

**Long
Term Plan**

Students build on the existing knowledge and understanding, skills, attributes and values they have acquired and developed during their primary education. PSHE education and RSE acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. Our Year 7 curriculum teaches the knowledge and skills which will equip them for the opportunities and challenges of life such as managing diverse relationships, their online lives, and the increasing influence of peers and media.

Year 7: PSHE

	Learning Cycle	Key Concepts and Themes	Vocabulary
HT1	Families	<ul style="list-style-type: none"> Transition Committed, stable relationships Marriage and other types of long-term relationships The laws relating to forced marriage and honour-based violence 	Committed, stable relationships, Cohabiting, Marriage, Civil partnership, Consent, Harassment, Arranged marriage
HT2	Respectful Relationships	<ul style="list-style-type: none"> Healthy friendships Practical steps to improve and support relationships Bullying Identifying harmful behaviour online 	Boundaries, Privacy, Personal space, Respectful, Cancel culture, Tolerant, Consent, Cyberbullying, Bystander
HT3	Keeping Safe and Happy	<ul style="list-style-type: none"> Puberty and menstrual wellbeing First Aid Road Safety County lines Child Criminal Exploitation and Child Sexual Exploitation 	Testosterone, Oestrogen, Vulva, Airway, breathing, circulation, Recovery position, Abuse, Exploitation
HT4	Online and Media	<ul style="list-style-type: none"> Behaviour expectations online Sharing material online Online risk, including nudes and grooming Reporting material online and managing online issues The law about sharing indecent images of children The online world vs the physical world The laws about online behaviour Radicalisation and extremism 	Grooming, Upskirting, Radicalisation, Isolate, Indecent, Possessing, Privacy settings
HT5	Families	<ul style="list-style-type: none"> FGM Roles and responsibilities of parents Determining trustworthy sources of information Judge when a relationship is unsafe To know practical steps to improve and support respectful relationships 	Child abuse, Neglect, Nurturing, Reconciliation, Trusted adult, Position of trust
HT6	Respectful Relationships	<ul style="list-style-type: none"> Respect Consent Healthy intimate relationships Stereotypes and Equality Hate crime Sexual harassment and sexual violence Coercive control and domestic violence 	Stereotypes, Individuality, Prejudice, Rights, Coercion, Consent, Tolerance, Discrimination, Equality

Skill Development	<ul style="list-style-type: none"> Identifying thinking traps Resilience Managing risk Identifying and accessing support Self-regulation 	<ul style="list-style-type: none"> Clarifying own values Developing a healthy self-concept Building and maintaining healthy relationships Decision making 	<ul style="list-style-type: none"> Empathy and compassion Respect for others Valuing diversity Assessing the validity and reliability of information Managing peer influence
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