





Year 7 RSHE

Key Learning		Pre-Exposure Tasks	Linked Fiction
Themes ongoing in Year 7	Safeguarding and the Law Consider keeping safe in a range of environments. Become informed of relevant laws to the area of study. Focus on who you can trust and equality and protected characteristics.	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? Research the protected characteristic. Discuss why it could be necessary to ensure these groups of people are not discriminated against.	 The Boy At The Back Of The Class Onjali Q Rauf
	Respectful Relationships 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.	Are there aspects of friendships that can become unhealthy if misused? Consider the different types of family in your network of family and friendship. What different types of families are there? Do they have similarities and differences?	 How To Look For A Lost Dog Ann M Martin
	Health and Wellbeing 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.	https://campaignresources.phe.gov.uk/schools 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.	 What Not To Do If You Turn Invisible Ross Welford
	My Online Life 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.	https://www.internetmatters.org/ Review the Internet Matters website for accessible information and advice concerning a host of social media platforms to guide your conversations with your child.	 Emmy Levels Up Helen Harvey