

## Year 7 RSHE

### Health & Wellbeing

*Students will learn...*

- 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 manage physical and emotional changes during puberty
- about personal hygiene
- how to recognise and respond to inappropriate and unwanted contact

### Relationships

*Students will learn...*

- 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
- 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

### **Living in the Wider World**

*Students will learn...*

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