning of **first aid** basics by exploring how we can administer first aid in the event of something going wrong over the holidays.

