







PSHE CORE KNOWLEDGE GRIDS – Y7

Unit title		Key words
Term 1A: Welcome to OHA <ol style="list-style-type: none"> 1. Know how to form new friendships and civil relationships with one another. 2. Elect school council representatives. 3. Know how puberty effects both males and females. 4. Look at strategies we can use to improve cleanliness/hygiene during puberty (access to items for this). 5. Understand changes to the brain during puberty / growth. 6. Understand that our emotional health needs to be nurtured like our physical health, and the changes that occur during puberty. 7. Understand what bullying is. 8. Know what the protected characteristics are. 		<ul style="list-style-type: none"> • Puberty • Menstruation • Hormones • Emotional health • Cyber bullying • Discrimination • Protected characteristics
Term 1B: Bullying and prejudice <ol style="list-style-type: none"> 1. Understand what prejudice is and analyse where prejudices in society may come from. 2. Understand the difference between prejudice and stereotyping. 3. Know what discrimination is. 4. Look at gender stereotyping in society and what can be done to minimise this. 5. Engage in anti-bullying week through a range of activities. 6. Understand what cyberbullying is, what to do if they experience it, and understand that there is no such thing as online anonymity. 7. Learn strategies to help us respect one another in the academy and online. 		<ul style="list-style-type: none"> • Prejudice • Stereotype • HABA • Banter • Cyber bullying • Discrimination
Term 2A: Relationships <ol style="list-style-type: none"> 1. Know the different types of family units. 2. Understand the roles and responsibilities of parents/guardians, and how these responsibilities change as a child grows. 3. Understand what domestic violence is and what the signs are. 4. Know the laws around marriage and civil partnership in the UK, including the age restrictions on marriage. 5. Explore the benefits of marriage and civil partnerships. 6. Understand the difference between forced marriage and arranged marriage. 7. Participate in safer internet day activities – how to stay safe online, how to act online, who to report issues to online. 		<ul style="list-style-type: none"> • Family and traditional family (nuclear family) • Domestic violence • Forced marriage • Arranged marriage • Conflict • Marriage/civil partnership
Term 2B: Looking after myself <ol style="list-style-type: none"> 1. Know the types of honour-based abuse – understand that it is illegal in the UK. 2. Know what FGM is, understand the signs of FGM and that it is illegal in the UK. FGM must always be reported. 3. Understand what is meant by mental and physical health, and that looking after our mental health is just as important. 4. Understand what personal care is and how it can improve hygiene. 		<ul style="list-style-type: none"> • Honour based abuse • Female genital mutilation • Mental health • Physical health • Personal care

<p>Term 3A: Staying safe</p> <ol style="list-style-type: none"> 1. Understand the key components of food and how each contributes to a healthy diet. 2. Know why we need to eat a healthy diet. 3. Explore how technology can have a negative impact on our health. 4. Understand how smoking and E-cigs can have a negative impact on health – explore laws and age restrictions around nicotine-based products. 5. Understand basic first aid including cuts and bruises. Students will also know how to perform CPR and use a defibrillator. 		<ul style="list-style-type: none"> • Healthy eating • Addiction • Smoking • Carcinogen • Nicotine • First aid
<p>Term 3B: Staying safe/Identity</p> <ol style="list-style-type: none"> 1. Understand what is meant by county lines and be able to spot the signs. 2. Know the negative impacts of drugs. 3. Understand the laws around rail and road safety, and how to stay safe. 4. Know what the British values are and how they apply to our daily lives. 5. Know the protected characteristics – focus on LGBTQ+, Religious identity, and Disability. 6. Understand laws around immigration and the reasons why people come to the UK – foster empathy. 		<ul style="list-style-type: none"> • Drugs • County lines • Road safety • British values • LGBTQ+ • Disability • Immigration • Protected characteristics (recap)