



KJS Y7 PSHCEE Overview



		Topic					
		1. Being Me in My World	2. Celebrating Difference	3. Dreams and Goals	4. Healthy Me	5. Relationships	6. Changing Me
Lesson	1	Who am I?, fitting in	Prejudice, discrimination, assertiveness, what's important to you?	My dreams and goals, achievements and failures	Managing emotions, tips to combat stress and anxiety, mindfulness	Relationship with self, consent, change, healthy relationships	Puberty, how these changes affect emotions and feelings, menstrual cycle
	2	Influences and influencers, gateway emotions	Who influences you?, ethical issues, changing attitudes	Key skills needed for the future, what skills would I like to develop	Nutrition, exercise, mental health, using food and exercise to support mental health and wellbeing	Healthy relationships and support	Responsibilities of having a baby, pregnancy and birth, IVF
	3	Peer pressure, belonging, child-on-child abuse	Stereotypes and examples	Learning from mistakes, setbacks	What is sleep? How sleep cycles work, sleep and mood, health, and memory, supporting good sleep	Emotions in relationships, scenarios, managing conflict within friendship groups	UN Children's rights, factors to consider when choosing whether to have/or not have a child, different types of families
	4	Online identity, risks and tips to keep safe	Challenging discrimination, protected characteristics and Equality Act	Influences, consequences of decisions, how could I positively affect my future?	Stress, effects of stress on the body, recovering from a state of stress, combatting stress with mindfulness and movement	Discernment, social media vs real life, fake news, authenticity	Body image, media and filters, self-esteem, body confidence
	5	Consequences of online comments, sexting, child-on-child abuse	Bullying, why be a bully?, Would you intervene?, child-on-child abuse	Child criminal exploitation, gangs, county lines	Health choices, physical illness and medicine, vaccination, substance misuse	Assertiveness, rights and responsibilities, sexting, child-on-child abuse	Emotions and moods, factors affecting mood like food, exercise, sleep, hormones, the brain