Year 7 RSE Overview Spring Term

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| Lesson | Content |
| 1 | **Consolidation of KS2 learning about puberty*** to be able to identify the sexual organs in both the male and female bodies.
* To revisit key physical and emotional features of puberty
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| 2 + 3 | **Personal hygiene during puberty*** To understand the importance of good personal hygiene routines during puberty
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| 4 | **Emotional changes during puberty*** To recognise the emotional changes that may take place during puberty and to manage these changes in a positive way.
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| 5 | **Teenage Problems*** Strategies for dealing with the challenges faced by teenagers
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| 6 | **Mental Health** part 1* evaluate the links between mental health and physical health
* identify common misconceptions about mental health
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| 7 | **Mental Health** part 2 * promoting mental wellbeing
* building resilience
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| 8 | **Healthy Eating**Making informed choices about healthy food choices |
| 9 | **Alcohol** * To learn about the risks, facts and consequences of alcohol use
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| 10 | **Influences*** To understand positive and negative influences.
* To know the importance of having good decision-making skills.
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