

Year 7 PSHE Learning Outcomes

Unit 1: Transition and Safety

By the end of this unit pupils will know...

- how to identify, express and manage their emotions in a constructive way
- how to manage the challenges of moving to a new school
- how to establish and manage friendships
- how to improve study skills
- how to identify personal strengths and areas for development
- how to respond in an emergency situation
- basic first aid

Unit 2: Diversity

By the end of this unit pupils will know...

- 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
- how to support others

Unit 3: Developing Skills and Aspirations

By the end of this unit pupils will know...

- how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity
- 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

Unit 4: Health and Puberty

By the end of this unit pupils will know...

- how to make healthy lifestyle choices, including diet, dental health, physical activity and sleep
- 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
- about FGM and how to access help and support

Unit 5: Financial Decision Making

By the end of this unit pupils will know...

- how to make safe financial choices
- about ethical and unethical business practices and consumerism
- about saving, spending and budgeting
- how to manage risk-taking behaviour

Unit 6: Building Relationships

By the end of this unit pupils will know...

- how to develop self-worth and self-efficacy 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