

Year 7

Lesson Number	Lesson Title	Learning Objectives
1	Friendship (R)	I know and understand the characteristics of a healthy friendship I am introspective and aware of the qualities to look for in a good friend. I am aware of and know steps to improve and support respectful relationships.
2	Bullying or Banter (R)	I understand that in school and in wider society everyone should be treated with respect and show respect to others. I understand the difference between joking and banter and respect the boundaries friends and peers may have. I understand the different types of bullying including cyber bullying, the impact it may have and know the responsibility as a bystander or recipient
3	Family & Relationships (R)	I know the different types of families and relationships within them and how they contribute to human happiness. I understand the roles and responsibilities of parents and siblings including the characteristics of successful parenting
4	Discernment (R)	I know what discernment is and how it is important in relationships. understand that discernment is an important skill when being a consumer of media
5	Body Image and the importance of self esteem (H)	I can explain how factors such as body image and the media can affect confidence and self-esteem. I can explain how to identify coping strategies and methods to feel confident about body image.
6	Love and Relationships (R)	I can identify characteristics of positive, strong and supportive relationships I know what the expectations might be in a romantic relationship/attraction
7	Healthy Diet (H)	I know what a healthy diet is and why it is important I learn about risks associated with particular foods
8	Healthy living and exercise (H)	I promote the idea of looking after our bodies I understand the importance of and how to live a healthy lifestyle in terms of diet
9	Mindfulness (H)	I understand how health can be affected by emotions and stress I recognise the feeling of stress and triggers associated with it I understand and implement coping strategies
10	puberty and personal hygiene (H)	I know what puberty is and when it happens I understand the changes that happen during puberty I know how to cope with these changes and develop suitable personal hygiene
11	Periods and Sanitary Products talk (H)	I understand what periods are and when they occur I know of the different sanitary products and how to use them

(R) = Relationship Education, (S) = Sex Education, (H) = Health Education