
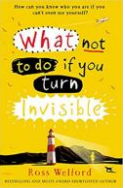




Year 7 RSHE

Key Learning		Pre-Exposure Tasks	Linked Fiction
Autumn 1	<p>Relationships How can I develop positive relationships in secondary school? Explore the importance of relationships. Learn about the concepts of consent and communication. Consider the characteristics of respectful relationships with a focus on healthy friendships and the different types of families that exist.</p>	<p>Consider the idea of a ‘trusted adult’. Who do you know that you would class as a trusted adult? What problems would need the support of a trusted adult to resolve rather than attempting to solve on your own?</p>	 How To Look For A Lost Dog Ann M Martin
Autumn 2	<p>Health and Wellbeing What steps can I take to be healthy and happy? Focus on issues of health and wellbeing relevant to your own lives, including: the physical and emotional changes during puberty; the importance of oral health; the dangers of tobacco addiction, how your choices influence your feelings and emotions; how mindfulness and rest can help your mental health.</p>	<p>https://campaignresources.phe.gov.uk/schools</p> <p>Review the Public Health England website for a range of resources and information sheets linked to health issues that affect young people Create a wall chart of different activities you enjoy for rest and relaxation. Tick off a different activity each night of the week.</p>	 What Not To Do If You Turn Invisible Ross Welford
Spring	<p>Living in the Wider World How can I act safely and wisely online? Having an online life is a significant part of the lives of many young people. Learn to live wisely in this area. Understand peer pressure and how this can appear differently online as in person. Learn about the dangers of cyberbullying and how to prevent this.</p>	<p>https://www.internetmatters.org/</p> <p>Review the Internet Matters website for accessible information and advice concerning a host of social media platforms to guide your conversations with your child.</p>	 Emmy Levels Up Helen Harvey
Summer	<p>Living in the Wider World How can I contribute to the world being a fair and equitable place? Understand the significance of equality in our society. Know how the law promotes equality and protects against prejudice and discrimination. Recognise the significance of being an upstander against mistreatment.</p>	<p>Research the protected characteristics. Discuss why it could be necessary to ensure these groups of people are not discriminated against. Review a newspaper or watch the news. What examples of discrimination or injustice are there? In these situations are there people who are upstanders or bystanders?</p>	 The Boy At The Back Of The Class Onjali Q Rauf