



| Year 7 'PSHE' Curriculum Map | | | | | | |
|------------------------------|--|---|--|--|--|--|
| Half Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Big Themes | Transition | Empathy (Tolerance) | Health (Liberty) | Digital Citizenship (Liberty) | Relationships (Mutual Respect) | My future |
| Knowledge and skills covered | <ul style="list-style-type: none"> ★ Get to know each other ★ Transition ★ Building Connections ★ Dealing with Change ❖ Black History Month | <ul style="list-style-type: none"> ★ British Values ★ Protected Characteristics ★ Anti-Bullying ★ Being an Upstander ★ Gender stereotypes ★ Sexist language ★ Cultural Diversity ★ Empathy (case study 1) ★ Neurodiversity ★ Empathy (case study 2) ★ How can I be an ally ❖ Firework Safety ❖ Winter festivals including Diwali, Hanukkah & Christmas | <ul style="list-style-type: none"> ★ Physical Health ★ Healthy Diet ★ Sleep ★ Dental Hygiene ★ Personal hygiene ★ Digital Hygiene ★ Reframing unhelpful thoughts ★ An introduction to alcohol, smoking, vaping & drugs ★ Staying safe ❖ Mental Health Week ❖ Safer Internet Day | <ul style="list-style-type: none"> ★ Staying Safe Online ★ Healthy Relationships Online ★ Private Information and Grooming ★ Sharing Intimate Images ★ Oversharing and your digital footprint ★ A healthy use of social media and gaming ★ Online influences ❖ LGBTQIA+ History Month ❖ Women's history month | <ul style="list-style-type: none"> ★ Puberty ★ Menstrual Wellbeing ★ Healthy Relationships ★ Managing Conflict ★ Introduction to Consent ★ The law on sharing images ❖ Autism awareness ❖ Stephen Lawrence Day | <ul style="list-style-type: none"> ★ Democracy ★ General elections ★ Central government ★ Local government ★ The rule of law ★ Aiming Higher ★ Working in your stretch zone ★ SMART goals ★ Considering others ★ Goals in relation to the needs of others ❖ Pride Month ❖ Windrush Day ❖ Nelson Mandela Day |



The Charter School
East Dulwich