PSHE: Year 7 lesson journey

Unit One: Health and Wellbeing

Lesson number	Lesson focus
L1	Dealing with change
L2	Routines and sleep
L3	Healthy eating
L4	Mental health
L5	Smoking and vaping
L6	Road safety

Drop down one: Managing your emotions & Puberty and personal hygiene

Drop down two: Keeping yourself healthy & Periods

Unit Two: Relationships and Sex Education

Lesson number	Lesson focus
L7	Boundaries
L8	What is bullying?
L9	'More than a face' outside speaker
L10	Healthy friendships
L11	Romantic relationships

Drop down three: Consent & Different types of relationships

Drop down four: Dealing with conflict & Different types of family

Unit Three: Living in the Wider World

Lesson number	Lesson focus
L12	What is racism?
L13	Disability representation in the media
L14	Gender and sexuality (key terms)
L15	Social media (key terms and safety)
L16	Finance – saving and budgeting
L17	Ambition and setting goals
L18	Careers
L19	Careers

Drop down five: Politics & British values – the law

Drop down six: x2 Careers lessons