

Specification Links taught in Year 7 PSHE

Covering areas in Living in the wider world, Relationships and sex and Health and wellbeing.

<ul style="list-style-type: none"> the characteristics and legal status of other types of long-term relationships.
<ul style="list-style-type: none"> that there are different types of committed, stable relationships.
<ul style="list-style-type: none"> the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.
<ul style="list-style-type: none"> practical steps they can take in a range of different contexts to improve or support respectful relationships.
<ul style="list-style-type: none"> about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
<ul style="list-style-type: none"> that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.
<ul style="list-style-type: none"> their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.
<ul style="list-style-type: none"> about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
<ul style="list-style-type: none"> what to do and where to get support to report material or manage issues online.
<ul style="list-style-type: none"> how to talk about their emotions accurately and sensitively, using appropriate vocabulary.
<ul style="list-style-type: none"> that happiness is linked to being connected to others.
<ul style="list-style-type: none"> how to recognise the early signs of mental wellbeing concerns.
<ul style="list-style-type: none"> common types of mental ill health (e.g. anxiety and depression).
<ul style="list-style-type: none"> how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
<ul style="list-style-type: none"> The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
<ul style="list-style-type: none"> the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media.
<ul style="list-style-type: none"> how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.
<ul style="list-style-type: none"> the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health
<ul style="list-style-type: none"> how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer
<ul style="list-style-type: none"> About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
<ul style="list-style-type: none"> about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
<ul style="list-style-type: none"> the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.
<ul style="list-style-type: none"> key facts about puberty, the changing adolescent body and menstrual wellbeing.

- the main changes which take place in males and females, and the implications for emotional and physical health